



Setting SMART Goals

By: Jenny Eustice

Jenny Eustice is a 9 year veteran instructor for Universal Dance Association. She is currently the coach of the University of Iowa Dance Team. In addition, Jenny has been the ESPN commentator for the UDA National Dance Team Championship

“A goal is a dream with a deadline” – Napoleon Hill.

We all have hopes and dreams as dancers. As humans, it is important to motivate ourselves to reach those hopes and dreams. The best way to motivate yourself and your team to have a season that accomplishes those hopes and dreams is by setting goals.

Goal setting can be tricky. It is easy to set goals too high and be disappointed, or make them too vague and never really know if you have accomplished anything. To see meaningful goals, you need to create a written plan that includes reasonable and measurable long-term and short-term objectives. In other words, you need to set SMART goals.

S = Specific

- This portion of your goal should answer the WHO and the WHAT. What do you want to take place for your team?
- Example: Team USA wants to be successful at the World Championships.

M = Measurable

- Include in your specific goal statement the measurements to be used to determine that the results you expected have been achieved. You should make sure you answer the HOW. If your goals are measurable, you will be able to look back at them and answer with a YES or a NO if you accomplished them.
- Example: Team USA wants to be successful at the World Championships by bringing home the gold in Jazz and Hip Hop

A = Agreed Upon

- Your TEAM goals are not TEAM goals if your entire TEAM does not buy into them. Each person needs to feel invested in the goal to make progress to reaching that goal.
- Example: TEAM USA (not Captain of Team USA) wants to be successful at the World Championships by bringing home the gold in Jazz and Hip Hop

R = Realistic

- Goals should challenge your team to be their best. However, if set too high, goals can defeat your team year after year.
- Example: If your team has mastered a double pirouette, then it is realistic for you to set a goal for the team to master a triple pirouette. It may be unrealistic and defeating if that same team set their goal to master 6 pirouettes.

T = Timely

- Remember, a goal is a dream with a DEADLINE. You need to allow your team enough time to achieve the goal, but not so much time that your team could procrastinate.
- Example: Our team will master a triple pirouette, no heels on the ground, and no bent supporting legs, by January 1, 2011.

Goals are not a wish list. They are a list of expectations. Goals are the intention of what will happen with your season. Don't be afraid to review and revise your goals as the season goes on!

"You are never too old to set another goal or to dream a new dream."
~ C.S. Lewis