

MasterSplash

Coloradoans Take on the Channel

On August 9th, a relay team of 6 Colorado 12 year old swimmers crossed the English Channel in just under 10 hours. Coached by COMSA members Voni Oerman and the late Kevin Nash, they are the youngest relay team ever to have made the crossing.

Another COMSA member Nick Levine, made the crossing as well on September 4th.

Congratulations to all!!

Short Course Meters

September-December 2007

Fall Means Time for Goals

Heather Hagadorn—Chairperson

It's almost Fall and we are now gearing up for entering a new swim year. This means that it is time to set your goals for the next year.

Oh. You don't have goals?

Here are some things you can do to plan for the next season.

1. Sign up for COMSA/USMS early. The first 200 or so to send in the 1/3 page registration/renewal get a free cap.
 - If you don't care about getting a free cap but want to save \$5.00 be sure to send in the renewal registration that is mailed to you. That is the only way to save \$5.
 - If you use the web form or anything without your USMS number, name and address pre-printed by COMSA, the \$5 discount does not apply.
1. Improve your stroke through Clinics and evaluations. In November and January/February COMSA will host some more stroke clinics.
2. Build your base. Don't worry about speed; worry about accuracy. Triathletes and swimmers alike. Do quality yardage and do it more accurately (vs. fast). Get a coach or a buddy to watch you and make sure you're "on stroke".
3. Get your USA-Swimming kids coaches and meet directors to co-sanction meets. It has been done before and it is becoming much more popular.

Watch the next newsletter and the COMSA Website (www.comsa.com) for the new Rules and Legislation that were decided at the September Convention. If you have suggestions for 2008 or 2009, please attend our All-Hands meeting, which will follow the Highlands Ranch Meet in early January.

Thank you all for making COMSA one of the best and most respected LMSCs in the nation!

Chatfield Cooling Down

It was a hot summer at the gravel pond! After a chilly start of 53 degrees in early May, the water heated up. With the warmer water came the swimmers. We saw record participation on both Monday and Wednesday evenings, as well as Saturday mornings. For some, it was their 1st time in open water, preparing for their 1st triathlon. For others it was a training ground for the English Channel, Waikiki Roughwater, Horsetooth and Maui Channel. And yet for others simply the joy and tranquility of swimming in beautiful water in the great outdoors. The last day for swimming this year is Sat., Sept. 29th.

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CMS Places 5th at Long Course Nationals

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Rebecca Friedlander—DU Aquaholics

CMS at the recent Long Course Nationals was the little team that could. With just a skeleton crew of 21 (most of whom did not compete all four days) CMS took 5th place overall. The men finished in 5th place as well, and the women, with only seven attending, finished in 8th place overall.

At this point, I could rattle off a list of who went, what times they did and how they placed. But if you're really interested, all that information can be found very neatly organized on the Masters site (www.usms.org.) Instead, the following short and random selection of Long Course Nationals highlights shows what really matters and what you won't find on the website – the **passion**, **enthusiasm** and **fun** masters apply to their sport!

Excitement: Watching swimmers come in, look up at the clock and beam as they shouted to a teammate "Alright! A PR!" never got old. Experienced or newbie swimmer, male or female, age 20, 80 or somewhere in between -- it didn't matter. The enthusiasm was contagious!

New Friendships: Everyone you met became your new best friend. For example, while waiting behind the block for my 400 free heat, the woman seeded in the lane next to me said "Hi! I'm Maria! Isn't this fun?!?" Entered in her first meet since her college days in New England, Maria (as well as everyone else I met) thereafter would stop for a chat whenever we saw each other again over the next few days.

Spirit Award: This year it goes to FLAQ (Fort Lauderdale Aquatics). Not only did they have a HUGE flag that one teammate would wave while running up and down the deck as EVERY one of their swimmers swam EACH lap of EVERY race (this is in 101 degree heat with 90-percent humidity, mind you), this team had a record eight different team suit styles for their swimmers to choose from.

"Only at a Masters Swim Meet": This includes seeing a young woman shave a male teammate's back (*with* shaving cream) right in the middle of things on deck, spotting an 80+ year old man shuffling along with a cane wearing a Fastskin and overhearing someone refer to two 80-year women as "the youngsters" of a heat of 90 year olds.

The Best Ever Announcing: P.A. information went WAY beyond "and that's Richard Hess of CMS in lane 2." Swimmers and spectators were alerted when someone was under record pace. We heard about swimmers' previous event results while they were in the water. Top contenders for age group titles were identified. We were let in on team jokes, bets and more. Plus, just the right touch of humor was injected at key moments to keep things moving along in a friendly way (i.e. if swimmers were still in the pool after warm ups, the announcer turned pool exits into a race!)

Gracious Hosts: The Woodlands Team and volunteer crew did everything in their power to make this meet run smoothly and comfortably. This meant ensuring that we had the pool from noon to 8 p.m. the day *before* the meet started for warm ups, having water/ electrolytes stations every few steps, running the pool chillers throughout the nights and fans continually on deck by day, importing extra restrooms, providing shuttle service, and much, much more. Most importantly, organizers worked tirelessly and extended such personalized attention and kindness at every opportunity.

The Swimming!: Watching someone complete their first-ever race was as equally inspiring as watching 76 year-old Graham Johnston of MOST (Masters of South Texas) break his own 400 IM record to become the masters swimmer with the most records – male or female, any age group.

Colorado Goes the Distance

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Nicole Vanderpoel—Long Distance Chairperson

Extra, Extra Read all about it! 2007 is a Record Year for COMSA Participation in the **USMS 5K and 10K Postal National Championships!** This year COMSA generously sponsored 2 opportunities to complete these amazingly long swims, outside at the Lowry Pool. Once on June 17th and then again on July 8th. You could swim either the 5K or the 10K on those days. We were very fortunate to have crystal clear blue skies and beautifully clear water on both days in which to take the incredible challenge of going the distance in the 5K and/or 10K. We are very pleased to report that all participants were successful at completing their goal of either the 5K or 10K or both!

If you are reading this newsletter, then you are most probably a Masters Swimmer. You should then understand there is a great deal of mental and physical preparation that goes into completing a 5K or a 10K in a Long Course Meters Pool all at once. The 5K is 100 Lengths in a 50 Meter Pool and the 10K is 200 Lengths. Imagine staring down at the black line for an hour or two or three! It takes a lot of discipline, determination and true grit. There is a tremendous sense of accomplishment when you do successfully complete one of these monster swims and we are especially proud of those who completed their first 5K or 10K this summer.

Let's let the numbers speak for themselves. In 2005, we had 6 Colorado Masters swimmers complete the 5K or 10K Postal. In 2006, we had less than 10 Swimmers complete either the 5K or 10K Postal National Championships. This year, we had 14 Courageous (or crazy) individuals complete either swim. And out of those 14 swimmers, there were 5 Swimmers who completed BOTH the 5K and the 10K swims. In addition, there were at least 10 Masters Swimmers who completed their very first Postal swim EVER! That's what we love to see.

The following is a list of swimmers in alphabetical order, who participated: Marcia Anziano (5K), Heather Barker (5K), Tom Evan (5K & 10K), Heather Hagadorn (5K), Toni Hecksel (5K), Steve Humphries (5K & 10K), Jeff MaGouirk (5K & 10K), Kae McDonald (5K), Courtney Mills (5K), Michael Nims (10K), Marion Sills (5K), Nicole Vanderpoel (5K & 10K) and finally, David Young (5K & 10K). Congratulations to all.

In return for their efforts, each swimmer received a very cool COLORADO GOES POSTAL swim cap, a sense of great accomplishment and a very healthy appetite! The results of the 2007 National 5k and 10K swims will be available in October on the USMS website. Check it out if you have the opportunity. Who knows, someday you might be in there too!

Just keep swimmin' Colorado!

3K & 6K Postal National Championship

It's time to go POSTAL again Colorado! Fall is the season for the 3K-6K Yard Postal National Championship, sponsored by the YMCA Sawtooth Masters Swim Club. All Swims must take place between September 15th and November 15th. The objective is to swim 3,000 or 6,000 yards in any 25 yard pool. It's a great way to build endurance and compete at the same time.

COMSA is offering 2 dates on which to complete either or both swims. **The dates are Saturday, September 22nd from 3~6 pm and Saturday, October 20th from 3~6 pm at DU.** We will have 5 lanes and are allowed to share a lane with one other swimmer side by side and we can run 2 heats if we need to! It's much more fun to swim a Postal with a group.

To participate, e-mail Nicole Vanderpoel at nicolevanderpoel@msn.com. All participants need to be ready by 3 pm and provide their own counter/verifier and stop watch and bring a copy of their COMSA card so that Nicole can submit the entries together. In addition, please bring a check payable to Sawtooth Masters Swim Club for \$10. You can order a t-shirt for \$17 and a cap for \$6 from the host team.

Most importantly upon completion of your Postal Swim you will receive your very cool "Colorado Goes Postal" Cap compliments of COMSA! So, what are you waiting for? E-mail Nicole to reserve your lane and start training! And when you reserve your lane, indicate why you swim a 3K or 6K Postal. I will print all of the participant's responses in our next Newsletter! Happy Training!

The next Postal event is the USMS Masters National 3K and 6K Championship September 15th through November 15th. Read on for details on an organized 3K and 6K in October. This time, the Postal must be completed in a yard pool.

Fun Friday

Terry “Speed” Heggy—Head Coach Foothills Masters

“You’re dull!” “You’re too serious!” “All we do is work all the time!” “Why don’t we ever do anything FUN?”

These are some of the comments that I’ve heard while coaching the **Foothills Masters Swim Team**. My initial response was “What the heck are you talking about? We frequently do sets of four x 500s, all-out 1000s, and timed 1650s? What more could you want?”

I’ll spare you the details of the verbal (and nonverbal) replies I received after that. Frankly, I was surprised by the, uh, *liveliness* of the comments I got. But I can summarize by saying that some people don’t actually enjoy distance sets. I know...it’s hard to believe, isn’t it?



Led by ringleader Lisa Spaeth, a collaboration of swimmers quickly generated immense creativity. (If I really was a dull and serious person, I might be tempted to call it a “rebellion” or “mutiny”, but for now, we’ll just call it “creativity”. OK?) After much talk, brainstorming, and then more talk (they *really* like to talk), a delegation of swimmers came to me with a proposal. “Let’s designate one day a week for a FUN workout. We’ll call it Fun Friday, and it will build team spirit, generate enthusiasm, and possibly even decrease the animosity that the team feels toward you.”

Well, with a persuasive argument like that, along with support from fellow coach Stephanie Bunevich, I agreed to give it a try. Here are some of the “fun” things we’ve done.

“We’ll call it Fun Friday, and it will build team spirit, generate enthusiasm, and possibly even decrease the animosity that the team feels toward you.”

- **Snickers relays:** Kinda like a beer relay, only with more vomiting. It *sounds* like a good idea to mix swimming and chocolate, but trust me, chewy nougat and oxygen deprivation do not mix well.
- **Simulated triathlon:** Take out a few lane ropes, throw in a buoy to go around, and encourage everyone to work on drafting skills. A great idea in theory, and it probably *would* work well with *civilized* people, but at Foothills, it quickly degenerated into an ankle-grabbing, head-dunking, elbow-throwing cheater-fest. If you saw them on the street, you’d swear that our team’s women are beautiful examples of culture and breeding, but in a race situation, they’re just *animals*!
- **Vertical kicking:** You hold your hands out of the water and maintain a vertical position with flutter kick. This has all the benefits of a regular kick set, plus the advantage of allowing everyone to socialize, since you’re not really going anywhere. And it would seem to be a great set for runners, who all have those really powerful legs, and love kicking so much. But again, the theory is more fun than the reality—some of the runners sank straight to the bottom. Us chubby folks floated just fine, but the fit folks with the low body fat ratios had to be fished out with those big lifeguard hooks. Not a good thing.
- **Board wars:** Share one kickboard between two partners, facing each other—see who can push the other one backward. This one actually worked out pretty well for the most part. But when a big strong guy gets pushed backwards by a little tiny girl, well...let’s just say that the lifeguards frown on the type of language you might hear.
- **Trading leaders:** Start with 4 or 5 people of equal ability in a lane. Swim circles, with each swimmer drafting immediately behind the person in front. At the end of each 100, the leader drops to the back and the second swimmer leads the next 100. No rest, other than what you get when you drop to the back. This set improves drafting skill, gives you incentive to work hard, and helps with pacing, too. The only problem is that we’ve never actually completed the set. I know that it’s nobody’s fault that the timing always seems to be bad, but no matter when we start this set, it always *just happens* that people have to go take the kids to school, get to a meeting, or suddenly remember that they forgot to feed the hamster...just at

All About Nomenclature

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the precise second when it becomes their turn to lead the lane. Darned coincidence, that's all it is.

- **Name That Stroke:** Each person gets to choose their favorite stroke for a 25 or a 50. This works well for 80% of the people, but you'll always have a few weirdoes who choose stuff like Tazmanian Hula, Sidestroke, or the dreaded Full-Contact Kickboard Surfing. But without fail, the set degenerates into fistfights between the people who think the elementary backstroke consists of "Chicken-Bird-Soldier" and the ones who think it's "Chicken-Airplane-Soldier". It can get pretty bloody.

Don't tell anybody on my team, but I actually *have* figured out the secret of Fun Friday. It doesn't require creative sets, unusual techniques, cross-dressing (don't ask), or even high-calorie snack items. It's all about the nomenclature. People will enjoy any type of set, as long as it has a clever name, or a topical theme.

For example, you could designate a workout as "Global Warming Awareness Day". To reduce carbon dioxide emissions, do a set of no-breathers. To show sympathy for the denizens of the rain forest, do a set of *frog* kick. (OK, I know that the "frog kick" hasn't been used since before Al Gore invented the Internet, but you can get away with a lot of nonsense when you're on a hot topic bandwagon.) To promote recycling, pass your kickboard to the person in the lane next to you each time you pass someone. You get the idea; just hook your normal sets together with some sort of theme.

Birthdays present another great opportunity. On Bob's birthday, we did a set that spelled out his name:

B utterfly: 4 x 200
O ne-armed butterfly: 4 x 100
B lazing fast butterfly: 4 x 50.



On *my* birthday, we could do Tremendously long swims, Extra distance, go Really far, and so on. There's no limit to how much fun you can have!

Try it! You'll find that your teammates will eagerly look forward to Fun Fridays, and will bond with each other much more strongly. Even the breaststrokers will begin to make friends. And everyone will want to contribute ideas.

Just stay away from sets based on candy bars, OK?

Special Offer! SAVE 15% on your next set of lessons!!!

To say "Thank You" for your loyal support, SwimLabs is offering you 10% off your next lesson or lesson package. Purchase your lesson by Oct 15, 2007 and save 10%! Refer a friend and get an additional 5% off!

This offer is good with or without this coupon. Lesson or package must be booked by October 15th. Friend must book a lesson or package and mention you by name for you to receive an additional 5% off.

Offer Expires: October 15, 2007

SwimLabs
Swim faster...faster

Training Does Help

Terry Heggy—Foothills Masters

The Horsetooth 10K Lake Swim is a great event! George Thornton, Joe Bakel, and the rest of the race organizers do a fantastic job in putting together the event. From the wonderful pre-race pasta meal to the post-race massages, it is a well-run and swimmer-friendly event. I was really looking forward to competing in it for my third straight year.

Unfortunately, life sometimes gets in the way. I've spent the better part of the year working on a project in Valley Forge, PA, and haven't been able to swim as much as I normally do. I'll admit, I've always been lazy, and I habitually undertrain, but swimming only a few minutes a week in a dungeon-like health club pool full of water walkers and sentient hairballs...well, I knew that it wasn't enough.

Still, it's only a 10K, right? I have always told people that swimming should be like running—if you get tired, you just slow down to a “walking” pace. If you take it easy enough, you should be able to swim for the same amount of time as you could walk. I knew that I'd be slower than in my previous attempts, but I was looking forward to the swim with the same enthusiasm as always.



I loved the pre-race dinner. One of the best things about Masters Swimming is the time spent renewing old friendships and catching up with competitors you haven't seen for a while. But it's also fun to meet new people and hear stories from the folks who have traveled to Ft. Collins to share the same experience. Plus, there was yummy pasta and chocolate cake. As important as the safety information and race rules discussions are, I'm the first to confess that I really just came for the cake. I felt pretty darn good Saturday evening.

After an excellent night in a local hotel, I was sunscreensed, lathered with BodyGlide, and ready to swim. Each 10K competitor has a boat to guide them and carry water, etc. I was fortunate enough to have the experienced Jud Hurd as my paddler, so I knew that all I had to worry about was keeping my arms moving; Jud would take care of everything else. I was planning to stop twice to drink some Gatorade, and otherwise would just enjoy the gorgeous morning. The water temperature was 73° (plenty warm), and the race started right on time. This was going to be fun!

And it was—for about 3 miles. I really thought that I was doing a “walking” pace, and that I could keep it up throughout the 10K. But there was a point about halfway across the lake where my arms began to protest. And we're not talking about a normal “Um, I'm not really enjoying this” kind of protest—it was a full-blown Perry Mason “*I object!*” protest, complete with a crowd of angry sign-wavers carrying “No Arms!” placards and shouting slogans like, “We'll admit! We want to quit!”

I was out of gas, and still had a long way to go. But the total demoralization wasn't complete until I hit the shallow water. Let me tell you, it's one thing to struggle to keep your arms moving through a formless void of murky lake water, but it's another thing entirely to be scraping your fingertips across the sandy bottom. And not only was the water suddenly less than two feet deep, but there were obstacles; I unexpectedly found myself trapped in a maze of underwater bushes.

I'm sure that some swimmers charged through this section of the lake just like video game action heroes: “*Out of my way, feeble bushes! I laugh at your weak attempts to clutch me with your tiny branches. Ha ha!*” But I wasn't feeling that way at all—my reaction was more along the lines of “*Bushes? Bushes?...I don't need no steenking bushes!*”

I stood up. (Yes, that's legal...as long as you don't push off the bottom.) I asked Jud for some Gatorade, and took a several long drinks while I pondered the idea of just hitching a ride on the boat. After all...I already had the t-shirt.

“And after all, that's why we swim, isn't it? It makes us feel good. We share a bond with the others in our sport, cheering and supporting our friends, teammates, and rivals alike.”

But no, swimmers don't work that way, do we? It's onward! To the finish! I could see the "Hazardous Area" buoys that marked where this shallow section would end, and Jud told me that the 5-mile marker balloon was in sight. I took a deep breath and plunged back in, fighting my way across the remainder of the shallows and back out into deeper water.

It's funny how your mind works when you're tired. Knowing that the 5-mile marker was "in sight" got me started speculating on how long it would take to get there. Ten minutes? Five? That's not so bad...and once I reached that point, it was a mere 1.2 miles to the finish—somewhere around 30 minutes at my normal pace. Heck, I was almost done!

Except...that 5-mile buoy never got any closer. It wasn't five minutes, nor ten. Even after 15 minutes of continued agony, lifting heavy arms over aching shoulders, the buoy was still a mere colored dot on the distant horizon. I was pretty sure that it was moving away from me, taunting me like a schoolyard bully who was playing keep-away with my lunch. And speaking of lunch, I was starting to get hungry.

The point is, my friends, that if you want to swim a 10K and actually *enjoy* the experience, you should do some training beforehand. That's all I'm saying. But not me. Oh no. I thought this would be no problem. After all, I knew I had enough body fat to provide insulation from the cold, and to keep me afloat. It was merely a matter of continuing to windmill my arms, and eventually I'd get there.

Well, unless there were waves. Or wind. Well, guess what? Actually, I had expected the waves, at least some of them. I knew that motorboats would occasionally go by, stirring up random swells here and there. But on this particular morning, it seemed that every speedboater in Northern Colorado had chosen Horsetooth Reservoir as the place to test their wake-making abilities.

As I listened to the buzzing of motorboat engines and felt myself being tossed about like a hacky sack in a high school parking lot, I thought back to how serene the lake had looked during the drive up to the starting line. It had been so smooth, so beautiful, so inviting. And now, here it was, slapping and punching me, pushing me around, and making me think that I was actually better off back in the maze of bushes.

I won't subject you to the mental agonies I endured over the next hour. Motorboats sounding like swarming killer bees chasing me, intelligent inflatable buoys somehow using their aquatic wiles to paddle away from me as I tried to approach, and finally, worries about how sunburned I'd get if I ended up spending the entire day in the lake because I wasn't making any progress against the wind—your mind plays tricks on you when you're tired.

But eventually, I did make it to the 5-mile buoy, and then to the half-mile-to-go marker. Jud never lost faith in me—just kept paddling toward the finish line, never calling for the rescue boat. And despite the fact that multiple swimmers passed me during the final mile, he continued to smile and encourage me. It helped a lot.

Somehow, I did finally manage to make it to the finish line. The wonderful race officials helped me out of the lake, relayed my race number to the scorekeeper, and asked me if I was all right. Friends, both new and old, greeted me and cheered as I staggered up the finishing ramp. And you know what? I felt really *good*. Tired, sure—sore, wobbly, a little disappointed in my time, but *good*.

And after all, that's why we swim, isn't it? It makes us feel good. We share a bond with the others in our sport, cheering and supporting our friends, teammates, and rivals alike. There's an aura surrounding swimmers that simply makes you feel alive and energetic. We may struggle while we're out there in the water, feeling discomfort with the effort we put forth, but in the end, we *always* feel the joy and vitality that comes from accomplishment.

I love this sport. And I love the Horsetooth 10K lake swim. I definitely will do it again next year. Hopefully with better training under my belt, but I'll sign up no matter how my training schedule shakes out. I wouldn't miss it!

I'll see you there!

Safety Tips for Pool Meets

Marcia Anziano—Safety Chairperson

Pool Meets will be starting again for the Fall. Here are a few reminders of some important safety issues. Please be sure to adhere to them and have a safe meet!

As per the USMS Rule Book, Article 102.4.2, swimmers must enter the pool feet first in a cautious and controlled manner. Diving shall be permitted only in the designated lanes. No hand paddles are allowed.

New signs have been made to remind you of the “no diving” rule. Please also be aware of the “no hand paddles” rule. These are for insurance purposes. You can be removed from a meet for either of these issues.

Due to the size of a meet, it is also possible that no equipment is allowed during warm up. Always be aware of that possibility, and check before you enter the pool with equipment.

Often swimmers come to warm up only, just to get in a workout. Be aware that if they are not USMS members, and the meet is Sanctioned, this is an infraction of the rules, and will invalidate the Sanction. Any swimmers participating in the warm ups must follow the Rule stated above.

Tips from the Registrar

Marcia Anziano—Registrar

Well it is almost renewal time again. For those of you that joined during the summer, please realize that our membership year is based upon a calendar year, so the expiration date for all 2007 cards is December 31, 2007. Please refer to the forms for the fee amounts. It is important to know that by using the renewal form, you can save money. This is not because you are renewing membership, but it is an incentive for you to use the preprinted form as they are easier and quicker to process. Some workout groups will be receiving their forms in bulk, and those forms will be distributed by the coaches.

Here are some important things to know when filling out these forms:

National Team: Your current options are CMS (Colorado Masters), Air Force, or UNAT (Unattached). On the preprinted form, your choice from the prior year is printed on the form, if you wish to switch this affiliation when you submit your registration, please cross out what is there and write in the correct one. On the form provided on the website, you are asked to check one of these three options. Note that if no option is checked, I will register you as Unattached. It is easier to transfer into a club from Unattached than from another club during the competition year.

Workout Group: Many of you confuse National Team with Workout Group. These are groups such as DU, BAM, etc. These groups are not Nationally recognized, but are just known within the State of Colorado. As a workout group has no official status, there are no rules for changing workout group affiliation.

National Team is of significant importance when a swimmer competes on a relay. If all members of the relay are not affiliated with the same National Team, then the results will not count for either Top Ten or Records. So please be aware that this is important, choose wisely.

Upcoming Meets

- *Kevin Nash Memorial Meet in October*
- *SCM State Championships at DAC in November*
- *Boulder Pentathlon at CU in late January*

Look for detailed meet information at www.comsa.org

*Look for **Renewal Notices** in your mailbox in **November***

In Memory of Kevin B. Nash

Al Ramirez—Bee Gee Swimming

On April 22nd, 2007, Colorado Swimming lost one of its most dynamic and fun loving swimmers. Kevin Benjamin Nash died from complications of colonoscopy surgery.

COMSA was first introduced to Kevin in September 2003 as he joined the Broomfield Breakers and quickly became our coach and the force behind the name “Bee Gees”. He had a tremendous impact on the Colorado swimming community as an active COMSA member and advocate for youth swimming, serving as a counsel to his daughters swim team. As a Masters, Kevin was a SCY State Championship high point winner, member of the Colorado National Championship Team in 2005 and was a USMS top ten swimmer in SCY, SCM, and LCM from 2004-07. Kevin was on the board of COMSA and was recently quoted in the May/June issue of USMS Swimmer magazine.



His love of swimming started as a young child growing up in Long Island and California. He was a High School All-America and went on to swim at the University of California-Berkeley and was a NCAA and US National Champion.

Kevin was also a very successful businessman and attorney. After graduating from Golden Gate University School of Law, he became a patent counsel, Director of Legal Affairs, Vice President and General Counsel at several bio-tech companies, before starting his own business, Nash Business Partners, LLC.

One fellow BeeGees swimmer said it best, “I probably spent less than 20 hours of my life with Kevin, yet he had a great effect on me and my family. I believe that Kevin had more fun and joy in his short 43 years than most of us will ever have. What a shame that this world is without him but I know heaven will be much more fun place with him there.”

Please join us in memory of Kevin at the Kevin B Nash Memorial Swim Meet, October 21st at Northglenn High School. See you at the Nash...

*“I probably spent
less than 20 hours
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Kevin, yet he had
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family”*

Registration Tips

(continued from page 8)

Please **Sign and Date the waiver on the form**. Forms without signatures cannot be processed and must be sent back to the person that sent them in for their signature. This requires extra time and expense to process the form.

Please **fill out the form completely**. Birth date and Gender are required. The forms cannot be processed without this information. This too adds to processing time.

Please **write neatly**. Take the extra minute or two to be sure that the form can easily be read.

And one last thing, **please review your card when you receive it**. Check the spelling of your names, your birth date, and affiliation. It is easy to transpose numbers, letters, or just simply misread them when entering this data.

Thanks for your help with these matters.

Kevin B. Nash Memorial Masters Swim Meet

Sunday, October 21, 2007

Sanctioned by USMS - #32-07-13-S

FACILITY

The Kevin B. Nash Memorial Swim Meet will be held at Northglenn High School Pool and is open to all USMS registered masters swimmers. Location of the pool is at 601 W 100th Pl, Northglenn. From I-25 and 104th Ave, go west to Huron and then south to 100th Pl. Turn into the parking lot. The pool is across from the baseball field and the entrance is on the south side of the brick building. Signs will be posted.

Northglenn High School pool is a ten lane 25 yard competition pool. There is bleacher seating for 150 people and deck space for another 150 people. There will be eight wide lanes used for competition. One lane will be open between the competition lanes and the end lane. This end lane will be reserved for continuous warm-up and cool down. Colorado Timing Systems touchpads and 1 line scoreboard will also be used.

TIMES

Sunday, October 21st, 2007

7:30AM Warm-Up / 8:30AM Start

AGE GROUPS

18-24, 25-29, 30-34, 35-39, 40-44,.....100+ No awards at this meet.

ELIGIBILITY

Only current USMS registered members with a USMS 2007 Registration Card.

ENTRIES

Please use the Colorado Local Masters Swimming Committee – Consolidated Entry Card on the COMSA website at <http://www.comsa.org/forms/ConsEntry.pdf>. Also include a copy of your 2007 master's registration. Entry forms accompanied by entry fees and a copy of your USMS card, are DUE (Not just postmarked) in the hands of the Entry Coordinator by October 13, 2007 at 5:00PM. Entry Fees are a Flat Fee of \$25.00 for up to **5 events. Make Checks payable to BEE-GEE Swimming. Proceeds from the meet will be used to establish a Kevin B. Nash Memorial Fund. The purpose of this fund will be to promote swimming in Colorado.**

Send entries to:
Will Amos
Bee-Gee Swimming
5296 E. Hamilton Ave

Contact Information:
Phone – (303) 596-6933
E-mail (Preferred) – swimwithfishes@earthlink.net

If you would like to order a meet t-shirt, please add \$12.00 for each one and the size
Small___ Medium___ Large___ X-Large___

RULES

Rules to be enforced per the 2006/2007 USMS Rule Book

EVENTS & EVENT NUMBERS

Warm-up 7:30 to 8:30 am

<u>Women</u>	<u>Men</u>	<u>Event</u>	<u>Women</u>	<u>Men</u>	<u>Event</u>
1	2	500 yard freestyle at 8:30 am.			
		Ten minute break			
		200 yard Medley Relay deck entered			200 yard Freestyle Relay deck entered
3	4	50 yard Backstroke	13	14	100 yard Butterfly
5	6	100 yard Breaststroke	15	16	50 yard Breaststroke
7	8	100 yard Freestyle	17	18	200 yard Freestyle
9	10	50 yard Butterfly	19	20	100 yard Backstroke
11	12	100 yard IM	21	22	50 yard Freestyle
			23	24	200 yard open
					Ten minute break
			25	26	1000 yard freestyle

***Note:** In the interest of time, men and women may be combined and swim in the same heat in any event. **BREAKS** may also be put into the meet depending on the number of entries. 500 and 1000 will be swum fast to slow, all other events will be swum slow to fast.

USMS Mentor Coach and Swimmer Clinic

Sponsored by USMS/COMSA

Presented by Kerry O'Brien

Head Coach of Walnut Creek Masters for past 27 years

Coaches Session: Saturday, November 3, 8 a.m to noon.

Location: to be determined **Cost:** Assist at one of the clinic sessions on Saturday afternoon or Sunday morning

Open to current USMS member coaches. Meet with Kerry in an informal setting to discuss coaching topics including:

- The WCM Program; Coaching for the "Long Haul"
- Seasonal Planning
- Meeting Different Needs Within the Same Workout
- Motivating the Masses
- Triathletes
- Set Design
- Maximizing Your Seniors
- Building a Training Camp

Swimmer Sessions:

- **Saturday, November 3, 1 – 5 p.m. :**
Long Axis Strokes, Free and Back
- **Sunday, November 4, 9 a.m. to 1 p.m. :**
Short Axis Strokes, Breast and Fly

Cost per Session: \$35.00 if received by October 15, 2007; After October 15, 2007, fee will be \$40.00

- Receive a \$5.00 discount on second session when taking both.
- USMS Membership is required.
- Limit: 20 swimmers per session.

Classroom Discussion: Topics such as the Benefits of Dryland Training; Goal Setting; Why Sprint?; Why Distance?; Interval Training; Stroke Basics

Pool sessions: Use of techniques developed for WCM training camps such as use **Stroke Check-Ups** and **Scripting 100's**. Focus will be on the swimmers in the water, working with the various strokes.

Swimmer sessions will be held at Fitzsimmons Pool 1924 Wheeling St, Aurora, CO 80010

Watch www.comsa.org for a map to the pool.

Kerry's BIO:

Masters Coaching Career

- Selected to coach two United States Masters Altitude Training Camp - Olympic Training Center, Colorado Springs, CO
- 3-time presenter at the American Swim Coaches World Clinic
- 4-time presenter at the Pacific Swimming Coaches Clinic, Napa, CA
- Highly requested coach for the USMS Mentor Coach Program for training other Masters coaches
- Awards: Level 5 ASCA Masters Coach, 1987 USMS Coach of the Year, 1992 Pacific Masters Coach of the Year, 2000 Recipient of Masters Aquatic Coaches Association, *Lifetime Achievement Award*

Personal Masters Swimming Career

- 4-time National Champion in the 100 and 200 Meter Butterfly
- One-time World Record Holder in 100 Meter Butterfly (short course meters) in the 30-34 age group.
- 2002 World Champion in the 100 Meter Butterfly (45-49 age group)

Walnut Creek Masters is a program of over 450 members, capturing 37 National Team Championships since 1987, 48 Pacific Masters Regional Championships since 1982

Walnut Creek Masters Mission and Vision Statement:

In an atmosphere that promotes physical fitness, personal challenge, teamwork, and social camaraderie, Walnut Creek Masters strives to have every member exit the pool with a heightened sense of accomplishment and self worth.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

USMS Number: _____ **Please enclose a copy of your membership card**

Indicate Session → Coach: ___ Swimmer: Session #1 November 3 ___ Swimmer Session #2 November 4 ___

Coaches please indicate if available to help with coaching a session and which #1 ___ or #2 ___

Make checks **payable to COMSA**

Mail to: Marcia Anziano, 190 Roslyn St #805 Denver, CO 80230

Questions? Email Marcia at marfer@att.net



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

Friends, Fitness, &
Competition

Phone: 303.367.1323
Email: marfer@att.net

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Triathlon Workshop for Beginners/Intermediates

WHAT?

A one-day triathlon workshop hosted by 2004 Olympic Triathlon Bronze medalist **Susan Williams (C2E Coaching)**, nationally renowned sport dietitian and Elite Triathlon coach **Bob Seebohar (Fuel4mance)** and Masters National record holder coach **Michael Mann** and SwimLabs partner **Giff Cutler**.

Topics to be covered will include individual swim analysis, sports nutrition, functional strength training, proper bike fit, run technique analysis, and transition skills practice.

WHEN?

This is a series of triathlon workshops providing specific skill development and information based on the time of the year. Choose one or all three!

- Sunday, October 7, 2007 from 8:00-5:30: emphasis is off-season skills and education
- Sunday, January 27, 2008 from 8:00-5:30: emphasis is pre-season skills and education
- Sunday, April 6, 2008 from 8:00-5:30: emphasis is on race season skills and education

WHERE?

All triathlon workshops will be held at the SwimLabs facility in Highlands Ranch, Colorado.

HOW?

Workshop tuition is \$249 for early registration/\$299 for late registration. Discounted tuition of \$649 for all three workshops. Generous schwag bag, discounts for nutrition and triathlon/swim coaching, clinic workbook, swim DVD and lunch is included.

For more information, contact SwimLabs at 303-798-7946.

Fuel **4** mance



SwimLabs
Swim faster...faster