

IF AT FIRST YOU DON'T SUCCEED - THEN WHAT?

As athletes and students we learn to set goals and to work towards making them happen. So what happens when you set a goal and miss the time or the grade?

The reality is that if you set challenging goals they will not always be achieved on the first try or in the season that you wanted them to happen. Failing to make a goal is not failure. It is simply a challenge to review your goal and the efforts you made to make it become a reality. Often the overlooked "little things" are the key final ingredients to make a goal happen. Coaches and teachers speak on the "little things" everyday but the words often fall on deaf ears. In swimming it may be doing your streamlines perfect EVERYTIME or working harder on kick sets or short sprint sets or drill sets (hopefully you get the idea). Making that final step often includes being more teachable and realizing your opportunity in every day, every practice, and every set. Setting progressively more difficult goals is what a top athlete or a top student is supposed to do. As your knowledge, skills, and training background improve your chances to achieve improve. The harder the goal the more determination and effort needs to be used everyday to make it happen.

What happens when a goal is not made?

Some people give up. If so the problem with that particular goal may have been that you did not care as much as you thought (or you would not have given up).

Some people blame others. If so the problem may have been ownership - you were relying on someone else to make your goals happen. Your teachers and coaches are there to help you not to do your learning and training for you.

Some People uses the Catch all Phrase "Burn Out". They see the top of the mountain - it looks too far away so they want to give up. Some people look directly in the mirror - and make improvements in their training or preparation to make achieving the goal more possible. If

this is your path you will learn from each goal (achieved or not) and you will be stronger each time you go through this process.

Your reaction to setting goals and the outcome of those goals reflect your personality and your character. If at first you don't succeed try, try again -- but do so with more determination and dedication than ever before!