

WHAT DOES THE S.M.A.R.T ACRONYM STAND FOR?

The acronym stands for:



S – Specific

When setting a goal, be specific about what you want to accomplish. Think about this as the mission statement for your goal. This isn't a detailed list of how you're going to meet a goal, but it should include an answer to the popular 'w' questions:

- Who – Consider who needs to be involved to achieve the goal (this is especially important when you're working on a group project).
- What – Think about exactly what you are trying to accomplish and don't be afraid to get very detailed.
- When – You'll get more specific about this question under the "time-bound" section of defining S.M.A.R.T. goals, but you should at least set a time frame.
- Where – This question may not always apply, especially if you're setting personal goals, but if there's a location or relevant event, identify it here.
- Which – Determine any related obstacles or requirements. This question can be beneficial in deciding if your goal is realistic. For example, if the goal is to open a baking business, but you've never baked anything before, that might be an issue. As a result, you may refine the specifics of the goal to be "Learn how to bake in order to open a baking business."
- Why – What is the reason for the goal? When it comes to using this method for employees, the answer will likely be along the lines of company advancement or career development.

M – Measurable

What metrics are you going to use to determine if you meet the goal? This makes a goal more tangible because it provides a way to measure progress. If it's a project that's going to take a few months to complete, then set some milestones by considering specific tasks to accomplish.

A – Achievable

This focuses on how important a goal is to you and what you can do to make it attainable and may require developing new skills and changing attitudes. The goal is meant to inspire motivation, not discouragement. Think about how to accomplish the goal and if you have the tools/skills needed. If you don't currently possess those tools/skills, consider what it would take to attain them.

R – Relevant

Relevance refers focusing on something that makes sense with the broader business goals. For example, if the goal is to launch a new product, it should be something that's in alignment with the overall business objectives. Your team may be able to launch a new consumer product, but if your company is a B2B that is not expanding into the consumer market, then the goal wouldn't be relevant.

T – Time-Bound

Anyone can set goals, but if it lacks realistic timing, chances are you're not going to succeed. Providing a target date for deliverables is imperative. Ask specific questions about the goal deadline and what can be accomplished within that time period. If the goal will take three months to complete, it's useful to define what should be achieved half-way through the process. Providing time constraints also creates a sense of urgency.

Fitness Tests – Run Park Run in under 30 minutes once every 3 months.

Specific – yes.

Measurable – by distance & time.

Achievable – 3km in 30mins should be achievable.

Exceptions – Whinlatter ?

Relevant - Trying to ensure adequate base fitness for Orienteering.

Over a period can show how individual improves.

Time Bound – 3 month cycle.

Problem – not all Park Runs are the same – but the times will be indicative.

Problem – not all juniors have easy access to a Park Run.

STRAVA segments are acceptable – but junior needs to advise the coach of a link to this activity.

Orienteering – Membership of NWJS.

During a 12 month period

Attendance – 2/3rds of available training days – about 10.

Fitness – Park Run every 3 months & 12 minute Cooper Test in October.

Technical – Measuring navigational competency by time behind the winner of a course.

3 times within 125% of the winning time.

Orienteering – Many Skills

Setting the map – Charlotte Ward.

Using the Compass – Hector Haines

Attack Points – Megan Carter-Davies

Aiming Off – Charlotte Watson

Large Contour Features – Chris Smithard

Route Choice – Alice Leake

Intricate Contours – Kris Jones

Simplification – Ralph Street

Utube videos by South London Orienteering club (SLOW)

https://www.youtube.com/watch?v=3r0pQf-Phsc&list=PLwQxj0iau_RfjWcf_sX-TgM2ylwbpWO2v&index=2&t=0s

– How to Measure Progress?

Think of the skills as layers in a Pyramid.

Setting the map, using the compass, planning an effective route & attack points are probably requirements for every leg on a course.

You may need to Aim Off, or recognise Large or Intricate Contours but not every time.

Setting the map –

Do you constantly thumb the map?

Are you able to read and thumb the map whilst running?

Using the compass –

Do you look at your compass every leg?

WOC Mens Relay 1993 – West Point USA – GB team take Silver Medals.

Jon Musgrave, Martin Bagness, Stephen Palmer, Steven Hale.

Do you know your exit direction from a control before you arrive? Planning ahead – CARE – Control, Attack Point, Route, Exit Direction.

Able to look at compass to confirm exit direction.

Within a range of skills some are stronger than others.

Use smaller events to focus on specific skill.

SMART goal –

Did you use the skill in more than 75% of controls?

Did you execute the skill well in at least 75% of those occasions?