MENTAL GRIT | UTAH SWIMMING

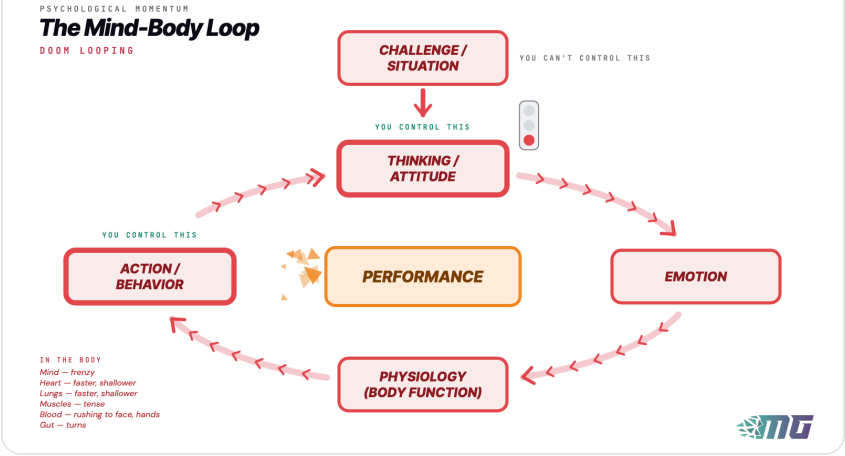
OFFICIAL MENTAL PERFORMANCE PARTNER

NOVEMBER · CLIPBOARD CARD

SIDE 1 · LOOK FOR

Reading the Loop on Deck

You can't see a thought. You can see what it does to the body, and what the body does to the stroke.



BODY · BETWEEN REPS, BEHIND THE BLOCKS

- Posture shrinking: shoulders up, chest closed, head down, arms wrapped
- Breathing high and fast, or held
- Hands, jaw, face tight
- Eyes locked on the clock, scoreboard or another lane
- Flushed or pale; extra bathroom trips; not eating at a meet

ACTIONS · IN THE WATER

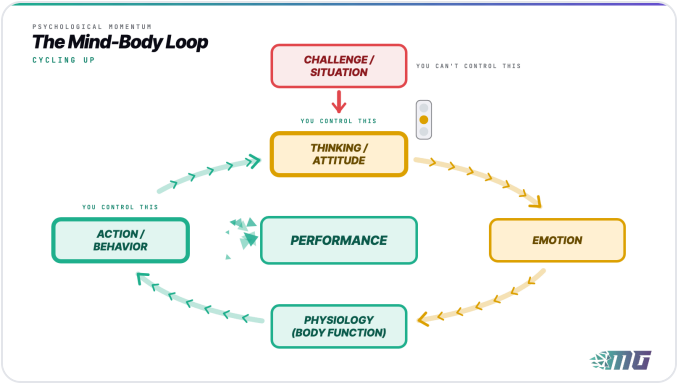
- Stroke shortens, rate climbs, no speed for it
- Breakouts cut short, first breath early
- Hesitant turns
- Stopping on the wall when they normally push through

THINKING · WHAT IT DOES TO THEM

- Misses a send-off, asks for the set again
- Loses a cue they had in warm-up

Hand them a lever

Your swimmers are learning these two. Use their words.



1 Get big

When you see them shrinking.

> **"Get big. Shoulders back, take up some space."**

30–45 seconds on the wall or behind the blocks.

2 Go neutral

When their head is in what might be or what has been.

> **"What do you see right now?"**

> **"What can you hear?"**

> **"Tell me one thing you know for certain from this week's work."**

A minute out: **"Run your 5-4-3-2-1"** — and finish on the breath. Listen for fresh answers, not a recited list.

LEAVE OUT

~~Relax~~ ~~Calm down~~ ~~Stop being nervous~~

A result isn't a cue. Point them at a lever.

Your body is on deck too. The same two levers work on you.

Swimmers read their coaches. Keep this where you can see it at your next meet.