



2009 Colorado Masters SCY State Championships

Veteran swimmer and coach Terry Heggy supplies an insider's view of the upcoming state meet

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Terry Heggy

The Masters State Championship swim meet is April 3–5. Mark it on your calendar, *now*.

It's at the University of Denver. The fun begins while walking in from the parking lot, guessing which pedestrians are swimmers and which are Robotics Competitors. That's right—watching the meet is entertaining, but if you get bored, you can watch robots, gymnastics, and even lacrosse.

There's a wide variety of competition—from first-time competitors to National and World Record holders. COMSA meets are incredibly friendly—everybody cheers for everyone else. It's a very supportive and amiable group.

I enjoy the head-to-head rivalries. Since races are seeded by time (not age), you swim against people your same speed. In distance races they combine men and women, which means I get to race the ladies. (It doesn't work out well for me, I'm afraid, but it is fun.)

Last year, I experienced some *real* grudge matches. Jeff Magouirk and I were within a few tenths of each other in every race. Jeff is on the "Bee Gees" team (which requires its members to wear garish, polka-dotted swim-suits). He'd beat me in one event, and then I'd squeak past him in the next. It definitely kept me focused!

That's the beauty of swimming in these meets: you find great people to compete with, and you make new friends. If that's not enough, here are a few other perks:

- It's a fabulous facility! The lanes are wide, the water is cool, and there's continuous warmup. The scoreboard shows race times, and there are plenty of drinking fountains.



My Arch-Rival, Jeff Magouirk.

- You can participate in the Brute Squad competition! If you swim the 1650, 400 IM, and 200 Fly, you'll receive a T-shirt that certifies your awesome brutishness.

There's also the "Sprint Squad", but I'm not exactly sure what it is. (I tried sprinting once, and didn't like it at all. Sprinting is *hard*.) But if you like fast events, you're welcome to try it.

- You can cheer for the recipient of the Lt. Governor's Cup and the Coach of the Year!

The Lt. Governor's Cup goes to someone who made significant contributions to Colorado Masters Swimming. It's great to recognize and applaud their efforts.

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Happy New Year 2009

This is the time of the year when I like to take the time to recognize and thank all of our volunteers for their service...

It takes 14 people to run this organization, working in their spare time to coordinate, facilitate and run programs that benefit the COMSA membership. Check out the masthead to the left on this page for a list of volunteers and please thank them the next time you see them!

New Programs – More Swim Meets

We are continually trying to recruit meet directors to host more meets, and sometimes we find that there are so many USA-S meets that there are no pools, meet directors or officials available for masters (and many of the masters are with their kids).

This year we created a new volunteer position—a liaison to our USA-S sister, Colorado Swimming. The purpose is to bring more swim meet options to masters swimmers by joining forces with the kids. By adding more “dual sanctioned” meets, masters swimmers swim with the kids and everyone can join forces for timers, pools, officials, etc. Not only do the kids get to watch us swim, but so do their parents—and hopefully a few of them will be encouraged to join masters swimming one day!

Team Representative Meeting

What do you want from your COMSA membership? Every January we like to welcome members from all teams and workout groups to talk about their teams, events they are sponsoring, and to find out what they would like to get from their COMSA membership. It is also a great opportunity to find out what is planned for the upcoming year. Anyone is welcome to attend. Please feel free to join us right after the meet on January 10 at Englewood High School—watch for details about specific location and time.

Register Online

It is now easier than ever to register for USMS (also known as renewing your COMSA membership). Go to <http://www.usms.org/reg/> and use your credit card to register online. No paper required, you save money, and you can even print your card over and over again—just as often as you might lose it! Registration for 2009 began November 1.

Master Splash is produced by COMSA for masters swimmers in the state of Colorado. Please note that as a non-profit agency, COMSA does not endorse the ideas and views published in this issue.

**2009 Colorado Masters SCY State Championships
Continuing from cover**

As for the Coach of the Year, well, we all know how coaches are overworked and underpaid—they should be living in mansions, traveling in limousines, and eating delivery pizza instead of frozen. Right?

- You can participate in a COMSA meeting! This is democracy at its finest—what other organization brings their election right to the pool like this? (If they only served ice cream, it would be perfect!)

What it really comes down to is this: You work your tail off all year, trying to improve your speed and skill. It's only natural that you'd want to test your training, right? Well, this meet provides the opportunity to do it, and to see old friends and make new ones. Don't miss it!

Terry Heggy has swum competitively since 1963, and has coached Masters Swimming since 1982.

He currently coaches the Foothills Masters Team in Littleton. He prefers distance swimming, and if it weren't for the fact that running is so painful, he'd probably do triathlons, too. He loves long, challenging sets, and expects a lot from the swimmers he coaches—which may partially explain why they all hate him.

(His annoying personality and unfamiliarity with personal hygiene may explain the rest of it.) He earns his living as a writer/editor at Lockheed Martin, but has a lot more fun with creative projects such as the “Keeping Pace” blog at www.thehgygy.blogspot.com.



2009 COMSA State Masters Short Course Swimming Championships

April 3–5, 2009

Sanction: pending

COMSA and the University of Denver invite you to the 2009 COMSA State Masters Short Course Swimming Championships, held at the University of Denver's El Pomar Natatorium. The pool is 25 yards by 50 meters, and will be set up with 10 short course yards competition lanes. A Colorado Electronic Timing System with backup timing and scoreboard readout will be used. Bleacher seating is available for up to 375 people, with additional on-deck seating available. We recommend bringing your own chairs if you plan to make use of on-deck seating.

Eligibility: This is a USMS sanctioned championship meet. Swimmers must be at least 18 years of age. A valid 2009 United States Masters Swimming (USMS) membership number is required to compete, and must be furnished on the entry form. Online USMS registration is available at <http://www.usms.org/reg/>. For registration issues contact the COMSA Registrar at marfer@att.net.

Rules: 2009 USMS Rules apply, including a NO FALSE START RULE, and whistle alerts announcing the start of each race. Paddles, kick boards and pull buoys are not allowed at any time.

Entries and Fees

\$10 surcharge per swimmer

\$4 per individual event (max of 5 events per day)

\$25 late fee (if received after entry deadline)

No charge for relays *Swimmers who are only swimming in relays must pay the \$10 surcharge for the meet.

Fees must accompany Registration Form and Consolidated Entry Form, and must be paid in U.S. Dollars by credit card, check or money order.

MAKE CHECKS PAYABLE TO: UNIVERSITY OF DENVER

Deadlines: Entry Cards & Fees are DUE IN HAND Monday, March 9, 2009, at 5 p.m. Late entries will be accepted after the entry deadline until Friday, March 27 at 5 p.m., and must include a \$25 late fee. LATE ENTRIES THAT DO NOT INCLUDE THE LATE FEE WILL BE REJECTED. Late entries being charged to a credit card will have the late fee automatically applied. Late entrants will be eligible for individual placing and points earned, but are not guaranteed a participation award.

Mail or Deliver Entries to:

Recreation at the Ritchie Center

COMSA State Meet Entry

2201 East Asbury Ave., Denver, CO 80207

Attn: Carin Orr

ENTRY VERIFICATION CANNOT BE MADE VIA TELEPHONE.

Event Seeding: All events are seeded slow to fast, including the 1650 and 1000 Freestyle. "No Time" entries will not be accepted. All events are timed finals, one swimmer per lane. Men and Women may be combined in events of 200 yards or longer at the discretion of the meet director. Deck seeding is strictly at the discretion of the meet director.

Meet Check-in and Positive Check-in: All athletes must check-in upon arrival on their first day of competition. At check-in, athletes receive their T-shirt, heat sheet, and participation award. Each athlete need only check-in to the meet once, on their first day of competition.

ADDITIONALLY, participants in the 1650 Free, 1000 Free, 500 Free, and 400 IM must positively check-in for those events, separately from the meet check-in process. There will be clearly marked, separate areas for meet check-in and positive check-in. Deadlines for positive check-in are as follows:

Friday:

1650 Free Positive Check-in closes at 12:30 p.m.

1000 Free Positive Check-in closes at 2:15 p.m.

Saturday & Sunday:

Positive Check-in closes at 8 a.m.

Lane assignments may be changed at any time, at the meet director's discretion.

Age Groups and Relays: Age for the meet is determined as of April 5, 2009.

Individual Events: 18-24, 25-29, 30-34, 35-39, ... 100+

Relay Events: 18+, 25+, 35+, 45+, etc. 10-year increments as high as necessary determined by age of youngest relay member. Relay cards will be available on deck, and will be accepted each day according to deadlines announced at the meet. All relay members must be USMS members and be registered for the meet (\$10 fee for relay-only swimmers).

Scoring: Swimmers may enter up to 5 individual events per day; 12 maximum for the meet, plus relays. If more than 5 events are entered in a single day, the meet host reserves the right to eliminate any of the additional events that exceed 5.

Individual Events: 11-9-8-7-6-5-4-3-2-1

Relay Events: 22-18-16-14-12-10-8-6-4-2

Team Awards: Scored by total point counts, Men and Women combined. Top six point-scores will be awarded.

Participation Awards/T-Shirts: Each swimmer receives a participation award. To guarantee that you receive a meet T-Shirt (available for purchase), you must pre-order and indicate your size on the entry form. A limited number of extra T-shirts may be available at the meet. Late entrants are not guaranteed a participation award and may not receive a T-Shirt.

Heat Sheets and Results: Each participant receives one heat sheet at meet check-in, as supplies last. Additional heat sheets are \$2. Results will be available on the COMSA website at www.comsa.org.

Brute Squad Award: The elite group of aquatic wonders who complete the 200 Fly, 400 IM, and 1650 Free will be presented a T-shirt during a break before the 800 Free Relay on Sunday.

Sprint Squad Award: The elite group of speedsters who manage to complete the 50 Free, 50 Fly, 50 Back, 50 Breast, and 100 IM will be presented a T-shirt during a break before the 200 Free Relay on Sunday.

The Jack Buchanan Award: This award is presented during the opening ceremony on Saturday to the COMSA male and female swimmers who have made major contributions to Masters Swimming. Nomination forms are available at www.comsa.org

The Lou Parker Award: This award is presented during the opening ceremony on Saturday to the outstanding COMSA Colorado Coach of the Year. Recipients must be COMSA members. Nomination forms are available at www.comsa.org

Individual Awards: The top 8 swimmers in each individual event will receive a ribbon. No awards for relays. An individual high-point award will be given to the highest scoring swimmer, male and female, in each age group.

Entry Confirmations: Psych sheets will be posted at www.comsa.org 1-2 weeks before the first day of the meet. Contact the meet host with corrections to errors found on the psych sheet. Entry confirmation can be provided by mail if a self-addressed, stamped envelope is included with the entry. We cannot verify entries by phone or e-mail, nor can we guarantee notification if your entry is rejected. The University of Denver is not responsible for entries we do not receive. Entries may be rejected for failure to complete the entry form, failure to include fees and late receipt.

2009 COMSA State Masters Short Course Championships - Registration Form

Last Name _____ First Name _____ Phone (_____) _____ - _____

T-Shirts

Size (circle one): S - M - L - XL - XXL - XXXL

Sprint Squad (Must complete all Sprint Squad events)

Brute Squad (Must complete all Brute Squad events)

Meet T-Shirt (\$10 in addition to meet entry fee)

Meet Entry Check-List (Be sure to check EACH item)

Signed Consolidated Entry Form, attached (www.comsa.org/forms/ConsEntry.pdf)

Signed Meet Registration Form (this page)

Check or Credit card for payment (check made out to University of Denver)

Copy of Valid 2009 USMS Membership Card (Register Online @ <http://www.usms.org/reg/>)

Meet Schedule

Friday, April 3, 2009

Noon Warm-Up/1p.m. Meet Start

Event# (seeded slow to fast)

- 1 1650 Freestyle (mixed)
- 2 1000 Freestyle (mixed)

Saturday, April 4, 2009

7:30 a.m. Warm-Up/8:30 a.m. Annual COMSA meeting

Opening ceremonies/8:45 a.m. Meet Start

WOMEN

- 3 400 IM
- 5 200 Medley relay
- 7 50 Breast
- 9 100 Back
- 11 200 Free
- 13 400 Free Relay*
(Or 10 minute break)
- 15 400 Medley Relay*
- 17 100 IM
- 19 200 Breast
- 21 100 Fly
- 23 50 Free
- 25 200 Mixed Free Relay

Sunday, April 5, 2009

7:30 a.m. Warm-Up/8:30 a.m. Start

WOMEN

- 27 500 Free
- 29 30 Min Break/Warm-up
- 31 200 Mixed Medley Relay
- 33 50 Back
- 35 200 Fly
- 37 100 Breast
- 39 200 Back
- 41 Presentation of Brute Squad T-Shirts
- 43 800 Free Relay*
(or 10 min break)
- 45 100 Free
- 47 200 IM
- 49 50 Fly
- 51 Presentation of Sprint Squad T-Shirts
- 53 200 Free Relay

MEN

- 4
- 6
- 8
- 10
- 12
- 18
- 20
- 22
- 24

*Longer Relays: These relays are swum Women, Men and Mixed together. A swimmer may swim only one relay in each event. These relays do not count toward team points.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: THE UNIVERSITY OF DENVER, UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature _____

Date _____

Signing waiver is payment authorization for entrants paying by credit card.

Credit Card Payment

Visa MasterCard Amex Discover

_____ - _____ - _____

Expiration Date _____/_____/_____

Name on Card: _____

Fees (Limit of 5 ind. events per day; 12 maximum + relays):

- \$10 Surcharge / Swimmer \$10
- \$ 4 per Individual Event # _____ \$ _____
- \$25 late fee \$ _____
- \$10 Meet T-Shirt (select size above) \$ _____
- Total \$ _____

(Check is payable to University of Denver)

The Hinge Drill

David Lee discusses a drill to improve freestyle efficiency and thus ultimately, speed

David Lee

Every week swimmers come in to SwimLabs looking for help with their freestyle. Whether they are masters swimmers, young age-group competitive swimmers or tri-athletes we invariably get into a discussion about “hinging.”



The hinge moment in one stroke cycle for the left arm

Pausing at the hinge-point will improve stroke efficiency. Notice that the other arm is held straight out ahead when first practicing this drill.



The hinge in freestyle occurs after the arm extension forward and facilitates the catch before the push-back of the power phase of the pull. Say what?! To expand and clarify a little...the preferred way to begin a freestyle pull is by fully extending your arm straight forward after your hand enters the water.

The next thing you do for a proper pull is hinge. Here's a description of what hinging looks like: your elbow remains high straight out in front of your shoulder; your forearm, wrist and hand form a vertical “paddle” directly below your elbow. This paddle is in front of your head while you maintain a perfect horizontal body position on the surface of the water.

So, the top half of your arm from your shoulder to your elbow is horizontal. The bottom half of your arm, from the tip of your elbow to your fingertips, is vertical. Your fingertips are pointing towards the bottom of the pool and your palm is facing behind you. This position can be seen underwater through your goggles because it is in front of your head. Now you are ready to begin the power phase of the pull by pushing the water straight back.

The **Hinge Drill** is done by adding a pause at the hinge point of the pull. This emphasizes the hinging act and forces the swimmer to refrain from rushing

the pull, which would make it shorter and less efficient. This drill trains the swimmer to catch more water earlier in their stroke. Pulling too soon (i.e. rushing the pull) causes slippage and makes the pull less efficient. Doing this drill correctly teaches the swimmer to take fewer strokes per length and go faster.

Sometimes it's helpful to begin doing this as a one-arm drill: hold one arm fully extended straight forward from your shoulder and swim freestyle strokes with your other arm. To completely isolate the swimming arm for complete focus on the pull you may wish to place a pull buoy between your legs and hold an alignment board (or another pull buoy or the end of a kick board) in your non-swimming hand. Alternate your arms per 25 or 50 for 200-400 yards depending on your strength and endurance level. Remember to extend your arm completely forward, hinge, pause, and then push the water all the back to where you put your hand in your pocket.

After getting it right one arm at a time, put aside all of the flotation devices and do the hinge drill swimming with both arms. Extend one arm completely forward, hinge, pause, bring the other arm forward, and push back with the underwater arm while extending the forward arm. Feel yourself surge forward in a streamline position, one arm forward, and the other arm back. Repeat, alternating arms and enjoy feeling efficient!

David has been involved in swimming his entire life. He was an accomplished swimmer on the age-group, high school and college levels. After 20+ years in the banking and real estate business, David returned to swimming full-time. Currently he coaches masters swim programs at Greenwood Athletic & Tennis Club, Arapahoe Community College and the University of Denver. In addition to coaching swimming for the CWW Triathlon Team, David also teaches lessons at SwimLabs every day.



Have a favorite drill but don't know why you're supposed to do it? Send a description of it to the editor at comsamastersplash@gmail.com along with your suggestion of a coach who can supply the explanation.

8th Annual Highlands Ranch Aquatics Masters Invitational

Saturday, January 10th, 2009

Meet Information

Sanctioned by USMS - pending

FACILITY: Englewood High School

3800 S. Logan St.

Englewood CO 80110

1-25 to Hampden, West on Hampden to Logan, Logan South to Lehigh. East on Lehigh to pool area.

An 8-Lane, 25-Yard competition pool Colorado Timing Systems touchpads, scoreboard. Lane 8 may be used for warm/up down.

TIMES: Saturday, January 10th, 2009, 8 a.m. Warm-Up – 9 a.m. 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 2009 Registration Card.**ENTRIES:** 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 Saturday, January 3rd, at 5 p.m.

Send entries to:

Matt Beck / HRA

8801 S. Broadway

Highlands Ranch, CO 80126

Contact Information:

Phone – (720) 341-6920 E-mail (Preferred) – texbeck25@aol.com

Entry Fees:

Flat Fee of \$25.00 for up to 5 events

Make Checks payable to HRA Masters

RULES:

Rules to be enforced per the 2008/2009 USMS Rule Book

Events and Event Numbers

Women	Men	Event
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

***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 will be swum fast to slow, all other events will be swum slow to fast.

2008 USAS Convention

Ever wonder what goes on at the annual convention? Here's a wrap up of rules, decisions and announcements that will affect master swimmers here in Colorado and Wyoming and across the United States

The rumors are in fact just rumors — the United States Aquatic Sports (USAS) Convention is not one big party! Rather, this year's COMSA delegates, Will Amos, Marcia Anziano, Peggy Buchannan, Kim Crouch, Morgan Edwards, Rebecca Friedlander, Heather Hagadorn, Richard Hess and Susan Nolte put in 12+ hour days during a long weekend this past September in Atlanta. While attending committee meetings, house of delegate sessions, workshops, talks, round table discussions and many other gatherings, your COMSA delegates helped make decisions and volunteered for upcoming projects that will shape the future of USMS. Here's a brief convention wrap up, with an accent on news items for masters.

- The budget proposed by executive director Rob Butcher was endorsed by the board of directors and subsequently approved by the House of Delegates (HOD). Highlights include membership retention and growth objectives, sponsorship pursuit, and increasing membership benefits. Please see Rob's address to the HOD at <http://www.usms.org/admin/conv08/executiveaddress.php>.
- College coaches will be encouraged to sign agreements to promote partnerships between their programs and USMS.
- During this "rules" year, many rules were edited to make them easier to read and match USA Swimming language. The most hotly debated one that will affect your meet experiences in 2009? A new scoring system for nationals (awards will be given in two combined club categories: Regional Clubs and Local Clubs) was approved.
- 2010 Short Course Nationals were awarded to Georgia Tech; Long Course Nationals to Puerto Rico.
- The following open water championship bids were awarded for 2010: **6 Mile:** Noblesville IN; **3-6 Mile: Colorado Springs, CO;** **1 Mile:** Charlotte, NC; 2 Mile Cable: Lake Placid NY; **1-3 Mile:** TVM Del Valle Open Water Swim.
- The following long distance postal championships bids were awarded for 2010: **One Hour Postal:** Tamalpais Aquatics; **5-10K Postal:** Twin Rivers YMCA Masters, New Bern NC; **3,000/6,000 Postal:** Masters of South Texas.
- Several rule changes were adopted for Open Water events. The most prominent are: 1) Wetsuits may be worn at the discretion of the event director at events when the water temperature does not exceed 78 F, 2) A separate wetsuit category of awards may be given at the discretion of the event director. However, wetsuit swimmers are not yet able to receive USMS awards, Top Ten or All American status for National Open Water events.
- A re-branding effort is underway to update the USMS logo and other marketing materials to emphasize that the organization supports many types of swimmers, i.e. fitness and triathletes beyond USMS competitive events.
- *USMS Swimmer* wants digital image submissions; please submit your high res, high quality images to the magazine editor at billvolckening@usms.org. The History & Archives committee is looking for stories about masters swimmers as well as pictures and meet results from the 1970s forward. To learn more about this project, including submission guidelines, see <http://www.usms.org/hist/content/yourstory>.

<http://www.usms.org/hist/content/yourstory>.

- Two highlights from past USMS President Dr. Jim Miller's talk on shoulder health: 1) the best time to stretch is in between warm up and main sets. Obviously, this is tough for swimmers – you'd get cold switching back and forth from water to pool deck. The next best window of opportunity for swimmers is immediately after practice. 2) Many medications, particularly those for high cholesterol and blood pressure, interfere with muscle recovery post workout. Check out your medication on line then discuss alternatives with your doctor.
- Beginning Nov. 1, all members can register with USMS for 2009 online at <http://www.usms.org/reg/>. Registering on line is cheaper than the paper/mail route; plus it's more accurate, faster (no more waiting two weeks for the mail!), and you can even look up and print your own cards!
- The Top Ten database is being reworked to extend recognition to top 25 or 100. Meet sanctioning via the Internet is the next task at hand.

To read more information about the convention, including the minutes from USMS sessions, visit www.USMS.org.

Reader Quiz: Know Your Delegates

Just like hanging out at meets, attending the annual convention is a terrific way to learn more about fellow swimmers. Below are your 2008 USAS Convention delegates and some fun facts gleaned about them during the long weekend. The first reader who correctly matches each delegate with their description wins a \$20 www.swimoutlet.com gift certificate. Please be sure to include a mailing address with your response to the editor at comsamasplash@gmail.com, the new designated email box for *Master Splash*.

- | | |
|---------------------|------------------------|
| 1) Will Amos | 2) Marcia Anziano |
| 3) Peggy Buchannan | 4) Kim Crouch |
| 5) Morgan Edwards | 6) Rebecca Friedlander |
| 7) Heather Hagadorn | 8) Richard Hess |
| 9) Susan Nolte | |

- Met their spouse at Loveland's Sweetheart meet
- Is left-handed
- Can't write in cursive
- Trains at 8,200 feet
- Baton twirling was a childhood hobby
- Spent 15 years in print management before coaching
- Does not eat red meat
- Spent much of childhood living overseas
- Competed against the legendary Don Schollander

2009 One-Hour National Postal Championship

Nicole Vanderpoel, COMSA USMS/USA Swimming Collaboration & COMSA Long Distance Pool Chair

It's hard to believe swim fans, the One Hour National Postal Championship is right around the corner. Yes, you read it right! The 2009 One Hour National Postal Championship begins at 7 a.m. at Northridge Recreation Center on Sunday, January 18. This year's Championship is sponsored by the Ohana Swim Team in the Pacific Northwest.



It's goal setting time, swimmers. We placed 3rd in the mid-sized team division nationally last year. We can do better! Let's try to increase participation and go for 2nd or even 1st place in 2009.

The One Hour Postal comes at a great time of year for sprinters and distance swimmers alike! It's a super base-building workout and pace-setting work opportunity. You can swim for the entire hour without stopping, or you can do it as a set. Challenge yourself and a friend to give it a try! You will feel a great sense of accomplishment upon completion and it's fun to see how you compare to other swimmers around the country! Don't worry about how far you swim; just do it!

To participate, e-mail nicolevanderpoel@msn.com to reserve a lane. Please bring two pairs of goggles, a stop watch, check for the entry fee, copy of your 2009 USMS registration card, a counter/verifier person to take your splits and a good attitude (or at least pretend)!

In return for your hard work in the water, you will receive a "Colorado Goes Postal" swim cap and perhaps another surprise!

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Fall 2008 Issue Correction

From our Long Distance Chair, Nicole Vanderpoel: "I thought the 2007 LC Open in Pueblo last year was a recognized meet with masters and USA swimmers and not dual sanctioned, but it was a "dual sanctioned" meet. Kudos to Dennis Gremlin and the Pueblo Masters Team for hosting Colorado's first dual sanctioned open swim meet last summer. It was a huge success!"

Nominate Your Coaches and Fellow Swimmers

Do you think your coach is the best ever? Do you want to recognize a swimmer for their devotion to masters swimming? Then thank them in public at the State meet! The Jack Buchanan Award honors a male and female swimmer for their major contributions to Masters Swimming. The Lou Parker Award is presented to the outstanding Colorado Coach of the Year. (Please note: all recipients must be COMSA members.) Nominations are due by Friday, March 13. Forms are available at www.comsa.org; or contact Chris Nolte at Chris_nolte@comcast.net.

Strong Finish to 2008 Postal Series

We had two opportunities this fall to complete the USMS 3K and 6K Postal Championship swims, sponsored by the Louisville Masters Swim Team, at Northridge Recreation Center in Highlands Ranch. Compared to the 2007 3K and 6K Postals, we had over two times as many swimmers in 2008! Go Colorado! It must be the really cool "Colorado Goes Postal" swim caps that each participant receives after they complete a Postal swim. Seriously, Postal fans, 16 swimmers participated; a few completed both the 3K and 6K. We'd like to thank Marcia Anziano, Kathy Garnier, Reva Golden, Elizabeth Herr, Judy Laney, Mike Nims, Chris and Susan Nolte, Jack Nuanes, Jane Oberg, Betsy Riner, Kathleen Steffe, Amy Thull, Nicole Vanderpoel, Debbie Wilson and Steve Young for supporting the USMS National Postal Swims. If I've left anyone out, or if you did either of the Postals on your own, please let me know and I will send you a cap! Stay tuned, we'll announce the swimmers who participated in ALL of the Postal swims in 2008, once results are published. Congratulations to all for a fine year of Postal Swimming.

In addition to being a distinguished Masters swimmer, Nicole remains very busy thanks to a variety of posts in the swim world! Not only is she a swim mom to three age group swimmers, twins age 15 and a 12 year old, Nicole is the assistant coach of the Rock Canyon High School Girls swim team and head coach of the Wildcat Ridge Tigersharks summer league swim team, a group she co-founded in 1998. Her work for COMSA includes serving as vice chair from 2005-2008 and the Long Distance chair from 2004 to present.



Training vs. Event Distance

Ever wonder how much you really swim during those distance postal events? Melissa “Nemo” Rawsy does the math!

Melissa “Nemo” Rawsy

Though a non-distance swimmer, I completed my first—and I am sure ONLY—10K on September 7, 2008, sinus infection and all. For some reason I got it into my head to do the Postal Challenge this year and get myself that nifty patch proclaiming “I’m in the pain club,” the significance of which, as most of you fellow swimmers know, eludes non-Masters folks.

I guess I had to prove to myself that I’m not a gimp since smashing up my shoulder two years ago. I think the 10K was probably the single most painful thing I’ve ever voluntarily submitted myself to, because my shoulder started hurting much earlier on than I expected—but hey, I was only in severe pain for the last 7,000 meters or so!

A fellow swimmer had once mentioned to me that the lack of rest on turns and additional actual yardage due to lack of wall push-offs in an open-water swim is surprisingly significant in terms of shoulder fatigue. So, given how much earlier than expected my shoulder began hurting, I became curious about how far this swim really is given that it is in a 50-meter pool instead of a 25-yard pool, where I, and probably most of you, usually train.

By straight conversion to yards, you would have to swim 10,940 yards to equate to a 10K (1.094 yd/m). However, if we assume a relatively conservative 5m push-off on every length (under water to the flags), in effect you’d only swim about 8,546 yards in a 25-yard pool, but you’d swim about 9,000 meters, or 9,846 yards, in a 50-meter pool. So in a 25-yard pool, even if you train for the apparently equivalent 10,940 yards, you would actually wind up training about 1,300 yards short of what you would effectively swim in

Thus to calculate the actual training goal in a pool for, say, an open-water swim, first convert everything to meters (so a 25-yard pool’s length is 22.85m). Then here are your variables and your formula:

DA = Actual Distance
(true distance you will need to train, the # we are looking for)

DE = Effective Distance
(for a 10k this would be the 10,000m that you want to train for)

L = Length of pool in meters
(for our example use a 25-yard pool, 22.85m)

U = Length of Underwater push-off
(let’s assume 5m)

$$DA = (DE \times L) \div (L-U)$$

$$DA = (10000 \times 22.85) \div (22.85-5)$$

$$DA = 12,801m \times 1.094yds/m = 14,004.3 \text{ yards}$$

a 50-meter pool, a surprisingly long distance consisting of those 200+ missed push-offs.

So if you only train to a goal of 10,940 yards, you are training about 3,000 yards short for a 10K open-water swim!

After getting my hardest swim out of the way for 2008 year, I’m expecting the 3,000 & 6,000 yd swims to be cake, especially in a 25-yard pool! For you true masochists out there, USMS recently added a 25K solo event to the long-distance circuit, so this formula will really make a significant difference in training distance for that one. Good luck to everyone and happy converting...

Melissa began competitive swimming in Ohio at the age of five, taking after her three older brothers. She continued to swim USS in Colorado, then summer league for the Mesa/Rock Creek Flyers in Boulder and Superior, and winter swimming for Broomfield High through her senior year, where she excelled in butterfly, breast-stroke, and the I.M. After a break from swimming due to painful shoulder hypermobility and overuse, in 2003 she swam Masters for the first time, and in 2008 came back to it after major shoulder reconstruction due to shattering her humeral head in 2006—her 8-inch scar puts all those rotator cuff surgery scars to shame! As part of her ongoing rehabilitation she has challenged herself this year with events like the 200-yard butterfly and 10K postal swim.

Swimming locale	Actual Distance (m)	Actual Distance (yd)	Pool length (m)	Pool length (yd)	# lengths	Underwater push-off distance (m)	Underwater push-off distance (yd)	m swim per length	yds swim per length	Effective distance swim (m)	Effective distance swim (yd)
50-m pool	10000	10940	50	54	200	5	5.47	45	49.53	9000	9846
25-yd pool	10000	10940	22.85	25	477.6	5	5.47	19.35	19.53	7812	8546
open water	10000	10940	10000	10940	1	0	0	10000	10940	10000	10940

Swim Meet for Adults!

Date	Location	Cost
Sunday January 11, 2009	Centennial Pool 1201 Alpine St. Longmont, CO 80501	Early Bird \$15 Day of Race \$20

How to Register?

Mail, Fax,
Walk-In:
Centennial
Pool

Fax Number:
303-678-
1653



Day of Time Line

7:30-8:30am
Day of
Registration &
Check-In

8:00am
Warm-Ups
Start

9:00am
Meet Starts

Meet Details

- Both USMS & non-USMS are welcome
- Please submit estimated swim times for events
- Heats will be created by estimated swim times
- Can swim up to 5 individual events plus 2 relays
- Electronic timing system and touch pads will be used
 - Relays will be formed on day of race
- Diving-well will be available for warm-up/ cool down through-out the meet
 - Results will be available on the City of Longmont's website

Swim Fast, Swim Hard, Make Friends and Have Fun!

Call us with any questions! Centennial Pool 303-651-8406

City of Longmont's
Winter Sprinter Entry Form
 Swim Meet for Adults!

Name: _____

Male Female Age: _____ (The age you will be on 01/11/09)

Age Group:
 18-24 25-34 35-44 45-54 55-64 65-74 75-84 85+

Birth Date: _____ Email: _____

Address: _____

City, State, Zip: _____

Phone #: _____

Entry Fee Enclosed: \$15 Early Bird \$20 Day of Race

Payment: Cash Check* Charge (Visa/MC/Discover/AMEX)

*Checks made out to: City of Longmont

Card#: _____ Exp Date: _____

Events: (25 Yard Pool)		
1- 200 Medley Relay	2- 100 IM Time:	3- 200 Free Time:
4- 100 Fly Time:	5- 50 Back Time:	6- 100 Free Time:
7- 50 Breast Time:	8- 500 Free Time:	9- 100 Back Time:
10- 200 IM Time:	11- 100 Breast Time:	12- 50 Fly Time:
13- 50 Free Time:	14- 200 Free Relay	

Please read and sign the liability waiver below:

I understand that there are certain risks involved with participating in any recreational activity. I expressly understand, agree that neither the City of Longmont Colorado, a municipal corporation, nor any of its officers, agents, volunteers, assistants, or employees, shall be held responsible or made subject to any claims, including any claim for negligence, seeking to assess damages or liability for or arising from personal injury or property damage to myself or other person in whose behalf this form is now signed as a result of actual or proposes participation in the above named programs. I, on behalf of myself and my child, hereby agree to **HOLD THE CITY OF LONGMONT, ITS OFFICERS, AGENTS, VOLUNTEERS, ASSISTANTS, AND EMPLOYEES, HARMLESS ON ACCOUNT OF ANY SUCH CLAIM.**

 Signature of Participant

 Date

Swim Briefs

News from the pools of Colorado and Wyoming

Notes from the Lanes

An interesting angle of **Jeff Magouirk** was captured by the *San Diego Union-Tribune* while he was at this year's 78th La Jolla Rough Water swim. Check it out at: <http://photos.signon-sandiego.com/2008roughwater/swim18>. Other La Jolla finishers from Colorado included **Quinn Reilly** (DU) 1:13; **Ken Clausen** (DU) 1:14; **Tami Musfeldt** (BAM) 1:25 and **Amy McKinley** (Aurora) 1:35. ...**Lynne Fletcher**, who swims at Inverness, correctly identified **Mark Johnston** as he swam the butterfly leg of the 400 IM at the 2007 Short Course Nationals in Austin. The first person to respond with the correct answer, Lynne won a \$20 Swimoutlet.com gift certificate. As for the swimmer whose pedicure matched CMS colors in honor of Long Course Nationals held in Oregon this past August? That was **Ellie Najjar** of **DU Aquaholics**. No-one

guessed correctly, so that prize, another \$20 Swimoutlet.com gift certificate, carries over to this issue's quiz on page 8. ...**Jim Murphy**, **Dawgs**

(Lakewood) **coach**, shares details on two of the team's most popular programs! "**The Fat Losers Club** is a voluntary club that swimmers can join. We run the program for 10–12 weeks with each member deciding what their weight loss goal is. Each week the members tell me about their progress and I put it in a chart and send it out to the members. Along with it, I send weight loss tips from some reliable source like Dr. Phil. At the end of the weight loss period, we have a celebratory potluck and give awards for participation such as the coveted 'Biggest Loser' award, and the not so coveted 'Roller Coaster' award. We start the **12 Dawg Days of Christmas** two

weeks before Christmas. The coaches step up their workouts, based on the twelve days of Christmas, to make up for the start to the eating season. For example, 'on the first day of Dawg Days my loving coach gave to me a 1,500 with a pull buoy.' We build the song day by day. We try to keep this festive, and usually do some vertical kicking with our hands on our heads like antlers singing Rudolph the Red-nosed Reindeer. This is



After swimming La Jolla this past September, Ken Clausen drove and cycled up and down the west coast, stopping frequently for swims. Some were in open water as pictured here (brrrr — under 60 degrees that day sans wetsuit!) as well as joining local masters practices.

a very popular event with the Dawgs. Participation during this period runs about 30-percent higher during this period of time. Anyone who participates in all 12 days receives a really cool t-shirt." ...**Mark Johnston** reports that he "partially tore both my patellar and quadriceps tendons in my right knee while multi-tasking (pulling weeds and growing old). It was very painful and I didn't swim for two weeks. I thought surgery was certain. However, after a strong dosage of ibuprofen, things improved, and I gingerly got back in the water." Mark's team, the **Swim Dogs** (www.SwimDogs.net), a combined masters/age group concept team is really taking

off. Membership is up to 110 from last year's 30. (25 masters and 85 age groupers). The team practices and participates in meets together. Several Swim Dogs competed at the Molly Bloom meet. While attending the ASCA convention in Las Vegas this past September, Mark and his wife Dana received the Doc Councilman Creative Coaches Award. Their winning entry, "the Beizinger" (pronounced Bay-Zinger), a workout consisting of all of Michael Phelps' Olympic swims (17), in order, bested 100 others. First prize earned the coaching couple \$400 and a commemorative Councilman photo. The Beizinger will be published in the ASCA yearbook. Mark notes that it was "petty cool to be called up on stage in front of the international coaching community just after Bob Bowman received his 'Coach of the Year' award."

Do you have a news items or images to share in Swim Briefs? Send the information and pictures to Master Splash newsletter editor at comsamastersplash@gmail.com. Submissions printed on a first-come, first-served basis.

Swimming for Triathlon Clinic

Want to improve your swim time for the upcoming Tri season? Coaches Matt Beck and Kathy and Pete Alfino are pairing with sponsor Mile High Multi Sport LLC to offer a stroke clinic designed for triathletes. Held at Arapahoe Community College on Saturday, January 24, the clinic offers progressive drills and skill-work based on the essential principles of aquatic propulsion. Cost is \$30; choose between 10–11:15 a.m. or 11:45 a.m.–1 p.m. sessions. Visit www.trimhm.com for more information.)

30th Annual Loveland Masters Sweetheart Swim Meet

February 28, 2009

Sanctioned # — pending

WHERE: Mountain View Aquatic Center
1500 Mountain Lion Drive
Loveland, Colorado

WHEN: Saturday February 28, 2008
Warm-ups start at 8:30 AM
Meet starts at 9:30 AM

ADVANCED ENTRIES: Circle the event numbers and record your seed time on the form below. Mail entry form, check made payable to "Loveland Masters", and a copy of your USMS card to:

Scott Allen
1557 Lake Drive, Loveland, Co 80538

Advanced entries must be received by Thursday February 26, 2009
All participants must show proof of current USMS card.
All participants must sign a USMS Liability Release at meet check-in

ENTRY FEES: \$2.00 Pool Surcharge (one-time, not per event)
\$4.00 per individual event – Advanced entry (received by Feb. 26, 2009)
\$6.00 per individual event – Meet day entry (closes at 8:30)

SEEDING: Swimmers will be seeded according to entry time and gender. NT entries will be seeded in the first heats according to gender.

AGE GROUPS: Standard USMS age groups apply (18–24, 25–29, 30–34....)

CONTACT: Scott Allen
Cell: (970) 430-9595
lovelandsweetheartmeet@yahoo.com

30th Annual Sweetheart Meet Entry Form

Name: _____ USMS# _____
(please include a photo copy with entry)

Address: _____

Age: _____ Gender: M F

Phone#: _____ Email: _____

Event#		Description	Seed Time	Event#		Description	Seed Time
women	men			women	men		
1	2	100 Ind. Medley		15	16	200 Ind. Medley	
3	4	200 Freestyle		17	18	50 Freestyle	
5	6	100 Breaststroke		19	20	100 Butterfly	
7	8	50 Backstroke		21	22	100Backstroke	
9	10	100 Freestyle		23	24	50 Breaststroke	
11	12	50 Butterfly		25	26	200 Choice	
13		Fun relay	DECK ENTRY	27		Cash Relay	DECK ENTRY

Trim around outside heavy line, fill out & fold in the middle

COLORADO LOCAL MASTERS SWIMMING COMMITTEE — CONSOLIDATED ENTRY CARD

Swimmer's Name _____ Age: _____ Male: _____ Female _____

USMS # _____ Birthdate / / Phone () _____

Event #	FREE (Submitted Time)	Event #	BACK (Submitted Time)	Event #	BREAST (Submitted Time)	Event #	FLY (Submitted Time)	Event #	I.M. (Submitted Time)
	50 : .		50 : .		50 : .		50 : .		100 : .
	100 : .		100 : .		100 : .		100 : .		200 : .
	200 : .		200 : .		200 : .		200 : .		400 : .
	400/500 : .	MEET NAME & DATE: _____ CLUB IF NOT COLORADO: _____ TEAM NAME: _____ SIGNATURE REQUIRED ON BACK				MEET FEES # of Events X \$ _____ = \$ _____ Surcharge = \$ _____ TOTAL = \$ _____			
	800/1000 : .								
	1500/1650 : .								
T-shirt Size (if applicable): S M L XL XXL									

fold here ---- fold here ---- fold here ---- fold here ---- fold here ---- fold here ---- fold here ---- fold here ---- fold here ---- fold here ---- fold here ---- fold here

PLEASE READ CAREFULLY: Late or incomplete entries (no fee, incomplete entry card, incomplete entry data, no copy of USMS Registration Card), or entries postmarked after the due date MAY BE REJECTED.

ALL Masters swimmers will be required to send a photocopy of their USMS Registration Card along with their entry card. ALL Masters swimmers may be asked to show their USMS card, if requested, at the meet. THERE WILL BE NO EXCEPTIONS.

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Please Sign AND Date: _____

Street Address: _____

City, State, Zip: _____

Make checks payable to and mail to the address specified on the Meet Information Sheet.

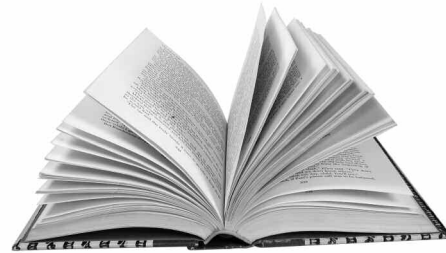
USMS Website Spotlight

There is so much more to the USMS website (www.usms.org) than top ten lists and "where to swim" information. To help introduce many of the site's resources, Master Splash will highlight one aspect per issue, beginning with this issue's closer look at a lending library devoted entirely to swimming!



Ed Nessel's Masters Swimming Book Library

USMS members can borrow books on a range of topics (coaching, technique, nutrition, training, health, psychology and much more) thanks to the USMS Coaching Committee. Here's how: 1) Go to <http://www.usms.org/coach/library.php> 2) Choose a book. 3) Send a request to Ed Nessel (USMS National Librarian, 10 Irene Ct., Edison NJ 08820-1024) with a check made out to him for \$34.50. (\$4.50 covers shipping; \$30 is a book deposit.) 4) Return the book within 30 days of Ed's shipping date; you are responsible for return shipping fees. Ed notes that books must be in good condition to get your deposit back. Also, late fees are \$1/day, so heed the lending period!



Have you visited www.Comsa.org? The latest news, sanctioned event information, registration forms, meet results, state records, the USMS national swim times database, local workout group listings including their contact person, COMSA administrative information, newsletter archive, links to other swim websites and USMS.org—it's all right there! To sign up for updates and alerts via e-mail follow the instructions on the bottom of the page. Webmaster Kim Crouch welcomes your feedback and contributions. Contact her at: webmaster@comsa.org.

Master Splash Needs Your Images!

Do you have high res digital images of pools, people and events concerning COMSA and swimming? Share them with readers in future issues by sending a file to the editor at: comsamaster-splash@gmail.com.

Colorado Masters Swimming Association:

Friends, Fitness, Competition!

COMSA
P.O. Box 102167
Denver, CO 80250-2167

Visit us on the web!

www.comsa.org