



MASTER SPLASH

Colorado Masters Swimming Association

Winter 2005

January, February, March

Beating the Blahs

Laura Smith—Fitness Chairperson

Let's face it. No one feels great in every workout. Sure, there are those far too infrequent times when you dive into the pool and feel strong, fast, and efficient. However, there are other times that the only thing slower and more painful than your turn-over is the clock ticking down to the end of workout. When this situation unfortunately yet inevitably occurs, you have some options:

Get out. (But, by the time you've made the effort to get to the pool, change, and get in the water, this option is a huge waste of time and energy. Plus, it's so hard to find an excuse that the coach will actually believe.)

Mindlessly go through the motions of a workout. (This would count as "junk yardage". You're no doubt being sloppy, repetitively engraining bad habits into your stroke and keeping your heart rate at the level of a Sunday stroll through the park with Grandma. Refer to "huge waste of time" in paragraph above.)

Use this opportunity to change things up, break the monotony, and have fun in the workout. (Bing! Bing!! Bing!!! Pick this! Pick this!)

Master swimmers in general fear change (i.e., try getting someone to switch out of their normal lane in a morning workout!). However, sometimes to stay motivated and improve your swimming, you're just going to have to suck it up and do it! All the hard sets, long yardage workouts and painful intervals can't compete with efficiency and good technique. Practice doesn't make perfect. Perfect practice makes perfect. As long as you're going to be there, you may as well get the most out of your workout. *Continued on page 3*



HAPPY NEW YEAR

Upcoming Meets Not in this Issue!

Be sure to check the COMSA Website for updated information on the Loveland Sweetheart Meet, February 26th, Short & Sweet Meet, March 6th, and the State Meet, April 8, 9, 10.

Swimmers Clinics Coming in 2005

Two swimmers clinics will be coming to Colorado in 2005. Cathy Drozda, COMSA's 2004 Coach of the Year, will be presenting a freestyle clinic on March 13. As Coach of the Year, Cathy received a grant to attend the ASCA World Swimming Clinic. She brings back exciting, new information to share with swimmers of all abilities. Be sure to read her article on page 5 of this issue, and register for the clinic on page 7.

Bob Bruce, USMS 2003 Coach of the Year and USMS Coaches Committee Chairperson, is coming to Colorado to present, "Focus on Fundamentals." This clinic will give swimmers a chance to evaluate all four swimming strokes. Read more about it in Nicole Vanderpoel's article on page 8.

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Welcome to a New Year with COMSA

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Marcia Anziano—Chairperson

As with every NEW year, we have lots of NEW things happening with Colorado swimming. First of all the Rocky Mountain Masters have a NEW name, Colorado Masters Swimming. Along with a NEW name, there will be a NEW logo, check elsewhere in the newsletter for information on the Logo Contest.

To go with the NEW team name, Colorado Masters will be getting NEW team gear for Nationals. There is an order form in this newsletter and the orders must be received by February 15, 2005. All the items will be available for pick up at the State Meet in April. Details are on the order form.

Along with the NEW year, we have a NEW host for the website. The website will now reside on the USMS server and it has a NEW look and we have a NEW webmaster. Terry Heggy has done a great job and will remain as the assistant, but Mel Dyck of Snow Mountain Masters will be heading up the website for us. You will notice it has a slightly different format and organization. Thanks to Mel for all the hours of effort that he put into the conversion.

We have lots of NEW energy and ideas for the NEW year. Notice that we have added some NEW meets, one was in Estes Park just before year end and there is a second meet now being hosted on the Western slope in Montrose. We also have a NEW clinic series coming to Colorado this year, coached by Bob Bruce, one of our top Masters National coaches. The first sessions of the series will be on the weekend of February 18, 19 and 20. Details on the clinic are also in this newsletter.

We are taking a NEW approach to getting more teams involved in what COMSA is doing. We have several board members and committee chairs that have adopted teams. The purpose of this program will be to try to keep a more open line of communication between the board and the teams. All of the activities that the board and committee chairs put together and promote are for the swimmers. We need input as to what the swimmers want. Hopefully, this NEW program will help with that. We have also decided on a NEW schedule for the Team Rep meetings. We are making every effort to do business only at the quarterly executive meetings. We have decided to have two major Team Rep meetings, this year they will be in January and July. The January Meeting will be held at the Colorado Athletic Club at Inverness on January 12. Details on all meetings, location, directions, etc. can be found on the COMSA website. At the January meeting we will be having guests from the Colorado Sports Corporation and Colorado Swimming to talk about our participation in the National State Games being held at the Air Force Academy in July. This will be a great preparation meet for Long Course Nationals in August being hosted by Mission Viejo California. Also at the January meeting, we will have a prize drawing for the Team Reps that do attend the meeting.

And finally, to go with our NEW year, we always welcome NEW volunteers. If you would like to get more involved with COMSA, contact Kathy Garnier, our secretary, and tell her of your interests and how we can best contact you. Kathy's contact information is available on the website and in the newsletter.

Our wish to you is that every one of you has a great NEW YEAR.



Getting the Most Out of Your Workout

continued from page 1

Here are some ideas to improve your swimming (and your “I should have taken up Masters Badminton instead” attitude):

Work the turns. Yep. Just the turns. You may be feeling slow and lethargic during a set, but don't waste the whole set by just 'getting through it'. Stay long and relaxed in the main part of the pool, but when you hit the flags, pick up your kick and increase your turnover. Snap your legs on the flip, make a concentrated effort to explode off the wall, and exaggerate the streamline. Take two or three strong strokes out of the turn, then back off and relax. Repeat this for every turn during the set. Not only is it great cardio training with short bursts of efforts followed by a recovery period...but you will also be so focused on the turns, that you just may forget the monotony of the set.

DPS (Distance Per Stroke). Forget about speed. Work on efficiency. Some days you just don't feel fast, and that's okay. Try swimming a few hundred yards of the same stroke and keep track of the average number of strokes you take per length. Then, spend your workout concentrating on taking fewer strokes per lap. You will have to extend the glide phase of your stroke and you may have to pick up your kick a bit. Initially, try knocking one stroke per length off a swim. Then two. Challenge yourself to see how few strokes you can take.

Catch Up Stroke. This is a freestyle drill that you can do while swimming a set. Don't start the pull with the right arm, until the left arm “catches up” at the top of a great way to work on core rotation even the sprinters have a powerful

with a little creativity, you can get something positive out of each and every workout....regardless of how your feeling.

Find the chink in your amour! Ask the four) and give you one, just ONE, try to “keep your head down, lift your kick” all at once, you'll probably end up have been. Change takes time. Changing anything about your stroke is like a sore in your mouth...if feels huge although it is barely visible to the naked eye. Take this one aspect of your stroke, and concentrate on it for the entire practice. Slow down if you must, but really work on correcting it. Check back with the coach intermittently to be sure you haven't slipped back into old habits.

Change it up. Try moving to a lane with slower intervals and swimming one of your 'off' strokes. We all have a stroke that we ignore like a redheaded stepchild. And usually, it's the stroke we could improve upon the most. If you've been powering through months and months of distance freestyle, try swimming the main set backstroke or breaststroke. Working different strokes not only makes all of your strokes stronger, but changing movement patterns can also help alleviate overuse injuries that are all too common in swimming.

We can't have the best workout of our life every time we jump into the pool. However, with a little creativity, you can get something positive out of each and every workout....regardless of how your feeling. Take advantage of the workouts where you feel great! But also take advantage of the days where you don't feel so great and use them to work on things you may normally overlook in your practice. Most of all, make it fun, and you'll always be successful.





Tricks to Staying Motivated as a Masters Swimmer

Tiffany Forbes—Spotlight Coach—*BAM*

The toughest decision to make when considering joining a master's swimming program is making the commitment to swim. For some of us, far too many years were spent waking up early to get to mandatory swim practice. Now, as adults, that decision is optional, and very difficult to make at times. Fortunately, there are often other times of day to choose from, including noon and/or evenings.

Another obstacle to overcome is the Speedo factor. Fact is, most of us have misplaced the hard-bodies we possessed as young, hot-shot swimmers. It is often humbling to don the Speedo, given the excess poundage now spilling over the seams. Two things for one to consider... One, hardly any of us looks now like we did at 20, so you are not alone. Second, and possibly more important, is the hard fact that, realistically, nobody is gawking at you! Self-consciousness should be tucked into that locker with all of your clothes.

Now, the hardest part is over. You are again part of an organized swimming program. Getting in to the "swim" of things may not be too difficult. You may relish as to how much better you feel with time spent in the water. After all, nothing can feel worse than the first week back in the water after a long break. One of my favorite tricks to keep myself coming back to the pool is picking that one person (or more) that you decide you would like to see as often as possible! Most likely, swim practice may be the only place the two of you may potentially be at the same time. In an ideal situation, your coach could serve as such a motivating factor.

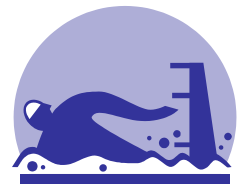
A second "game" to play is Beat the Clock. In this game, you pick a set to gauge your performance on. You will likely find that week after week, you either do better times, or swim the same times, but with less effort than before. In the early stages, it is often a good idea to guarantee success, so pick sets of longer distance, and/or only re-test occasionally (like every two or three weeks)!

One of the only things that can be more difficult to overcome than committing to swimming again is the desire (or lack thereof) to swim in a meet again. It is very difficult to lose the "back then" voice. You are on the blocks, with your best time fresh in your head. You may even recall how great your best race ever felt. Now, it is a whole different scene.

After you have swum your first meet, and have gone through the various stages of denial and depression, it is time to re-evaluate. One of the best things about being a master's swimmer is watching yourself improve, though by different standards, year to year. In a sense, the new game is seeing how much faster you can get, even as you are getting older. I know a few men in their fifties that are swimming almost as fast as they did in college. That is the ultimate motivator in our world of swimming!

So, with the New Year upon us, it is a good time to re-motivate for swimming. Create your training schedule, pick some swim meets, and maybe take on a new and different swimming challenge in 2005. Try an open water swim, or complete your first triathlon. Learn to enjoy swimming again.

Tiffany Forbes has been involved as a Masters swimmer and coach for many years. She currently coaches with Jane Scott at BAM in Boulder. She has been back there for just over a year. Before then, she worked at The Olympic Club in San Francisco, and with Bobby Patten and Jim Montgomery in Dallas before that. Tiffany began with BAM before any of those in an earlier era.



Success Insights from ASCA World Clinic

Cathy Drozda—2004 COMSA Coach of the Year

Swimming history, coaching camaraderie, professional growth, free samples, vendors' deals, Olympians' autographs, a rockin'downtown, and witnessing "water catch on fire." These are some of the memories I recall when I look back on my three days in Indianapolis this October. Through the generous combination of a COMSA sponsorship and USMS grant, I was able to attend the 35th Annual American Swim Coaches Association World Swim Clinic held in conjunction with the World Short Course Swimming Championships at the Conseco Fieldhouse. Yes, *that* Conseco Fieldhouse where the "bad boys" of Indiana Pacers infamy call home. Just like the US Olympic Trials, the meet was held in the latest innovation in pool design, the revolutionary portable pool. So there I sat (one night next to a Scottish cop who coaches as a side job) with 11,400+ screaming, cheering, international swimming fans, witnessing history at being the largest crowd ever to witness a non-Olympic swim meet, munching on popcorn, taking in the scenes of an NBA shot clock, four-paneled jumbotron dangling over a . . . body of water !?! It was an unbelievable spectacle – nothing short of an elaborately-planned, impeccably-executed, first-class entertainment exhibition. It lived up to its hyped theme - the "See Water Catch Fire" banners were hung all over downtown – in spite of the fact that Michael Phelps had to bow out after his first and only event, the 200m free, and many other Olympians were not in attendance. We did get to witness Jenny Thompson's final meet (the crowd gave her a thunderous, minutes-long ovation) and outstanding performances of Aaron Piersol, Amanda Beard, and others. Finalists paraded out to thunderous applause and standing ovations, and during medal presentations the lights were dimmed, multi-color strobes pierced the darkness, full-throttle rock music blared throughout the arena, and medal-winners were presented awards by international figures from the aquatic world. It was an experience you can't express completely in words; it was by far the most professionally polished and impressive swim meet production I have ever witnessed. Indianapolis *really* exceeded everyone's expectations!



I was able to attend presentations by Nort Thornton ("Intention vs. Effort"), Dr. Joel Stager ("Strength, Power, and Sprint Swim Performance"), David Marsh ("What Makes Auburn Work"), Frank Busch ("Weight Training, Dryland Work, and Equipment Use"), Marty Keating ("How To Get the Most Out of a 12-16 Week Season"), Dick Shoulberg ("Stroke Drills"), Terry Laughlin ("5 Speed Swimming – How To Develop Racing Gears"), Bob Bruce ("This Really Works: 20 Proven Ideas to Build a Program"), and Scott Rabalais ("Teaching Technique Through Video Comparison.") Being a veteran coach of almost 30 years (I am not making that up – I started coaching when I was 16), it was wonderful to sit back and absorb the relevant information into what I could take back to Colorado. Some of that I will share with you at the COMSA-sponsored clinic I'll run Sunday March 13th at the Northglenn Recreation Center facility.

Don't miss the COMSA swimmers clinic on March 13th to learn more about "motor programming."

Two of the insights I'd like to share with you in this article were from Rabalais' "Teaching Technique Through Video Comparison" presentation, and Terry Laughlin's "Five Speed Swimming" talk. The Dartfish Analyzer software program is a coach's *dream* . . . if you're not technology-challenged and have some extra cash to spend. This incredible visual teaching tool allows a coach to select speed, views, multi-swimmer and before/after views, determine stroke outlines, biomechanical angle measurements, and many more options to analyze efficiency, resistance, biomechanics, etc. The major "aha" that struck me was the visual image of elite swimmer after elite swimmer demonstrating complete 100% alignment (fingertips, elbow, shoulder, head) from the side at their full extension position.

Terry Laughlin's talk echoed a principle that I've always based my coaching on – the importance of "motor programming" within a training program. This goes along with a philosophy of purposeful training, that if you fail to train properly for the last quarter of your races, particularly for 500's on down, then you have overlooked a critical part of race development. His five speed training concept is based on research analysis of world class finalists; that is that the strongest "closer" will always win because they have mastered a specific stroke rate married to a specific stroke length. **Continued on page 6**





RMM is Now Colorado Masters

Heather Hagadorn—Vice Chairperson

RMM is now Colorado Masters! At last year's State Meet, the Rocky Mountain Masters team name was voted out and a new name was voted in: Colorado Masters, and now Colorado Masters needs a new logo. This logo will be used for T-Shirts, Caps, Banners, Towels, etc. Do you have any great ideas?

Come up with something that represents Colorado Masters swimming and if your design is selected as a winner, you will be presented with a \$50 gift certificate to a local swim shop. Send as many entries as you like in a common picture format to: heatherlh@msn.com. Deadline for submission is January 31, 2005. Note that to keep the logo affordable for reproduction, we need to limit the number of colors to a total of four: three + background color.

Motor Programming Leads to Purposeful Training

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In simpler terms, VELOCITY = SL x SR. Translation to training terms – always, always, always train with “motor programming” in mind. Always be mindful of your stroke length (# of strokes per 25), particularly as you descend (get faster) in a set, and keep that stroke count within 2 strokes of your easiest efforts with your longest stroke length possible. For example, if your lowest stroke count is 13 strokes per length, maintain a number between 13 and 15 strokes per length throughout a descending set, even on your last, fastest effort. In doing so, you are training (programming) your central and peripheral nervous systems to behave that way at the end of a race.

I hope this information has been helpful for swimmers and coaches alike. I'll look forward to talking with many of you at this season's upcoming meets and seeing some of you at my March 13th clinic.

Swimmers Have FUN in Ft. Lauderdale

That's what you will hear after the Short Course Nationals meet at the Hall of Fame pool in May. Imagine this: Warm down in the OCEAN after your stellar race (the beach is across the street!). How many times have you seen Personal Bests and National Records broken by your own friends right after a late night out socializing – dinner, wine, dancing?!? It happens every year... It's REAL! It's FUN!!! You can be fast or slow, seriously competitive or seriously looking for sun. Regardless of what you are looking for, you will have a great time meeting all kinds of people from across the country who enjoy swimming and the benefits that come with it as much as, or more than you do.

Sign up for Nationals and join Colorado Masters in a relay, cheering squad or one or more individual events. You will find the meet information on www.usms.org starting in January. The meet takes place May 19 – 22, 2005.

Don't forget to swim at the State Meet (April 8-9-10 at DU) or any of the other COMSA meets to “warm up” those racing muscles. Be amazed at how fast you are in the oxygen-filled scene at Sea Level versus our High-Altitude Training!!!

Nationals relay sign-up and other Colorado Masters details will be available at the State Meet and online at www.comsa.org starting in March or April.



COMSA CLINIC

Who? All Comsa members, triathletes

What? 3 hour swim clinic targeting freestyle technique, 10 tips for swimming injury prevention and rehabilitation, training for success, and underwater videotaping. Additional 4th hour of video analysis and stroke correction of a secondary stroke is optional and costs extra.

Where? Northglenn Recreation Center, off 1-25 and 120th Avenue

When? Sunday, March 13, 2005 8:45-12:00 12:00-1:00 optional

Cost: \$30 for 3 hour clinic
\$40 for four hour session

*** bring swim gear, fins, warm deck clothes, snacks***

Mail-in Registration Form

(Limited to first paid 36 registrants)

Name (please print!) _____

Address & Zip _____

Phone() _____ E-mail: _____

Alternate phone: _____

COMSA registration copy enclosed? _____

Check enclosed for \$30 _____ \$40 _____ payable to "Comsa"

Mail to: Cathy Drozda, 13346 Lafayette Way, Thornton, CO 80241

e-mail: cdrozda@attg.net



Focus on Fundamentals—Swim Clinic

Nicole Vanderpoel—Long Distance Chairperson

Greetings Colorado Master's Swimmers! Hope your Holiday Season was filled with good friends, good family and good cheer! While you were busy giving to others, did you take the time to give to yourself? If not, we have the perfect gift for you! Before you read any further, get your calendar out so that you can schedule in a very special stroke clinic in February, 2005!

We are very pleased and fortunate to announce that **Bob Bruce**, Chair of the United States Masters Swimming Coaches Committee and USMS National Coach-of-the-Year in 2003, has graciously agreed to come to Colorado and conduct the "**Focus on Fundamentals**" **Swim Clinic**. Bob is a "Master" at his craft and has been conducting Stroke and Open Water Clinics across the US for many years! This is a wonderful opportunity for all Colorado Masters Swimmers to improve technique and efficiency in the water.

The Clinic will take place at DU, Friday, February 18th through Sunday, February 20th. Don't worry, you don't have to commit to all 3 days of the clinic. Bob is dividing the Clinic into **four separate 4½-hour Stroke Clinics**. Each clinic will require two pool sessions, a short one for underwater video and a longer one for drills & stroke work, with classroom time in between. In addition to doing individual stroke analysis for each participant, Bob will do a detailed Biomechanics and Stroke presentation. The maximum number of swimmers per session is 16. **The fee for this incredible stroke clinic is \$45 for one session, additional \$40 for the second & third session and \$35 for the fourth.** Snacks will be provided. All you need to bring is yourself, suit, cap, goggles, water bottle, warm clothes and a towel. As a bonus, Bob will offer an additional service of sending you a DVD or CD, which will include your stroke video at both regular speed and in slow-motion with a detailed voiceover stroke analysis. This optional service will be available for an additional fee of \$10 per stroke.

If you are interested in attending any one of the sessions, please e-mail me as soon as possible, nicole-vanderpoel@msn.com. Please include your name, Date of Birth, COMSA #, address and phone #. In addition, please indicate which clinic(s) you wish to attend. I will either e-mail or send you confirmation and further clinic information. Payment for the clinics should be made payable to COMSA and must be received by January 31, 2005. You may submit payment to Nicole Vanderpoel, 330 McArthur Drive, Littleton, Co. 80124. Remember, each clinic session is limited to 16 participants and will fill up quickly! You must be a current 2005 USMS Registered Swimmer to participate.

Friday – 2/18, Freestyle Clinic, 5:30 pm to 10:00 pm
Saturday - 2/19, Breaststroke Clinic, 8:00 am to 12:30 pm
Saturday – 2/19, Butterfly Clinic, 1:30 pm to 6:00 pm
Sunday – 2/20, Backstroke Clinic, 8:00 am to 12:30 pm

It's that time of year again, Colorado Masters, to build some endurance by participating in the **2005 USMS Annual One Hour Postal Swim**. This year's One Hour Postal is sponsored by **Indy Swim Fit** and must take place during the month of January, 2005 in any pool 25 yards or longer.

What is the object of the One Hour Postal? The objective is to swim as far as possible in one hour. The results and your entry form and fee of \$6 must be mailed to Indy Swim Fit no later than February 10, 2005. Once all results are received, it is fun to see where you are ranked with other One Hour Postal Participants across the Country.

Can I participate with my team? Swimming the One Hour Postal with your teammates would be most desirable. However, you can only swim 2 per lane and no circle swimming is allowed. Talk to your Coaches and Teammates about organizing your own One Hour Postal at your pool during the month of January. All you need is a stop watch and your own counter/verifier. (A suit, cap and goggles might be desirable, as well.)

Where can I find more information about the One Hour Postal?

Information, entry forms, rules, fees etc. can be found on the www.usms.org website on the Long Distance Link for the 2005 One Hour Postal. So, what do you say fellow Colorado Masters Swimmers? Challenge yourself and let's show the rest of the Country that Colorado Masters Swimmers can "go the distance" by participating in the 2005 One Hour Postal.



Ft. Collins to Host Open Water National Championship

EXTRA, EXTRA, READ ALL ABOUT IT! THE DATE FOR THE 2006 NATIONAL 10K OPEN WATER CHAMPIONSHIP HAS BEEN SET! Yes, Colorado Master's Swimmers, the date for the **2006 National 10K Open Water Championships** at Horsetooth Reservoir has been set. Sunday, **August 13th, 2006** is the magical day.

This promises to be a very special event not only for Colorado Masters Swimmers and Triathletes, but also for the City of Fort Collins and the entire State of Colorado. The Wingshadow Horsetooth National Championship Committee has already been hard at work planning and organizing the event. If you would like to learn more about previous **Wingshadow Horsetooth 10K Swims** or to view the video for the 2006 Championship bid, please visit the website at www.whswim.com. If you do visit the website, perhaps you could take some time to learn about **Wingshadow**, whose mission is to help troubled youths in Northern Colorado. In fact, the Wingshadow Horsetooth Swims originated as a fundraiser for this very special organization.

In addition, if you would like to volunteer your services in any way for this event or if you are interested in helping out through sponsorship, please e-mail Lynn Millar at lynnpmillar@yahoo.com or you can e-mail me at nicolevanderpoel@msn.com. We would love to have your support in showing the rest of the country how special Colorado truly is!

Colorado Masters Team Uniforms Now Available

Show your team spirit! Colorado Masters team uniforms are now available! Hats, visors, warm ups, caps as well as nearly any make of suit can now be ordered through Out of Breath Sports. Orders are due by February 15th. They will be available for pick up at the State Meet on April 8, 9, 10. Just pull the order form from this issue, make your selections, and send it in.



Colorado Springs to Host the State Games of America

The Rocky Mountain State Games has gone national this year and Colorado swimmers will have a chance to compete against top-notch swimmers from 33 states in the State Games of America. The swimming competition will be held in Colorado Springs, Friday, July 29 through Sunday, July 31.



In 2004, the Rocky Mountain State Games joined forces with Colorado Swimming Inc. and the Falfins Swim Club to host the Colorado Long-Course Swim Championship as part of the Rocky Mountain State Games. The meet proved an immediate success: 1,017 participants competed and numerous state records were broken at the Air Force Academy's first-class facilities. Organizers have modified this event for the national competition in 2005 and have added Masters' divisions in many events. U.S. Masters Swimming rules will be followed for all Masters' events.

State Games of America registration opened January 1, and it is highly recommended that you register as early as possible to ensure a spot in the competition. To register or for more information, visit www.StateGames.org or call (719) 634-7333, ext. 1000.



4th Annual Highlands Ranch Masters Invitational
Saturday, January 8th, 2005
Meet Information
Sanctioned by USMS - #32-05-01-S

FACILITY Northridge Recreation Center in Highlands Ranch, Colorado at 8801 S. Broadway.
Take C-470 to Broadway, exit South on Broadway and take Broadway South about a half mile to the Rec. Center on the East side of Broadway. An 8-Lane, 25-Yard competition pool with separate diving-well and hot tub for continuous warm-up and cool down. Colorado Timing Systems touchpads and 1 line scoreboard will also be used.

TIMES Saturday, January 8th, 2005 7:30AM Warm-Up - 8:30AM Start

AGE GROUPS 19-24, 25-29, 30-34, 35-39, 40-44,.....100+ No awards at this meet.

ELIGIBILITY Only current USMS registered members with a USMS 2005 Registration Card.

ENTRIES Entry forms accompanied by entry fees and a copy of your USMS card, are DUE (Not just post marked) in the hands of the Entry Coordinator by Monday, January 3rd, 2005 at 5:00PM.

Send entries to:
Matt Beck / HRA
8801 S. Broadway
Highlands Ranch, CO 80126

Contact Information:
Phone – (303) 471-8942 E-mail (Preferred) – texbeck25@aol.com

ENTRY FEES Flat Fee of \$15.00 for up to 5 events. Make Checks payable to **Highlands Ranch Masters**

RULES Rules to be enforced per the 2004/2005 USMS Rule Book

Events and Event Numbers

<u>Women</u>	<u>Men</u>	<u>Event</u>	
1	2	500 Free	(10-15 Min. break after last heat of event 2)
3	4	50 Butterfly	
5	6	100 Backstroke	
7	8	200 Breaststroke	
9	10	50 Freestyle	
11	12	100 Butterfly	
13	14	200 Backstroke	
15	16	200 Ind. Medley	
17	18	50 Breaststroke	
19	20	100 Freestyle	
21	22	200 Butterfly	
23	24	50 Backstroke	
25	26	100 Breaststroke	
27	28	200 Freestyle	
29	30	100 Ind. Medley	



BOULDER PENTATHLON Saturday, January 29, 2005

East Boulder Community Center, 5660 Sioux Drive, Boulder
Hosted by Boulder Aquatic Masters- USMS Sanction #32-05-02-S
Meet Director: Tiffany Forbes, 303-994-5111 or tafswim@comcast.net

RULES: USMS rules will govern the conduct of the meet. All events are timed finals.

POOL: 25 yard pool. Six lanes will be used for competition, with one lane open for continuous warm-up. Bring a deck chair to insure greater comfort for your weary, wet, worn-out body!

SCHEDULE: January 21, 2005 **DEADLINE FOR POSTMARK** on early entries (\$20.00)
January 29, 2005 3:00-4:15pm Check-in and Deck Entries (\$25.00)
4:00-5:00 Warm-up ****this is 30 minutes later than previously posted**
4:45pm Deck Entries close
5:15pm Meet starts

ELIGIBILITY: Swimmers with 2005 USMS cards. A copy of the card is required with entry. COMSA (USMS) registration will be available at the current cost at the meet.

AGE GROUPS: Men 19-24, 25-29,30-34,...90+; Women 19-24, 25-29,30-34,...90+.

SEEDING: Slow to fast in all events. Women's and Men's Events will be combined.

DIRECTIONS TO POOL: Hwy US 36 to Boulder (MM39.6) **Foothills Parkway Exit** Rte 157. Bear LEFT. Proceed NORTH approx. 1.2 miles to Baseline Rd. Turn RIGHT on **Base line Rd.** Go east two traffic lights (.3 miles) to 55th. Turn RIGHT (south) on 55th. After about .5 mile the road curves left, east, to the Center. (East Boulder Community Center phone for your baby-sitter or emergency contact during meet 303-441-4400.)

EVENT ORDER

- | | |
|---------------------------------------|--------------|
| 1. 200 IM | 6. 50 BREAST |
| 2. 50 FLY | 7. 100 FLY |
| 3. 100 BREAST | 8. 50 FREE |
| 4. 50 BACK | 9. 100 BACK |
| 5. 100 FREE (Followed by Short Break) | 10. 100 IM |

CHOICES: Short Pentathlon = All 50's + 100 IM
Long Pentathlon = All 100's (except 100 IM) + 200 IM
Or any five events of your choice

MAIL consolidated entry form, filled out completely and legibly, to: **Tiffany Forbes – Entry Chair**
P.O. Box 11152
Boulder, CO 80301

Postmark by Friday, January 21, 2005.

Include copy of 2005 USMS card.

Include check for **\$20.00** payable to BAM.

(Note this is \$5.00 less than the Deck Entry Fee!)

If you choose to Deck Enter, please remember to:

Bring a copy of your 2005 COMSA/USMS card, or a check to pay for your COMSA/USMS membership (available at the meet);

Bring a check or cash for BAM for \$25.00 (Deck Entry Fee).

Plan a little time (3:00-4:15pm) to fill out Deck Entry Cards that will be supplied at the meet. No pinks or blues!



**1st Annual Montrose Marlins
Masters Swim Meet**

Sunday, January 30, 2005

Sanctioned by COMSA for USMS #32-05-03-S

- Facility** Montrose Aquatic Center, 25 Colorado Avenue, Montrose, CO.
6 lane, 25 yard pool, limited continuous warm up and cool down area.
- Meet Times** Sunday, January 30, 2005. Warm-ups Start at 8:00am; Meet Starts at 8:45am.
- Age Groups** 18-24; 25-29; 30-34; 35-39; etc. Relay age groups: Mixed.
- Entries** Please use the COMSA Consolidated Entry Form on the COMSA web site www.comsa.org/meets or on the Montrose Marlins Web Site. Entries are due by Monday, January 24th at 6:00 PM. Entry fee will be \$20.00 for up to 5 events and 2 relays. Deck entries accepted for an additional \$5. Make checks payable to the Montrose Marlins. Entry forms must be accompanied by entry fees and a copy of USMS card. Please submit times in short course yards. Send entries to:
Suzi King
19163 65.65 Road
Montrose, CO 81401
970.240.4477; suziking@rocketweb.net
www.montrosemarlins.org
- Eligibility** Only current USMS registered members with a USMS card.
- Rules** Rules to be enforced per the 2004 USMS Rule Book.
- Events** Events will be pre-seeded by time. No Time (NT) entries will be seeded in the slowest heats. In the interest of time, ages and sexes may swim together, and then be divided out for award purposes. Each swimmer may swim up to 5 events and two relays. Relays must be declared by 8:30 am.
- | | |
|-----------|------------------------|
| Event #1 | 500 Free |
| Event #2 | 200 Mixed Medley Relay |
| Event #3 | 100 Free |
| Event #4 | 50 Breast |
| Event #5 | 200 IM |
| Event #6 | 100 Back |
| | 15 Minute Break |
| Event #7 | 50 Free |
| Event #8 | 100 IM |
| Event #9 | 50 Fly |
| Event #10 | 200 Free |
| Event #11 | 200 Mixed Free Relay |
- Brunch** Brunch to follow meet. Details to come upon registration.

WE'RE ON THE WEB!
WWW.COMSA.ORG

Friends, Fitness, & Competition



COMSA
P.O. Box 260523
Highlands Ranch, CO
80163-0523
Phone: 303.355.5330
Email: marfer@attbi.com
Email: johnstuartughes@msn.com

First Class Mail
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Permit NO. 37

Colorado Masters Swimming Association

Yoga Clinic Returns for COMSA Swimmers

Another great opportunity for our members to attend a YOGA workshop with emphasis on the swimmer's needs!!!



Saturday, March 26, 2005 2:00-4:30 PM.
The Colorado School of Iyengar Yoga
2162 South Colorado Blvd.
Denver, CO 80222
303-758-4814

\$30.00 (\$25.00 if received by March 18, 2005)
2005 USMS members receive an additional \$3.00 discount

Name: _____

Phone: _____

2005 USMS (COMSA) registration number: _____

Make checks payable to: The Colorado School of Iyengar Yoga and mail them, along with this form, to the address above. If you have any questions, call Denise at 303-758-4814 or Marcia Anziano at 303-355-5330. Sign-up on the day of the workshop will also be accepted. (This is not a COMSA sponsored event.)

