UTAH SWIMMING NEWS

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

VISION: ATHLETES ELEVATED

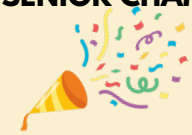
NOVEMBER MEETS

- 11/06-11/07 OA Thanksgiving Turkey meet
- 11/06-11/07 WVA Dive Dash
- 11/13-11/14 HAST Fall Back Bash
- 11/13 MAC Little Gobblers
- 11/13 WFFM Developmental
- 11/14 SLC Dive into the Unknown
- 11/16 WSC / PC Dual
- 11/18 UVRays Last Chance
- 11/20-11/21 MAC Thanksgiving Invitational
- 11/20-11/21 CSC Turkey Takedown
- 11/28 CHAT SDAT WSC Tri

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**
- **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

Congratulations to the newest members of the UTSI

Board of Directors:

- General Chair Theresa Werner
- Safety Chair Stephenie Glissmeyer
- Coaches Rep Gadi Shamah



Admin Review Board:

- Meghan Flaherty
- Maggie Harris, athlete
- Trent Weight

- 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.

MENTAL GRIT | UTAH SWIMMING

OFFICIAL MENTAL PERFORMANCE PARTNER

NOVEMBER 2026

DON'TS VS. DO'S

Don't, not and stop never make it into the picture. The mind sees the subject, and **the body moves toward what it sees.** In this issue, athletes and coaches learn to flip a don't into a do, and parents get three steps for the car ride after a hard race. Find yours, scan the code, and start this week.



IF YOU'RE ON THE BLOCKS

THE ATHLETE

What You Picture Is What You Swim

Don't think about a pink elephant. You just saw one. Your mind sees the subject of a sentence, not the **don't** in front of it — so "don't miss the wall" is a picture of the wall, missed, sent to your body seconds before you push off. Catch your don'ts and flip them into **what you want to do**.

✎ **5-minute video + The Do Flip Card**

SCAN OR TAP TO READ



IF YOU'RE IN THE STANDS

THE PARENT

Their Side First

After a hard race, the car ride home matters more than one evening — it's what your swimmer comes to expect, and they carry it onto the blocks. Before you fix, explain or reassure, **get on their side of it**: get curious ("Tell me more about that"), validate the hard thing, then ask what they need.

✎ **Their Side First — a listening card for after a hard race**

SCAN OR TAP TO READ



IF YOU'RE ON THE DECK

THE COACH

What They Picture Is What They Swim

"Don't drop your elbow" hands a swimmer the picture of a dropped elbow, and the body moves toward what it sees. Your swimmers are learning the same idea; this is **your half of it**: hear your own don'ts, then flip them into the capability you want. The deck cards and your team's two free workshops are **on the same page**.

✎ **The Approach Kit — Language Swaps + the Don't Audit**

SCAN OR TAP TO READ

Free to Utah Swimming members. Every piece stays in the library at **mentalgritconsulting.com/utah-swimming**

NEW EVERY MONTH

2026 Utah SC Senior State...All in one place

Coaches & Admins - PLEASE share this with your senior state parents and athletes.

Meet Dates: December 3-5, 2026 / Meet Sanction

Meet Location: Utah Tech University, Human Performance Center, (225 South University Ave St. George)

Initial Entries Deadline: November 23, 2026 8PM

Technical Meeting: November 29, 2026 @ 7PM. ZOOM LINK

Officials Sign Up Deadline: November 8, 2026 Officials LINK

Officials National Evaluation Request Deadline: November 8, 2026 Evaluation LINK

Volunteer Spots must be secured by the team Admin / Coach Volunteer LINK. Official allotments will be sent after the initial entries deadline.

Positively Ponderous Post Its

Interested in the best view on any deck?

Become a USA Swim Official

NEW TWIST TO BREAST STROKE

Requirement to Return to Breast: The swimmer's body **must** be rotated back onto the breast before initiating any kick or arm stroke after leaving the wall.







Head to the USA Swimming DATA HUB for more swim data possibly imaginable!



THANK YOU to our outgoing board members!!

Trent Weight

Pierre Guzman

Ashton Palmer

Team Admins - Please get meet databases to Todd Etherington (registration@utahswimming.org) 72 hours before the meet to avoid the $50 penalty.





