

SMART Goals



It is easier to succeed when you have clearly defined objectives that are based in reality.

We want to see our youth bowlers succeed and we want to help them further their knowledge in the bowling realm. It makes our jobs easier knowing what it is they are trying to work on or are striving towards. With this in mind we would like for them to think about this acronym and figure out what they want their smart goal to be this season.

SMART goals are specific, measurable, achievable, realistic, and timely. A few examples of these could be:

- "I want to bowl all my games over 100"
- "I want to get a double in each of my games"
- "I want to increase my average by 10 pins by the end of the season"
- "I want to bowl a 200 game"
- "I want to have a 4 step approach by the end of the season"
- "I want to bowl a 500 series"

Please have your youth fill out and tear off the bottom part of this sheet and return it to a coach



MY GOAL FOR THE SEASON IS...
