What Is a SMART Goal?

SMART goals help skaters set clear goals and make steady progress.

A SMART goal is a goal that is clear, realistic, and has a plan.

Instead of saying “I want to get better,” a SMART goal helps you say exactly what you want to do, how you’ll do it, and when you want to achieve it.

S	**Specific**	Know exactly what you want to improve. **Example:** Increase revolutions in combination spin.
M	**Measurable**	Be able to tell if you are improving. **Example:** By counting changes in number of revolutions.
A	**Achievable**	Choose a goal that challenges you but is still possible. **Example:** Improve it step by step each week.
R	**Relevant**	Pick a goal that matters to you and your skating. **Example:** Work on the skill you need most right now.
T	**Time-Bound**	Set a date so you know what you are working toward. **Example:** By the end of November.

Why are SMART goals important?

They help you focus.

They make big goals feel easier.

They help you track progress.

They build confidence.

They help coaches and skaters make a plan together.