

# MasterSplash

Colorado Masters  
Swimming Association

Summer 2004  
July, August, September

## Reflections on National Competition

Chris Hashimoto *from Inverness Masters*

Fast swimming, adrenaline rushes, balancing focus and excitement, personal bests, comradery of relays – it was all that and more.

Equally fun for me were the personal connections. Upon perusing the psych sheets I saw a familiar name, Mary Culhane, an 82 yr old from Ohio Masters swimming the 100 back. Could this be my former professor and synchronized swim coach from college?? It was!! And she even remembered me for being able to hold my breath. Another familiar name popped up from the heat sheets, Burfeind. I told Marcia Anziano that perhaps an archival of mine, when I was a midget (8-10 yr), was swimming next to her in the 200 free, but not to worry, she was a shrimp. Marcia won handily. Upon visiting the Illinois Masters Group, it was the Betty Burfeind I knew. We chuckled as I recalled she swam the 20 yd. free in 11 seconds and she remembered that I was a breast-stroker. That day was the first time a Hashimoto cheered for a Burfeind and vice versa. Within the RMM team I discovered that Paul McCormick and I were classmates at Oberlin and that Carolyn Roche and I worked together 14 yrs. ago at Lutheran!! Carolyn expressed an interest in international work – I had just spent 3 months in rural Kenya!

It's a small world. I think when you're doing something you love, everything falls into place and seems interconnected.

Come check it out next year in Ft. Lauderdale!!!

## Rocky Mountain Masters Bring Home 1st Place

**Rocky Mountain Masters** took **1st Place** in the Medium team division at the 2004 National Short Course Championships in Indianapolis!

The meet was held April 22nd thru the 25th in Indianapolis. The Rocky Mountain Masters placed first overall in the Medium Team Division by nearly 300 points; our men took first in the medium team division, while the women finished 1/2 point out of third in the women's medium team division. See the USMS website for all the results, including **several new national records** set by our team and many wonderful swims.

Congratulations to everyone for participating and also for the many personal best swims. Check out the fun on pages 5-7!

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### Special points of interest:

- Nationals Photo Collages
- Opening Day at Chatfield
- Local Masters Swimmer heads to Athens
- **NEW!** Consolidated Form for all Meet Entries!
- Squid Long Course Meet Returns to Lowry
- Mark Your Calendars for the Evergreen Fall Invitational

**COMSA Board of Directors**

Marcia Anziano  
Chairperson  
marfer@att.net

Heather Hagadorn  
Vice Chairperson  
heatherlh@msn.com

John Hughes  
Registrar  
johnstuarthughes@msn.com

Kathy Garnier  
Secretary  
K\_garnier@msn.com

Susan Nolte  
Treasurer  
chrisnolte@msn.com

Cindy Hawkinson  
Past Chairperson  
cinswims@earthlink.net

Terry Heggy  
Webmaster  
theggy@shyperson.com

Ellen Campbell  
Newsletter Editor  
ColoradoTriClub@comcast.net

Nicole Vanderpoel  
Long Distance Chairperson  
nicolevanderpoel@msn.com

Laura Smith  
Fitness Chairperson  
lsmith@vailresorts.com

Mark Plummer  
Top Ten Chairperson  
plummer@columbine.net

Kim Crouch  
Sanctions Chairperson  
kimigo@qwest.net

Chris Nolte  
Awards, Records & Safety  
chrisnolte@msn.com

Deanna Johnson  
Officials  
kddmjohanson@msn.com

**Letter From the Chairperson—Marcia Anziano**

Congratulations to the Rocky Mountain Masters, who placed 1<sup>st</sup> in the Combined Team – Medium Division at Short Course Nationals in Indy! RMM has several National Champions and established lots of National Records. Please see the fun-filled details in the meet article, found in this newsletter.

Colorado Master's Swimming Association has completed its' first quarter and the summer season is already in full swing. A full summer of activities for all members is underway including the following Long Course Pool Competitions:

June 5<sup>th</sup> Long Course meet that was hosted by Highlands Ranch at the outdoor pool at Lowry

July 24<sup>th</sup> Long Course meet that will be hosted by the Squids.

July 18<sup>th</sup> Breadbasket Zone Championships hosted by the Minnesota LMSC at the University of Minnesota in Minneapolis

August 12<sup>th</sup> – 15<sup>th</sup> National Long Course Championships in Savannah, Georgia.

For you open water enthusiasts, Chatfield is again available for training 3 times a week; Monday and Wednesday evenings and Saturday mornings. As for open water competition there are several from which to choose. The Open Water Swim Challenge is a series of 3 swims being contested at Chatfield; if you missed the one in June, you can still participate in the swims in July and August. There is also the Firecracker Lake Swim in Loveland and the Wingshadow races at Horsetooth Reservoir in August. All of this information is available via the web site ([www.comsa.org](http://www.comsa.org)) or in the newsletters.

Besides the opportunities offered here in Colorado, being a member of United States Masters Swimming offers you, as a member, a vast array of other opportunities and information. Programs are sponsored at the National level for swimmers of all levels and all interests. The board of COMSA is striving to bring this information to our local swimmers by passing on the information about competitions and fitness opportunities to all of you.

This year we are taking advantage of exposing more of our board members and committee chairs to the programs available through the national organization by filling all of our available delegate positions and sending more representatives to the national convention in September. We hope that by exposing more of our members to these opportunities, we can do a better job of providing this information to our local members.

That brings me to the importance of the "Team Rep" meetings that are held the first Wednesday of the first month of each quarter (April, July, October and January). It would be great to see these meetings heavily attended, as they are an opportunity for the individual teams to not only provide feedback on what has transpired during the prior quarter but to help shape the programs for the coming quarters. Any COMSA member is welcome at the Team Rep meetings, and they are also welcome to attend the Executive meetings, held the first Wednesday of the second month of the quarter. If your team rep cannot attend, please send someone in their place so that information can be relayed back to your local teams. Check the website, click on Meetings (<http://www.comsa.org/nextmeet.htm>), and get dates and locations for the coming meetings.

The USMS web site ([www.usms.org](http://www.usms.org)) is another good source of information for all swimmers. Use this website to obtain information on competitions throughout the country, both pool and open water; find a place to workout if you have to travel; if you train alone, check the workouts that are available from top masters coaches; if you swim for fitness, check into one of the many programs offered by the fitness committee that can help you with motivation and individual goals.

As members of USMS, you have many individuals working to improve your swimming programs. Take advantage of what is offered and also participate in helping shape your swimming and fitness future.

I look forward to your comments, questions and feedback. Have a terrific summer!

## Massage....It's Not Just Pampering—by Laura Smith, Fitness Coordinator

I was brought up in a household where unless a body part was spurting out blood, you didn't go to a doctor. Hair grew until my mother whipped out the sewing scissors and cut it for us (regardless of if we wanted it cut or not). Finger and toe nails went out of control unless you snipped them yourself. If I were to mention the word "massage", my family would have laughed me out of the house. That kind of 'decadence' just didn't exist in our world. However, as I grew older, played many sports, and spent countless hours in the Trainer's room with one injury after another, I realized that massage wasn't just something that millionaires did to show their financial status...it was an essential role in maintaining health for active people.



Study after study shows that athletes should receive massage regularly as part of a balanced training program that includes proper training, proper rest cycles, stretching and nutrition. Integrating massage into your training routine will improve your body's natural ability to recover, help with injury prevention and improve your athletic performance. So don't feel guilty supporting your local massage therapist!

As an athlete you continually stress your muscles. This often causes micro-tears within the muscle fibers as well as a build up of waste products. Case in point...when you go to the gym the first time in months and decide to pick up where you left off, lifting the same amount you did weeks and weeks ago. The next day you wake up, get out of bed, and realize that even your earlobes are tight, sore, and downright painful. This is called 'delayed onset muscle soreness'. You don't feel like you are overdoing it at the time, however, several hours later when the waste product has pooled in the muscles you feel like you were hit by a truck. Oxygen, nutrients, and lymphatic fluid are transported through your body via the blood stream. Massage markedly increases your body's recovery rate by increasing blood flow within your circulatory system so oxygen arrives faster, amino acids are delivered more quickly, and the waste products get moved rapidly away from the muscles.

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Swimmers' muscles are contracted in a relatively shortened range of motion for long periods of time. These 'tight' muscles cause extra strain to be placed on tendons and may result in injury. For swimmers, this usually takes the form of shoulder/neck pain or knee problems. Adhesions such as scar tissue that are formed within the connective tissue surrounding the muscle fibers can also cause tightness. Massage breaks up these adhesions as well as broadens and lengthens muscle fibers. Freeing up fascia in and around muscles and creating length within muscles helps prevent injury because it reduces the strain placed upon the tendons.

But wait! Before you run out, disrobe, and lay naked on a massage table, be sure you check the credentials of your therapist. Like any profession, there is a wide range of talent in the massage world. Look for a therapist that has completed a certification through an accredited school. Physical therapists are a great way to find a reference for a therapist who is knowledgeable and can work on specific swimming-related areas. Deep tissue massage, or "Sports Massage" is usually the most efficient treatment for athletes. Swedish Massage and some of the touchy-feely treatments feel good, but don't produce the results that deep tissue offers. However, if you are going into a competition, don't get a massage that is too vigorous, as you may become somewhat sore after a detoxifying trip to your therapist.



Efficient training doesn't always have to hurt. Work hard, rest hard. Beat yourself up, then get a massage. Ying. Yang. Keep a balance in your workouts, and your life...and always make time for yourself.

## Triathletes on a Masters Team

Terry Heggy - Head Coach Foothills Masters Swim Team



OK, so you're pretty darn fast on your legs or on your wheels...but it's that whole "getting through the water" thing that you need help with. The swimming part *looks* easy, and you KNOW you're in better cardiovascular shape than some of those pasty round doughboys on the Masters team. You certainly feel like you work harder than they do. So why do they continue to swim circles around you?

It's the technique, man.

Swimming is all about efficiency. And even though the good swimmers make it look easy, it's actually a very complex set of kinesthetic movements that simply cannot be mastered overnight. So here are some hints to help you on your journey from two-sport to three-sport athlete.

1. First, accept the fact that some of the folks who are whupping you have been swimming competitively since they were six years old. Tip your hat to them and congratulate them on their success and swimming longevity. Don't expect yourself to attain the same level of expertise in six months. Watch them, learn from them, emulate them...but don't get frustrated. They've paid their dues...now it's your turn.
2. Join the team. Bite the bullet and pay for a membership. Swimming once a week or once in "a while" just won't cut it if you want to master the sport. Swimming 3 days a week is good. Four days a week might be better. While having an Internet coach is definitely a good thing, it's not a substitute for the Masters Team coach who can watch and give you feedback. It's not a substitute for getting feedback from experienced teammates. Being told that you need to work on your turns is not the same as seeing how far behind you get when the guy next to you actually comes off the wall streamlined. Ask for help. Be open to advice and stroke correction.
3. Swim at Chatfield. Especially if you're going to do an open-water race, you need open water experience. Practice your drafting – it can be worth a couple of minutes cut off your race time, if done correctly. Get used to mass starts; if you can't get a bunch of people to simulate crowded race conditions, perhaps one of your friends will kick you in the face a few times to give you an idea of what it's like.
4. Understand that reducing drag is FAR more important than increasing power. Working on stroke drills will have a far greater effect on your speed than simply working hard. Doing a few lengths of properly focused stroke technique work is of far more value than swimming miles and miles reinforcing bad stroke habits. Your road work has already given you the heart and lung conditioning; use your water time to go faster by improving technique. Study proper swimming technique. (Your coach can help.) Remember that the propulsion comes primarily from the arms. (Most triathletes kick WAY too much. Once your foot travels below your body's "drag profile", you're actually creating MORE resistance rather than applying force. If you are one of those runners who thinks that your legs are your strength, I can almost guarantee that your kick is slowing you down. Concentrate instead on your body position (posture, line, & balance), clean hand entry, good rotation, and streamlining. And please, please don't become addicted to fins...they have their place, but it is NOT to make up for poor arm technique.
5. Breathe regularly. One of the most common problems for triathletes is the "gas and hold" breath pattern. Instead of inhaling, then pinching your mouth shut until you

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## Record Setting Swims in Indy

**Paul Smith** - Male - 40-44  
100 Fly - 50.26  
50 Free - 20.95  
100 Free - 45.95

**Susan Von Der Lippe** - Female 35-39  
100 IM - 58.31  
100 Breast - 1:04.25

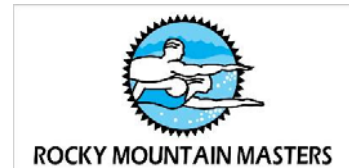
**David Gray** - Male 45-49  
200 Breast - 2:14.64

**Jeff Commings** - Male 30-34  
100 Breast - 56.11

**Men 35+** - 200 Freestyle Relay -  
1:24.05  
Robbert-Paul Smit, John Smith,  
Paul Smith, Rowdy Gaines

**Men 35+** 200 Medley Relay - 1:35.04  
John Smith, Holden Bank,  
Robbert-Paul Smit, Paul Smith

**Mixed 35+** 200 Freestyle Relay -  
1:30.17  
Kathy Garnier, Susan Von Der  
Lippe, John Smith, Paul Smith



## Rocky Mountain Masters Just Having Fun & Swimming Fast! Short Course Nationals 2004













## Triathletes in the Mix (continued from page 4)

6. turn your head on the next breath cycle, you should be moving air *constantly*. Blow out the *entire time* your face is in the water. That way, your lungs are ready to receive the air when you breathe in on the next rotation. Think about the sound and rhythm of the way you breathe when you run – it should be exactly the same when you swim.

7. Pay attention to the clock. Pacing is such an important part of any race, but a lot of road racers tend to swim hard until they get tired, and then keep trying to go hard even though they're too exhausted to go fast at that point. Learn to start out at the pace you intend to hold. Even pacing does not necessarily mean an even effort, but you'll never know what your pace is if you don't look at the clock.

8. Do backstroke. And breaststroke. And butterfly. Even if you NEVER plan to race any stroke but freestyle, you will learn *much* more about how your body moves through the water by being open to other strokes and other types of drills. Remember, it's not about yardage, power, or how hard you work – it's about which racer is the most efficient.

9. Loosen up. Your range of motion and flexibility make a huge difference, not only in your ability to perform the stroke properly, but in how much energy you use to overcome friction within your own joints. Flexibility equals speed, but it won't come from wishful thinking; you need to perform stretching exercises in addition to your other workouts. Read, study, and consult your doctor before deciding which stretches to do.

Talk to your coach. Our team is an exception, but on most teams, the coach is not 100% perfect. Sometimes they get stuck in a rut. Sometimes they're too busy to have a good grasp of what the swimmers need. If you feel that your turns could use some work, for example, ask the coach if he or she could spend some time working on turns. If you'd like to do some more streamlining drills, well, ask about it. If you'd like to spend more time practicing your gigantic, tidal-wave causing kick, well, *forget it* – you need to work on body position and arm efficiency instead. So ask the coach for more efficiency drills.

These aren't the only factors, but implementing these ideas will give you a good start. There are many additional resources on the Internet. You might want to start with the great articles found at <http://www.usms.org/training/articles.htm>. Have fun, and good luck.

## Highlands Ranch Masters Swimmer / Triathlete on Her Way to Athens

Associated Press BELLINGHAM, Wash. -- Susan Williams and Victor Plata claimed the final women's and men's spots on the U.S. Olympic triathlon team Sunday.

American Hunter Kemper and Great Britain's Liz Blatchford won their races in an international triathlon at Bloedel Donovan Park, but Williams and Plata were the biggest winners.

The 34-year-old Williams finished third in the women's elite race, less than a minute behind Blatchford's winning time of 2 hours, 6 minutes, 46 seconds. "I don't think it's set in yet," Williams said after securing a berth in the Athens Games. "I don't know when it will."

Terry Heggy ([theggy@shyperson.com](mailto:theggy@shyperson.com)) is the head coach of the Foothills Masters Team ([www.terryheggy.com/swimming/foothills.htm](http://www.terryheggy.com/swimming/foothills.htm)). The team's philosophy is "Swim Smarter, Not Harder", but they still manage to be pretty darn tired at the end of practice. Triathletes are welcome.





## Opening Day At Chatfield

Nicole Vanderpoel *Long Distance Chairperson*

Congratulations to those who braved the elements Saturday, May 15<sup>th</sup> for the Season Opening of the Chatfield Gravel Pond. The air temperature measured 41 degrees, while the water temperature measured in at a balmy 57 degrees. Our faithful COMSA Volunteers, John Hughes and Goeff Morneau, arrived early to be able to greet us all by 7:30 sharp. Many thanks gentlemen for a job well done! While John Hughes took the plunge to test the water temp first hand, it was Marathon swimmers Joe Wolf and Todd Landin who took off first for some serious swimming in the frigid water. Did I mention they were wearing nothing more than a cap, goggles and a regular speedo? Rumor has it, they swam for 2 hours in the cold waters. You swimmers are both amazing and absolutely crazy at the same time. They must be training for something pretty special. In fact, we are honored to announce that Joe Wolf is swimming in the Manhattan Island Marathon Swim on July 3<sup>rd</sup> and both Joe and Todd are training to swim the English Channel this August! We want you to know we wish you the very best and will update COMSA members of your progress.

John Hughes, Kathy Garnier and I started on our journey to the South end of the gravel pond shortly thereafter. John Hughes and I wore sleeveless wetsuits, while our courageous sprinter, Kathy Garnier braved the elements in a regular speedo, cap and goggles. In fact, Kathy swam the entire distance, with no wetsuit, no problem. Kathy and her sister Judy Laney are training to swim the 3,000 K open water swim in the Adriatic Sea at the FINA World Master's Championships in Italy. We wish you both the best of luck. We look forward to hearing about your success!

I must admit, my arms lost a bit of feeling and the light started playing tricks on me the last 500 yards or so. This brings up a few extremely important points on training in open water. Try, whenever possible, to swim with a buddy, especially in very cold water. Or at the very least, let someone know you are going out there for a while. When you experience numbness in your hands and arms, remember to think about throwing your arms forward. In addition, it is very important to never hold your breath when swimming in open water! Gradually exhale through your mouth and nose while your face is in the water, so you are ready to inhale when your head (and body) turns to breath. This will relax your lungs and regulate your breathing.

In Conclusion, there were probably a total of about 20 swimmers who attempted to swim the full 2,000 yard loop in the Chatfield Gravel Pond on opening day. Bravo to each of you. I have since returned to swim and the water temp is rising to a much more pleasant 64 degrees. No matter what you are training for, a visit to the Chatfield Gravel Pond is a great workout and a whole lot of fun! In fact, if you are training for a special open water swim, I'd like to include it in my next News Letter. Please don't hesitate to email me and let me know. I am certain all of us distance enthusiasts would love to hear about it!

### Long Distance

**Swimmers:** Mark August 15<sup>th</sup> on your Calendar for the 2004 Wingshadow Horsetooth Long Distance 10K and 2.4 Mile Swims at Horsetooth Reservoir in Fort Collins. This will be a spectacular swim as the Reservoir has just been reopened after a very extensive renovation. Information is available on USMS.org Long Distance Calendar Link. You can also e-mail them at [info@whswim.com](mailto:info@whswim.com) or [www.whswim.com](http://www.whswim.com).

*If you are interested in swimming either the 5K or the 10K National Postal Championship, please e-mail Nicole Vanderpoel at [nicolevanderpoel@msn.com](mailto:nicolevanderpoel@msn.com). I'd like to have swimmers e-mail me with possible Sunday's during July which they could participate as a group at Lowry.*



## **Consolidate Entry Form....Check It Out!**

Kim Crouch *Sanctions Chairperson*

The new consolidated entry form/card for COMSA swim meets is here! This entry card is available to use for all sanctioned or recognized pool meets. The use of this consolidated entry card will reduce newsletter printing and mailing costs by reducing the number of pages per newsletter. It will also provide a consistent entry method to COMSA swim meets.

It has an area to fill in all entry information, and it includes the USMS/COMSA waiver. Each swim meet will provide a meet information page with a list of offered events, date, time, location, costs, etc. You may either photo copy the consolidated entry form from the newsletter to enter multiple meets or print it from the web site, [www.comsa.org](http://www.comsa.org). Note: for recognized meets, the swimmer does not have to be a USMS/COMSA member and the meet information should direct those swimmers to leave that information blank on the consolidated meet entry form.



**EVERGREEN MASTERS ANNUAL FALL INVITATIONAL**SUNDAY OCTOBER 10<sup>TH</sup>, 2004**MEET INFORMATION**

Sanctioned by USMS # 32-04-10-S

- Facility:** Evergreen Rec Center Pool—6 lanes, 25 yard pool. Depending on our timeline we will either use 5 lanes for competition and 1 for warm-up or we will take 10 minute breaks for warm-up after events #5, #10 and #15. Electronic timing and automatic scoreboard will be used.
- Directions:** From I-70 go West to the Evergreen Parkway Exit. Take Evergreen Parkway (Colo. 74) South about 8 miles to downtown Evergreen. At the light in downtown Evergreen (Junction of 74 and 73) go right on Colo. 73. Go .5 miles to the next light at Buffalo Park Rd. Go right on Buffalo Park about .4 miles to a left turn at Olive Rd. Follow Olive Rd past the Evergreen High School till it dead ends in the Rec Center parking lot.
- Meet Times:** Sunday, October 10<sup>th</sup> 7:00AM warm-up. 8:00AM start.
- Awards:** Each participant will receive a certificate with their events, times and places within their age group. All age groups recognized by Masters will be awarded.
- Eligibility:** Only current USMS registered members with a current 2004 card.
- Entries:** The **COMSA Consolidated Entry Form** is available at [www.comsa.org](http://www.comsa.org). Your completed form plus entry fees and a copy of your current USMS card must be received by Friday, Oct. 1<sup>st</sup> by 5:00PM. Send entries to: EPRD/ Attn: Becky Browne, PO Box 520, Evergreen CO 80437. No entries will be accepted by email. Questions may be directed to Anthony Boettcher at [unaboettcher@msn.com](mailto:unaboettcher@msn.com) or by phone at 303-674-6441 X17. Entry fees are \$20 to swim and \$25 to swim and attend our world famous brunch. (See below). Each swimmer may swim up to 5 events including relays. Relays must be declared at the meet by 7:45AM. Make checks payable to EPRD. Deck entries will be taken only if space is available, with an additional \$5 fee.
- Rules:** Current 2004 USMS rules will be enforced.
- Brunch:** Our annual brunch will be held at the beautiful Evergreen Lake House following the meet. Cost is \$6 if you are not swimming in the meet; \$25 to swim and attend brunch.
- Events:** Events will be pre-seeded by time. No Time (NT) entries will be seeded in the slowest heats. All ages and sexes will swim together, then be divided out for award purposes.
- Events:**
- |                       |                   |
|-----------------------|-------------------|
| #1 4 x 100 free relay | #10 200 IM        |
| #2 50 breast          | #11 50 back       |
| #3 100 back           | #12 100 breast    |
| #4 200 free           | #13 200 fly       |
| #5 50 fly             | #14 100 free      |
| #6 100 IM             | #15 200 breast    |
| #7 200 back           | #16 500 free      |
| #8 50 free            | #17 200 med relay |
| #9 100 fly            |                   |

## Making the Top Ten

### Mark Plummer *Top Ten Chairperson*

COMSA records Colorado Top Ten times for pool swims and submits these times for National Top Ten considerations. Open water swims are not recorded or submitted to Nationals. To get either Colorado or National Top Ten times recorded, the swimmer must be USMS registered.

There are two types of USMS meets –i.e., sanctioned and recognized. Colorado meet registration forms will contain information as to meet status. If there is a question concerning the meet type, swimmers must check with the meet director. In both types of meets, a time for Top Ten consideration must be obtained electronically or by averaging two stop watch times.

Swimmers must be USMS registered to compete in sanctioned meets. Top Ten times will be automatically recorded for USMS sanctioned meets. In recognized meets, the swimmer need not be USMS registered and times are not automatically recorded for Top Ten considerations. USMS swimmers who want their times to be considered must fill out a form available at a recognized meet and submit this form to the COMSA Top Ten coordinator. All swim times can be submitted on one form. This form needs to be signed by the meet director. However for recognized times to be accepted, a USMS observer must be present at the meet to verify that the meet conforms to relevant USMS regulations. A COMSA referee present at a recognized meet generally meets the observer rule.

Swim times for automatic Top Ten considerations must be performed in the relevant stroke/event –i.e., a backstroke must be performed in an event labeled backstroke. A backstroke, breaststroke, fly or IM time obtained in a freestyle event will be automatically recorded as a freestyle time. Such a non-freestyle time in a freestyle event can be considered, however, for a Top Ten record. In such a case, the swimmer must inform the meet director prior to the freestyle event of their intent to swim a non-freestyle stroke. The meet director must then put the obtained time, in the results sent to the Top Ten coordinator, in the appropriate non-freestyle category. It is the swimmer's responsibility to see that this is accomplished. Swim times achieved in events labeled "choice" will not be considered for Top Ten times under any consideration.

Lead off times in relay events and individual split times can also be submitted for Top Ten considerations if electronic timing is used. However, this is not an automatic process. The relay team is responsible for informing the meet director in writing of their desire to submit a lead off time prior to the occurrence of the event. An individual swimmer must inform the meet director, in writing and prior to the conclusion of the meet, of their desire to submit a split time for Top Ten consideration. In lead off and split time cases, the meet director must submit these times to the Top Ten coordinator and they must be labeled as lead off times or split times. It is the swimmer responsibility to see that this is accomplished. If any swimmer thinks that they are in contention for a Top Ten Time, they should check the COMSA web site for results after each meet to be sure that the recorded information is correct. Also, they should check the USMS site for the same information when preliminary results are published. Notices will be sent out via COMSA E-mail when USMS preliminary results are available for verification.



The Top Ten times in each event and each age group are kept on a National Level each year. Listings are available at [www.usms.org](http://www.usms.org).

*If any swimmer thinks that they are in contention for a Top Ten Time, they should check the COMSA web site for results after each meet to be sure that the recorded information is correct.*







## **Strategy for Overcoming the Long Distance Challenge by Dan Frost from the WetSet**

Competing in a distance race, whether in the pool or not, is not for the faint of heart by any means. Rowdy Gaines, while commentating for ESPN during the 1650 yard Freestyle of the 1995 Men's NCAA Championships, said "I swam this thing a couple of times, and, I can tell you, I have never been so nauseous in my life as that last 500 of this race. I don't know how they do it. I'm really, literally sick to my stomach by the end of it...it's a tough race to swim." Distance races are perhaps the toughest challenge there is in the sport of swimming.

However, preparing for, and competing in, distance events does not require any complicated strategy. Neither must one spend endless, mindless hours in the pool, logging as much long and slow yardage as possible. You will get out of the effort that which you put in. So, with a little special attention towards training, as well as a little fun, you can be on your way to a satisfying achievement of your distance swimming goals. The following are some strategies.

Plan ahead. Find an event that you would like to compete in, and give yourself time to prepare. Swimming a distance event at a zone or national meet is a great end-of-season goal.

Technique, Technique, Technique! Work hard on improving your swimming efficiency. Small stroke defects can add up to higher energy cost and slower times. You will need all of your strength to complete a long-distance race. Learn how to get the most out of yourself, and waste not.

Do a "benchmark" swim. Sometime before your event, get into the water and swim your race distance without stopping. You can do this as fast or slow as you like, but it is important to physiologically and mentally feel what it is like to cover the distance. You may have to deal with pain and nausea, like Rowdy Gaines, during your race. Performing a benchmark workout will help you anticipate these situations during the race itself. If you are preparing for an open-water event, learn to deal with the challenges of navigation and swimming in cold water (make sure you take along a buddy). This is also a chance to evaluate the effectiveness of your training.

Focus on pacing. Success in distance racing depends mostly on holding a fast but constant pace. Once you become comfortable swimming long intervals in workouts, begin to increase your workout speed. If you have set a time goal for yourself, say swimming the 1500 meters in 20 minutes, work toward lowering your intervals to your desired race pace (1:20 per 100m in this case).

Taper. More than any other swimming event, you need to give yourself at least a couple of days of rest or easy exercise before your competition. You need to give your body the chance to restore its muscle glycogen by tapering your workout intensity and eating a high-carbohydrate diet. Most distance races are held on the opening day of meets, so that you won't waste precious energy competing in your other races. The most energy that you should spend in the days before the race should be spent just traveling to the competition site.

Swim your best race! You should be confident in yourself if you have trained well. Do a brief warm-up swim, so that you can concentrate on form and take a little bit of the edge off. Swim with control, for adrenaline will not help you here. A winning race strategy includes good pacing and endurance through the difficult parts of the race.

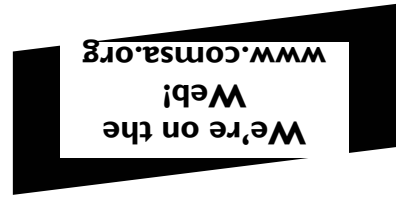
Completing a distance swim is a lofty challenge that you can achieve! Again, there are many opportunities to swim with (and compete against) others driven to master long-distance swims. Your Masters coach can help you plan specific workout sets designed to build your endurance base, lower your race pace, and improve your technique. You can take the BIG PLUNGE!



**RattleSnake Triathlon Series**

[www.RattleSnakeTri.com](http://www.RattleSnakeTri.com)

**August 29th**



Friends, Fitness, & Competition

COMSA  
P.O. Box  
Highlands Ranch, CO  
80163  
Phone: 303.355.5330  
Email: marfer@att.net  
Email: johnstewartthughes@msn.com

First Class Mail  
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## Squid Long Course Challenge—Saturday, July 24th



### SQUID LONG-COURSE CHALLENGE *SWIM WITH AN ALTITUDE!*

IGLA / COMSA MEET

SQUID is stepping up on the starting block again and will be hosting the second Long Course Challenge Swim Meet. It will be Saturday July 24, 2004 with warm up for the 800 free starting at 7:00 A.M. and for the general meet at 8:30 A.M. Mark your calendar and plan to register now for what promises to be our best meet ever. For those that missed the first Long Course Challenge it was an incredible success. We had over 100 swimmers from all over the country and there was even a world record broken by fellow master swimmer Rich Abrahams. But don't let a world record scare you away from swimming. For those COMSA members that are competitive, this will be a great warm up for Nationals. For those who have never once competed in a meet, this is a great low key meet to test out the water, so to speak. All levels and abilities will be in attendance, and if you're afraid of heights (the starting blocks) an "in the water start" is not a problem. Please visit our web site to register online at [www.squidswimteam.org](http://www.squidswimteam.org) or mail in the registration form in this newsletter. If you have any questions please call the meet coordinator, Keith Pryor, at 303-297-3994. Hope to see you in the water.