UTAH SWIMMING NEWS

MISSION: PROVIDE OPPORTUNITIES, SUPPORT AND A FRAMEWORK FOR ALL ATHLETES TO EXCEL.

VISION: ATHLETES ELEVATED

OCTOBER MEETS

- 10/02 - 10/3 SDAT Fall Kickoff
- 10/9-10/10 PC Sprints
- 10/17 CCAT Fall Open
- 10/21 WFFM Developmental
- 10/23 - 10/24 SSC Witchy Waters
- 10/23-10/24 Stingray Spooktacular
- 10/23-10/24 WFFM Halloween IMX
- 10/24 HAST Monster Mash
- 10/26 WSC PC Dual
- 10/28 UVR Intrasquad
- 10/29 OA The Boogeyman Meet
- 10/30-10/31 Swami Dia de los Muertos Classic

Up to date meet info is found on the UTSI Website

BE IN THE KNOW

- **SWIMPOSIUM 2027 WILL BE HELD ON APRIL 17, 2027 AT KEARNS**
- **THE ANNUAL UTAH SWIMMING HOUSE OF DELEGATES MEETING WILL BE HELD ON OCTOBER 10, 2026 AT WESTMINSTER UNIVERSITY IN SLC**
- **SC SENIOR CHAMPIONSHIP DECEMBER 3-5, 2026 @ UTAH TECH**
- **SC UTAGS CHAMPIONSHIP MARCH 3-6, 2027 @ UTAH TECH**
- **LC UTAGS CHAMPIONSHIP JULY 15-17, 2027 @ KEARNS**
- **LC SENIOR CHAMPIONSHIP JULY 20-22, 2027 @ KEARNS**

GOVERNANCE CORNER

- The annual Utah Swimming House of Delegates meeting will be held on October 10, 2026 at 4PM at Westminster University. Please fill out the TEAM DELEGATE form asap if you have not yet done so.
- Board Meetings are held at 7PM on the 2nd Tuesday of each month. Please reach out to Mo for the zoom link.
- Contact page for UT Swimming Leadership.

House of Delegates Process & Procedures

- October 10, 2026 4PM
- Westminster University Performing Arts Center (1840 South 1300 East Salt Lake City, UT 84105)
- Who can attend? Anyone in the LSC in good standing.
- Who can vote?
  - BOD members
  - 3 people from each team (one must be an athlete)
  - Up to 10 non-athlete members determined by the general chair
  - A sufficient number of athletes to constitute 20% of the overall vote
  - HOD VOTING DELEGATE FORM
- What do we vote on at HOD?
  - Board Member & ARB elections
  - Any bylaw changes

CANDIDATES

General Chair
Theresa Werner

Finance Chair
Brian Cadman (incumbent)

Senior Chair
Ron Lockwood (incumbent)

Coach Representative
Gadi Shamah
Shanon Dowling

Safe Sport Chair
Stephenie Glissmeyer
Dee Loose
Mark Venner
Chad Starks
Mike Hillman

Administrative Review Board
Meghan Flaherty

Thank you to our fabulous, dedicated outgoing board members who have worked tirelessly for 4 years to make the Utah LSC a nationally admired swim community.

Trent Weight
General Chair

Ashton Palmer
Coach Representative

Pierre Gúzman
Safety Chair

MENTAL GRIT | UTAH SWIMMING

OFFICIAL MENTAL PERFORMANCE PARTNER

TRAINED, NOT BORN

Last month we said something new was coming. **Here it is.** Every month, one short article for athletes, one for parents and one for coaches — each with a tool you can use the same week, and **all of it free to Utah Swimming members.** Find yours, scan the code, and start this week.

IF YOU'RE ON THE BLOCKS

THE ATHLETE

You Did the Yardage. Did You Get Better?

Six thousand yards is not the same as getting better. A practice that goes by in a blur doesn't stack. This month is **two decisions a day**: pick one thing to work on before you get in, and after you get out, name three things that went well, one that didn't, and what you'll do about it tomorrow.

✎ **3-minute video + The Deliberate Practice Protocol card**

SCAN OR TAP TO READ

or type
mentalgritconsulting.com/utah/oct/athletes

IF YOU'RE IN THE STANDS

THE PARENT

Start Where You Actually Are

"Be more supportive" is true, and impossible to practise — you can't work on a vibe. So the season starts with a baseline: five pillars, scored in about four minutes, seen by nobody but you. Your highest score is your strength. Your lowest is **where this season's work is**. Date it, keep it, and score it again next August.

✎ **Your Starting Line — the Performance Parent Assessment**

SCAN OR TAP TO READ

or type
mentalgritconsulting.com/utah/oct/parents

IF YOU'RE ON THE DECK

THE COACH

One Thing at a Time

Three corrections on the wall often land as none — under load, attention holds one job. Your swimmers are learning a practice protocol this month; this is **your half of it**: one capability per athlete, per practice, and naming what they executed before what they missed. The deck card and your team's two free workshops are **on the same page**.

✎ **The One Thing Check-In — a deck card for your clipboard**

SCAN OR TAP TO READ

or type
mentalgritconsulting.com/utah/oct/coaches

Every piece stays in the library at mentalgritconsulting.com/utah-swimming

NEW EVERY MONTH

Spooky Reminders

2026 UT Senior State Sanction is HERE. This will be a fabulous meet run by Dani Caldwell, Theresa Werner and Erik Harris!

Sign up HERE to officiate SC Senior State

Please reach out to Mo if you know of anyone who would like to sing the anthem or be the announcer at Senior state! We would love to have them!

Have you completed your CLUB DATA form? If not please do so ASAP so your information is cutting edge up to date!

Reach out to me if you would like your club featured in the next newsletter!

OCTOBER CONTEST
$20 gift card to KNOOPS for the best Halloween Swim Tradition essay (50 words) or picture! Email submissions to admindirector@utahswimming.org