



# Master Splash

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## Inverness Masters Take the Challenge

U.S. Masters Swimming Fitness Education Chair and Inverness assistant coach Marcia Anziano reports on how her local team met the “Check Off” Challenge

*Marcia Anziano*

Earlier this year, I challenged the Inverness Masters swimmers to try one of the programs offered by my committee. One program, Go the Distance, tracks how far you swim, and is offered free to members. While Go the Distance offers some great milestone awards that can be purchased along the way, a second program challenges swimmers to try all 18 pool events. Best of all, there’s no requirement to swim each event in a meet — swimmers can complete some or even all during regular workouts.

Many U.S. Masters Swimming members respond positively to the second program, known as the Check Off Challenge. So, the Inverness Masters are taking this challenge on as a group in 2009. In fact, some team members already have ordered their shirts!



Details about this event can be found at [www.usms.org/fitness/content/checkoff](http://www.usms.org/fitness/content/checkoff). Each year the event offers a different theme that is presented on a T-shirt. Participants simply purchase a shirt and then are on their way to lots of challenges! Every pool event appears on the shirt; once you swim an event, you mark it off on your shirt with a permanent marker. The goal is to mark, or “check off” all 18 events.

The Inverness swimmers began checking off the shorter events this past March — the 50s of each stroke, the 100 and 200 free, and the 100 IM. After Short Course Nationals but prior to summer, they will work to complete the 100 back, 100 breast and 100 fly. During the summer months, when workouts focus on distance and open water, Inverness members plan to target the 400, 800 and 1500 free events.

By that point, they will have completed 13 of the 18

events, with 5 difficult events left to go (i.e.: 400 IM.) Many of you swim some or all of these events at meets during the year and probably think that this is not a big accomplishment. But think of all the swimmers that you train with that never attend meets, many of whom revert to freestyle during your workouts. These are the very swimmers that are going to work to meet this challenge. Working together with their teammates, supporting one another, they hope to reach these lofty goals.

As summer transitions into fall, Inverness turns its focus back to pool competitions. Last year at this time the team was introduced to the season of “Stroktober,” which extends from late September into early

*Inverness Masters Take the Challenge  
Continues on page 2*

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## Dreaming of Swimming Outside

*Heather Hagadorn*

### Outdoor Events

Spring is here! It is time for many of us to get ready to bring those dreams of swimming outdoors to reality. First up, the Short Course Nationals meet in Clovis, CA. Then, on a more local level, there will be the Highlands Ranch Long Course meet (see pages 13–14 in this issue) and the 5K/10K postal events, all taking place at Lowry (see page 4). And let's not forget the frigid waters of Chatfield in May (see page 7)!

Take a look through the newsletter and website ([www.comsa.org](http://www.comsa.org)) for other spring and summer events, such as Chatfield open water swimming, open water races at Prospect Lake, Cherry Creek and Horsetooth, and clinics. Sometimes events don't make the newsletter cut-off, so please visit the website frequently and be sure to sign up to receive the latest COMSA updates via email, at <http://www.comsa.org/email-update.html>.

### COSMA Website

Speaking of the website, have you seen the new look yet? COMSA is lucky to have long-time U.S. Masters Swimming (USMS) volunteer, Doug Garcia amongst its membership. Doug recently moved to Colorado and is responsible for the new design. He worked closely with webmaster Kim Crouch to completely revamp the site. It's fabulous!

### COMSA Volunteers

COMSA's newest volunteers have really hit the ground running: Mark Johnston (coaches chairperson) is working on putting together some pretty awesome clinics – stay tuned to the website for updates. Richard Hess (sanctions chairperson) is on top of all of the meets and open water events, and Rebecca Friedlander is putting together her third newsletter. Don't you just love her "reader quizzes"?

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

*Inverness Masters Take the Challenge*  
*Continuing from cover*

November. Strokes are emphasized during this period to help swimmers meet the challenge of swimming the 200 back, breast and fly!

During the remainder of the year, Inverness masters will test themselves against the 200 and 400 IMs. The plan? Support all who want to meet the challenge. With support from their coaches and fellow teammates, swimmers that now only dream about completing events like the 200 fly, can aspire to and successfully swim these events.

I am sharing this with readers now because it's not too late for you to take the challenge along with your teammates. Hammerhead Aquatics of Florida, the workout group sponsoring the 2009 Check Off Challenge, will mail T-shirts each month. So, it's not too late to take up the challenge! Just check it out on the web and let the challenge begin...

Marcia Anziano, a Masters swimmer since 1995, currently serves as the Registrar and the Safety Chair for Colorado Masters, is chair of the U.S. Masters Swimming Fitness Education Committee, and serves on the U. S Masters Swimming Legislation Committee. Marcia has competed at the National level for the past nine years in both pool and open water competitions.



Colorado Masters Swimming Association  
 Master Splash

# COMSA Awards

Ever wonder about that annual awards presentation at States? Here's a little history...

Each year since 1983 COMSA has presented an award to one male and female who has made a significant contribution to Master's Swimming and COMSA. From 1983–2007 this award was named the Lt. Governor's Cup. In 2008, the award was re-named as the Jack Buchanan COMSA Service Award. Listed below are the prior award winners.

## Male Award Winners by Year

1983	Skip Mann
1984	Ed Talmage
1985	Don May
1986	Mike Chessnoe
1987	Jack Truby
1988	Arnie Dowd
1989	Dick Strickland
1990	Bill King
1991	Dave Snow
1992	Jack Buchanan
1993	Bill Koerber
1994	Tim Garton
1995	John Tobin
1996	Chris Nolte
1997	George Kenry
1998	Bob Patten
1999	Dennis West
2000	Steve McDanal
2001	Michael Schoenecke
2002	Hank Zentgraf
2003	Rich Abrahams
2004	Jack Buchanan
2005	Jack Truby
2006	Mark Plummer
2007	Will Amos

## Female Award Winners by Year

1983	Peggy Buchannan
1984	Louise Mann
1985	Ellen Beavers
1986	Mary Pudim
1987	Karen Hogan
1988	Judy Reed
1989	Margaret Stannard
1990	Pat May
1991	Ana-Mary Hottinger
1992	Nancy Brueggeman
1993	Ellen Atkinson
1994	Richalie Cranmer-Ball
1995	Frances Holmes
1996	Susan Nolte
1997	Karen Loucks-Baker
1998	Dawn Obrecht
1999	Cindy Guthrie
2000	Melanie Dullea
2001	Cathy Drozda
2002	Karen Zentgraf
2003	Marcia Anziano
2004	Cindy Hawkinson
2005	Susan Nolte
2006	Heather Hagadorn
2007	Marcia Anziano

Jack Buchanan COMSA Service Award Winners

## Male Award Winners by Year

2008	Pete Schwenker
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## Female Award Winners by Year

2008	Kathy Garnier
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The Lou Parker Coach of the Year award was created in 1986 to recognize outstanding coaching. These past recipients were nominated by the swimmers they coach and selected based on their contributions to their team with respect to camaraderie, technical advice, motivation and support of team members. Listed below are prior winners.

1986–1987	Lou Parker	1997–1998	Ken Classen
1987–1988	Jack Buchanan	1998–1999	Jamie Louie, Lani Meyer
1988–1989	Ellen Atkinson	1999–2000	Greg Royther, Bill Palmer
1989–1990	Dave Epperson	2000–2001	Tom Glass
1990–1991	Al Dorsett	2001–2002	Ellen A. Campbell
1991–1992	Terry Heggy	2002–2003	Richard Hess
1992–1993	Jim Richey	2003–2004	Cathy Drozda
1993–1994	Melanie Dullea	2004–2005	Mel Dyck
1994–1995	Russ Marsh	2005–2006	Matt Beck
1995–1996	Jane Scott	2006–2007	Jamie Louie
1996–1997	John Levett	2007–2008	Gary Reese

# USMS Long Distance Postal Series 2008

*Nicole Vanderpoel*

Congratulations COMSA swimmers on another successful US Masters Swimming National Postal Championship year. The numbers are growing and COMSA members have put themselves on the map as one of the largest, most consistent US Masters Swimming Postal Series participants.

First of all, we would like to thank each and every Masters swimmer who participated in ANY of the five Championships in 2008! You all challenged yourselves and succeeded! I hope you continue to participate in the 2009 USMS National Postal Championships.

In addition, a HUGE thank you is also in order to COMSA for sponsoring all of the Postal Championships. This allows swimmers to pay only an entry fee, not for use of the pool too.

The postal swims provide a unique opportunity to swim at different pools with members of different Masters groups in Colorado and Wyoming! Oh, and you receive a really cool "Colorado Goes Postal" cap when you complete each postal swim. This year, you may receive another surprise in addition to the really cool cap. But you have to participate in order to receive it!

The results of the 2008 USMS Long Distance Postal Series Challenge are now posted on the USMS.org website under the Long Distance Championships link. The USMS Long Distance Postal Series Challenge is for enthusiasts who complete all five Postal Championships in any given year. It starts with the One Hour in

January, the 5K and 10K Long Course from May 15-September 15 and ends with the 3,000 and 6,000 yd. Championships from October-November 15.

2008 was a record year for COMSA in the Long Distance Postal Series with six swimmers successfully completing all five Postal Championships: Tom Evans, Jeff Magourik, Mike Nims, Melissa Rawsky, Heather Melrose and me (Nicole Vanderpoel). Congratulations to all!

The 2009 National Postal Championship Series has already begun. The 2009 USMS One Hour National Postal Championship was held on January 18 at Northridge Rec Center. We had over 20 swimmers participate in this year, including a few first-time postal swimmers. If you are one of those first time Postal Swimmers, many, many congratulations are in order for you! I hope you enjoyed yourself and participate again. If you are a returning participant, thank you for continuing to challenge yourself every year and for encouraging one another to participate.



take splits for you. If you do not have a counter, do not fear. Usually, you can find a fellow participant willing to take splits for you. However, please be prepared to reciprocate. We are all in this together and can help each other out!

Sprinters and distance swimmers, challenge yourselves to the 5K and 10K National Postal Championships. You'll feel great about yourself when you complete them!

**The postal swims provide a unique opportunity to swim at different pools with members of different Masters groups in Colorado and Wyoming!**

The next USMS National Postal Championships are the 5K and 10K Long Course. These challenging Postals are held outside at the Lowry pool. You may swim the 5K and 10K on Sunday, June 7 at 7 a.m. or Sunday, July 5 at 7

a.m. We will run as many heats as needed, with two swimmers splitting a lane. If you wish to participate in either, please email nicolevanderpoel@msn.com to reserve a lane and specify if you are swimming the 5K or the 10K. Please remember to bring a stop watch and a counter to

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 2006-2008 and the Long Distance chair from 2004 to present.



# The “Almost Catch Up” Drill

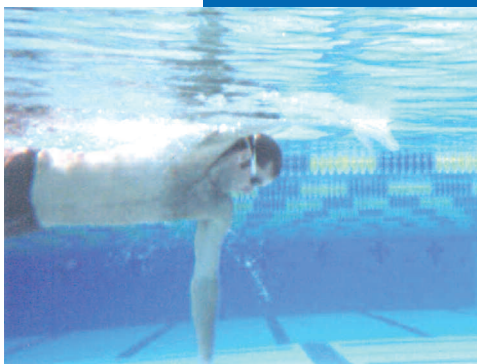
Coach Rich Hess offers us a variation on the catch up drill

*Richard Hess*

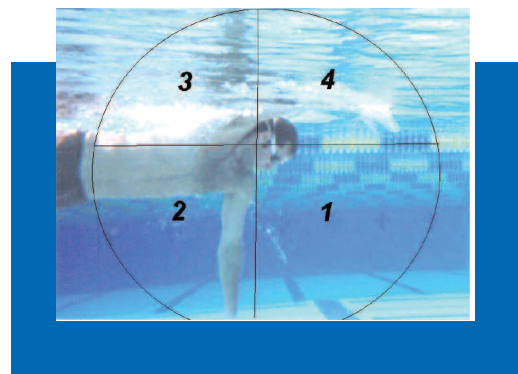
In the world of drills, almost everyone has heard of “Catch Up.” It’s designed to do such things as help lengthen the freestyle stroke and help us concentrate on good hand catch positioning and work toward a balanced and streamlined stroke. In this drill, the swimmer has the front extended hand (that has just entered the water) “wait” until the hand of the other arm comes over and touches that extended arm’s hand. At this, point the first extended hand starts its underwater pull.

Some time ago, I came up with a self-titled “Almost Catch Up” drill (I’m sure I’m not the first with the concept.) It takes the catch up drill and brings it much closer to a true swimming stroke — “almost” like it should be swum in competition (pool meet events, triathlons, open water swims included) or for just a more meaningful and fulfilling experience as a fitness swimmer.

First some background on this drill. No doubt many of you have heard of the concept of “front quadrant swimming.” This picture is NOT it:



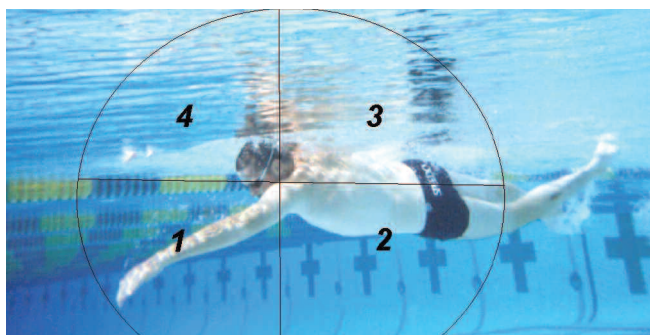
The basic idea on front quadrant swimming is that, if you divide the full freestyle arm rotation into four parts: 1) underwater front pull, 2) underwater back push, 3) above water back recovery and 4) above water front recovery, as shown below,



you want to concentrate on keeping the arms most of the time in quadrants 1 and 4. This leads to a much more efficient, streamlined stroke with minimum drag. The picture above shows a great amount of drag. The longer either arm is in a vertical position, the more drag is created. In the above picture, a much more efficient stroke would result if the down arm were at an approximate 45-degree angle within area 1 instead of its current 90-degree dividing line between area 1 and 2. To have minimum drag, it makes sense to have the arms, as often as possible, in a more horizontal position.

This is where the “Almost Catch Up” drill comes in. The idea is that it imitates, almost to being the actual stroke, the way you would want your technique to be in a competition. (Note: even if your mindset is on fitness instead of competition, this is still a much more desired approach. Efficiency is efficiency, whether in competition or fitness. Improved technique makes for a more enjoyable experience in which you are much more likely to continue an exercise program be it fitness or competition interest, or both).

In this drill, rather than waiting for the opposite hand to touch the already outstretched hand before that first outstretched hand then begins its underwater pull, as in the traditional catch up drill, the swimmer takes that first outstretched hand and begins the underwater stroke a little before the opposite hand can touch it. The photo below illustrates this concept.



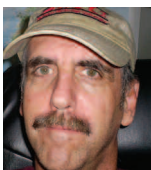
As seen in the photo, the recovering arm is beginning to enter the water in quadrant 1. The pulling arm is still well within the front quadrant, but has begun the arm pull prior to the “catch up” arm touching it. Note that this swimmer was swimming, not performing drill when this picture was taken. Yet the image above emphasizes how close this drill imitates the way the actual swimming should occur.

This drill is not about “pausing” the outstretched arm until the other arm comes toward it — the outstretched arm that is being “caught up to” is not dormant. Instead, as soon as it enters the water the outstretched arm starts to actively feel the catch that is so important to locking into a powerful underwater pull.

Try the following example set to incorporate the “Almost Catch Up” drill into your workout while swimming in a 25-yard pool:  
8 x 50 25/drill, 25/swim; try to make the drill as close to real swimming as possible

Front quadrant swimming is arguably more applicable to distance swimming but if you observe the technique of Alexander Popov, a recent 50-meter free record holder, you’ll see that the “Almost Catch Up” drill applies across the board.

Richard Hess coaches the Greeley Guppies and is co-founder with Kevin Nash of the amazing BeeGees (Broomfield/Greeley) team, which took 3rd place in its founding 2007 year, 2nd place in 2008, and who knows what place this year at States! With Kevin’s help we are “Stayin’ Alive!” A former Colorado State high school record holder in the 100 Fly (some years in back), Richard was All-American at SMU 1974-77 and an Olympic Trials participant in 1976 and 1980.



*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](mailto:comsamastersplash@gmail.com) along with your suggestion of a coach who can supply the explanation.*

### USMS Website Spotlight

Did you know that you can read a variety of sports medicine articles on the USMS.org website? This category is just one of several made available on the site. Many of the sports medicine pieces are written by US Masters Swimming committee members who are also doctors. Topics range from nutrition to hydration to general well-being beyond. By the end of 2008, there were 16 articles to choose from — check on a regular basis though, as there is an initiative to post more as the website grows. To find the sports medicine index, go to USMS.org. Then click on the “Fitness & Health” tab, then the “sports medicine” link within the paragraph that discusses resources.



### Have You Lost Your 2009 US Masters Swimming/COMSA Card?

You can print a copy right now on online! It’s easy: 1) Go to [www.comsa.org](http://www.comsa.org), 2) Click on “cards, numbers, & lists” 3) Follow the on-screen instructions to print off a replacement card.



### CORRECTION

The zip code listed on the State Meet Sheet in the last issue is incorrect. The correct zip code is: 80208. *Mastersplash* regrets the error.



# Open Water Venues & Events 2009

Check out all the choices to head outdoors this season!

## Chatfield Gravel Pond, Open Water Season: May 2–October 3

May 2 kicks off another Open Water swimming season at Chatfield Gravel Pond. The Gravel Pond is located in the Southwest corner of Chatfield State Park. On Saturdays, USMS members can swim from 7:30–10 a.m., and from 4:30–7 p.m. on Mondays and Wednesdays. The gravel pond is a wonderful place to swim. It is about 800 meters from the north end swim beach to the south end about 250 meters from the beach to the gravel bar, where you can stand. Jeff Magouirk, long distance open water chair, will swim on Wednesdays throughout the season and be available to answer questions and provide open water swim tips. If you have any questions, please contact me him at [swimwithfishes@earthlink.net](mailto:swimwithfishes@earthlink.net).

As always, monitors are needed per session. An email to schedule monitors will go out early April. Assigned monitors are needed at least one week in advance per session to prevent sessions from being cancelled. Please remember to show your US Masters Swimming card to the monitor because membership allows you to swim in the Gravel Pond. There is a daily fee to drive into the park; season passes are available too. Please park in the Kingfisher parking lot.

## AQUAMAN Open Water Swim & Run Series

AQUAMAN offers four different distance swims in Cherry Creek Reservoir: 1/2 mile, 1 mile, 1 1/2 mile and 2 miles on the following Tuesday nights: June 30, July 7, 14, 21 & 28 and August 4. Each event offers a 5:30 p.m. warm-up, 6:15 p.m. race start, free park entry and free post-race sandwiches provided by Jimmy Johns Sub Shop. COMSA members receive a 10-percent discount off the price of a 4-pack entry. Simply mark proof of membership on entry form before mailing it in and pay only \$63 for a 4-pack entry. For more information and registration forms, please visit [www.withoutlimitsproductions.net](http://www.withoutlimitsproductions.net) or contact Canace Panigutti at [atcgut-ti77@hotmail.com](mailto:atcgut-ti77@hotmail.com) or (203)313-3546.

### Improvements for the 2009 season:

1. SwimLabs partnership: Swimlabs staff will offer strategies on distance swimming such as breathing-sighting, drafting, etc.
2. Improved location: Races to be held at Smoky Hill Beach at Cherry Creek, with deeper water and more accessible beach.
3. Swim/Run added: Optional 5K run post-swim
4. Improved series scoring: We will use a points system this season instead of overall times. You will receive points for your place each night and the highest cumulative points winners receive end of series awards.



*Swimmers can enjoy a traditional pool workout, an open water swim, or both at the Grant Ranch facility this summer.*

## Open Water Swimming at Grant Ranch (Littleton)

Registration for open water swimming is now open! All registered COMSA members receive a **10-percent discount!** Mile High Multisport ([www.mile-highmultisport.com](http://www.mile-highmultisport.com)) is hosting open water swimming and masters swim class at Grant Ranch in 2009. The lake is marked with race buoys with 500, 750 and 1500 meter options. With professionally landscaped surroundings, use of the club house and an option to swim in the masters program during the week (25 meter outdoor pool) this is the best swim venue in Colorado. For more information regarding pricing, hours of operation and registration, go to the Mile High Multisport web page and click on the open water link. Or, contact Pete Alfino at [Pete@milehighmultisport.com](mailto:Pete@milehighmultisport.com).

# Focusing on the Triathlete

Cory, a successful triathlete on the world circuit and former elite age group swimmer, shares some tips on how to improve your swim leg

*Cory Robinson*

Triathletes have a love-hate relationship with their swim component. We love the swim because it truly challenges us, balances the trinity of our sport, and we typically abhor (avoid) duathlons to the point that Duathlon is scrambling to survive while triathlon participation is booming. We hate the swim because water is a mystery medium for most, the swimmer caliber-spread appears greater than in cycling or running, and swim improvement seems so elusive.

But you can improve your swim significantly while training at an easy-to-moderate pace, more so than similar levels of intensity on the bike and run. The single biggest factor to focus on is developing a “feel for the water.” In fact, feel for the water is best developed at low intensity. This mystery “feel” is developed only over time and by being in the water. One swim workout won’t do it. So be patient and commit to the long haul.

Drill work is also vital to improving your feel for the water. I’m sure you’ve got your favorites; the key purpose they serve is to improve your feel for and hold onto the water. Here are some of my favorites: catch-up stroke, fist drill, 2-finger drill, finger-drag drill and 1-arm drill. Do them when the workout calls for it, do them on your own, do them!

The third component to improving your feel for and hold onto the water is cross training with the other strokes: backstroke, breaststroke and butterfly. These are all great strokes. Practice them. Cross training improves your feel for the water, balance your swimming strength and creates a new self awareness of what your body is really doing while swimming. This in turn allows you to respond better to stroke technique correction provided by a coach.

I hope you caught my connection between the feel for the water and the hold onto the water. As your innate ability for holding onto the water with each stroke improves, you will be faster while expending less energy. An effortless swim, exiting from the water fresh and ready to jump on the bike — isn’t this how we really want to start off our triathlon? When you cover the distance with fewer strokes at the same or faster pace, it’s called efficiency.

Below are four ways to measure your progress on your freestyle swim efficiency:

**Lap stroke count:** Count the number of freestyle strokes (2 arm pulls = 1 stroke) you take on each length of the pool. Over time, this number should decrease. For instance, my stroke count is 6.5 for 25 yards. As I tire in a workout or race, this falls off to 7. And when I slip to 7, I know I’m not as efficient, so it’s a reminder to focus on my hold on the water.

**Hand entry & exit point:** You’ll need someone on the pool deck marking your hand entry and exit points for the same hand. If your hand exits behind the entry point, this is on the negative side. If your hand exits ahead of the entry point, this is on the positive side. Strive for positive, and give yourself credit for reducing the negative. This is a tough measurement to be positive on.

**Freedom from toys:** If you rely on wetsuits, fins, paddles or pull-buoys to get through a workout, a long time trial swim, or to even get started, give them up for awhile because they are hindering your feel/hold development. These “toys” should not be crutches. They are supplemental training aids.

**Line of sight:** Your view should be primarily downward. If your view is ahead, then your chin and head are up, which drive down your hips and legs at an angle. A neutral neck position promotes horizontal, streamlined body positioning and is also preferred to make torso rotation more relaxed and complete for maximum abdominal engagement.

Cory Robinson received his undergraduate degree from Southern Methodist University where he was also a 3-year NCAA All American in the 1650 free and 800 free relay. He competed at his first US Swimming nationals at age 17 in the 800 and 1500 free. He later represented the USA at the World University Games in the 1500, and competed at the 1984 US Olympic Trials in the 400 and 1500 free. At age 39, Cory took up the sport of triathlon, starting with sprint then progressing to Olympic, half iron and full iron distances over the past six years. After representing the USA at the ITU amateur short course (2006) and long course (2007) triathlon world championships, Cory is entering the long course event held in Perth, Australia this year. During his non-training hours, Cory presents “swim training & open water swimming for triathlon” clinics for local triathlon clubs. He’s been employed with Quest Diagnostics for the past 15 years and currently manages IT infrastructure personnel in Denver, Dallas, Houston and Las Vegas.





# Two-Point-Four at Kona

## A new-ish DU Aquaholic member reports on the swim leg at Kona

Francis Donovan

No training, no race simulation, and certainly no amount of pool time could have prepared me for October 11, 2008. I'm a nice guy, very courteous, friendly and respectful of my tri-mates. Unfortunately, you have to check your kindness at the beach prior to getting into the water for the start of Ironman Hawaii.

The start of every swim is the most intense moment in triathlon. The nerves and raw energy spewing from rubber suits are enough to make anyone a little leery of the water. Yet throughout every tri-swim, I find myself in a tight group for 200 yards, maybe 300 if it's an Ironman, before the waters open up and each athlete begins to line up for the draft. Oh no, not at Kona. For the first time in my life I felt as though I had a legitimate chance of drowning as we approached that first buoy.

The intensity of anticipation and anxiety at the start of Kona is overwhelming. As the canon sounds, all of that energy from months of training and tapering is abruptly ejected upon Kailua Bay. Everyone struggles to find space and no one can get any. The fight has begun. For a brief moment I think I can relax and settle into a rhythm, then we hit the first buoy, and everyone funnels down. Those two athletes to my left and right are now on top of me; I am on top of someone else, and none of us have anywhere to go. Each stroke hits more person than it does water, every breath is a salty mix of dense, humid air and water. Panic ensues as my fifth, sixth, seventh stroke in a row barely break the surface of the water. I elbow a chest, a leg, a shoulder, an arm all in an attempt to take a single stroke, and the ratio of water to air in each subsequent breath continues to rise exponentially... I think I'm drowning.

In a state of panic surrounded by hundreds of swimmers, violence is the only answer. I start pushing on people to get my body on top of the water, to find an open piece of real estate where I can breathe. No sooner is that open water found, is it gone. I try moving to the outside of the course and it's no



*Another adrenalin-charged start to a Triathlon...*

better. I move back toward the buoy and find someone to draft of, until another athlete finds that same person. More elbows, more pushing, more bumping ensues. This struggle for space continues for about 800 yards, after which I become content swimming elbow to hip to foot to shoulder with those around me. At least for a few strokes I have a small piece of water that I can call my own. I will continue to fight for my space until the turnaround vessel is navigated, at 1.2 miles in, and drafting lines finally form.

I have never been more uncomfortable, scared, or stressed out during a swim than at Kona, but it's Kona: you're not supposed to be comfortable.

As the founder of TrainTri Coaching, Francis Donovan is "really into all things triathlon." After swimming burnout and injuries in high school I transitioned into triathlons and never looked back. I completed my first Ironman at the age of 19. I've gone sub 10 and completed Kona, but not quite sub 10 at Kona. My best Ironman swim is 52 minutes, so I'm pretty comfy in the water. Regardless of my Ironman achievements, I love sprint triathlons over all other distances. Please don't ever say that you're "just doing a sprint." To discount the sprint is to discount the sport.

**The start of every swim is the most intense moment in triathlon. The nerves and raw energy spewing from rubber suits are enough to make anyone a little leery of the water.**

# Workouts Available to Members Online

Ashley Gangloff of the home office shares exciting news for swimmers who train on their own

How would you like to have workouts delivered directly to your e-mail box?

U.S. Masters Swimming has four coaches who post weekly workouts on our Discussion Forums. As a U.S. Masters Swimming member, you can subscribe to these workout threads and have them delivered to you by e-mail.

The 2009 online coaches are Mo Chambers, Nate McBride, Jacki Hirsty and Patrick Cantrell.

To use this feature you will have to first create a Discussion Forums account. To create your account, just fill out the forms here and follow the link that will be sent to you via e-mail in order to fully activate your account.


Once your Forums account is created, go to the My USMS area and log in using your Forum account username and password. At this point you will be able to associate your Forum account with your U.S. Masters Swimming registration number. Confirming your membership will grant you access to members-only services, including the coaches' forums.

Now go back to the Workouts Discussion Forum. There is one sub-forum listed for each coach. You can view the threads online whenever you want. Most coaches post a week's worth of workouts at a time. If you'd like the workouts delivered to you by e-mail, you can subscribe to one or more of the coaches' forums.

To subscribe to a forum, click on that forum title to open it. At the top/right of the page (just below the list of page numbers) select "Forum Tools", then "Subscribe to this Forum." Select your notification type (usually "Instant notification by e-mail"). You're subscribed!

If you ever want to unsubscribe, click on "User CP" from the top of any Forums screen (your user

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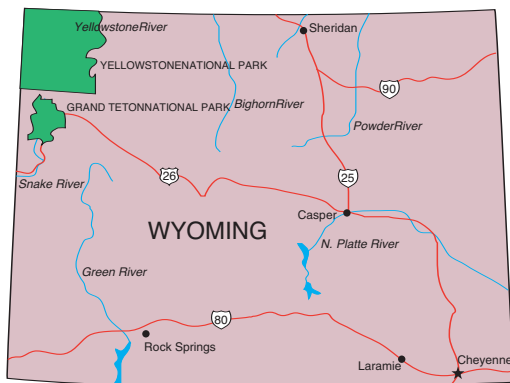
control panel). You will see lists of the threads and forums to which you are currently subscribed. Your subscribed thread list is shown first, with a link titled "Unsubscribe" below each thread title. Following the subscribed thread list is your sub-

scribed forum list. Below each forum title is a link titled "Unsubscribe from this Forum". If you want to unsubscribe from all posts to a workout forum, be sure to unsubscribe from the forum as well as all of the threads.

# WHAT'S UP with Wyoming?

Have you noticed that COMSA includes "Wyoming?" Marcia Anziano, our Registrar & Safety Chairperson takes a closer look at the situation

Colorado Masters Swimming Association, known to most as COMSA, is the Local Masters Swim Club (LMSC) of U. S. Masters Swimming (USMS). Not to be confused with Colorado Masters Swimming (CMS), a National team from the LMSC, COMSA is the administrative body for masters swimming here in Colorado. Up until 2008, we had two registered teams in the LMSC, Colorado Masters and Air Force.



In 2008, we welcomed Wyoming into our fold. Prior to that time, Wyoming was its own LMSC, but had very few members and was finding it difficult to fill the needed administrative positions. As COMSA has a great support system for Masters swimming, hosting clinics, sponsoring swim meets, a super website, a great newsletter and officers in place to handle the administration, it was a perfect situation to offer our support to the swimmers in Wyoming.

In 2008, 79 swimmers were registered with Colorado from the State of Wyoming, most of which were registered with Wyoming Masters Swimming. To date in 2009, there are 33 registered with Wyoming Masters. Like Colorado Masters, they have individual workout groups, being Cheyenne, Casper, Laramie and Powell Masters. Contact information for these groups can be found on the COMSA web site. Swimmers in Wyoming not only come from those four cities, but also from Jackson, Lander, Horse Creek, Lovell, and Thermopolis. COMSA is pleased to be able to support Wyoming Masters Swimming and welcome them to any and all of our functions.

## NEW Chatfield Monitor Policy for 2009

Members, we need YOUR help to keep Chatfield as an open water training swim venue

*Jeff Magouirk, Long Distance Open Water chair*

Due to an increase in enforcement policy requested by Chatfield State Park this year, COMSA needs to have **assigned monitors at least one week in advance of every swim session.**

What does this mean for COMSA open water swimmers? In the past, we've tried to ensure sure that we've had monitors per session, but many times volunteers were found at the last minute before the swim session.

For the 2009 season, we need to give a list of monitors to the Chatfield rangers one week in advance. In addition to that monthly monitor list, we need to provide the rangers with a list of the swimmers who swam. This list has to show that each swimmer was checked-in and checked-out of the water, per session.

I am putting together a taskforce of five people to help with Chatfield monitoring and list submission. Currently, I have one volunteer but I need four more people.

The first idea that has developed from the current Chatfield taskforce of two is to bring a laptop for swimmer check-in/out of the water. This is a great idea and will save paper, since the print out of the member list is huge. Another idea that has been discussed is to have only one name down as a monitor, but split each session between two people, one to cover check-in and one to cover check out duty, so everyone can swim. That again will help.

*Please contact me if you want to be a member of the taskforce and if you have an idea on how to make this successful. Email questions or comments to [swimwithfishes@earthlink.net](mailto:swimwithfishes@earthlink.net).*

# Master Splash Swim Briefs

News from the pools of Colorado

## Notes from the Lanes

About 20 swimmers representing DU Aquaholics, Inverness the Bee Gees and others gathered at DU on Sunday Jan. 3 to attempt the annual **100x100 New Year workout**. Four out of the group, **Jeff Magouirk**, **Michael Cox**, **Jack Nuanes** and **Heather Hagadorn** finished all 100. **Michael Mann** and **Jon Christianson** ended up somewhere in the 80s range while others pushed their limits to the max and finished between 55 and 70 – quite impressive! **Jack** emailed some of his thoughts about his 100x100 experience: “Now that this event is complete I can share my three prong strategy. While most of you had no doubt figured out one of my secrets the second and third have remained a mystery until now! Secret (1): Slow and steady. Duh! Anyone who studied my technique saw the obvious emphasis on SLOW! Secret (2): Get **Kirsten (Derr)** to count for me. Seriously, without her help I would have been hopelessly lost. Thanks! Secret (3): Fantasize about the post food frenzy which turned out to be all-you-can-eat bison ribs at Big Papa’s BBQ. Yes I admit bison ribs may not be on the list of top 50 foods for swimmers but they are #1 on my list!” The event was made all the more festive by **Kathy Barker**, who brought a delicious homemade banana cake topped with pool-like blue icing. Organizer **Heather** notes that while Jack can’t count, he does like his ribs!” ...**Heidi Crino**, **CMS Nationals Coordinator**, is seeking **volunteers** to help prepare for the upcoming **short course nationals in Clovis, CA**. Tasks include organizing the meet & greet social, producing the team T-shirt and handling all things relays (i.e.: gather times, names ages; create relays, fill out relay cards, drop them off with payment per day at the meet). Interested in helping Heidi? Please contact her at [dhcrino@sprintmail.com](mailto:dhcrino@sprintmail.com). Speaking of Short Course Nats T-shirts, orders and money will be accepted during the last two weeks of March and at the state meet. Watch COMSA.org for details. Short and long sleeved versions will be for \$10 and \$15 respectively. A shout to **Ellen Campbell** and **Dana Johnston** for volunteering to handle relays at the meet! Speaking of Nationals, if you

are interested in **serving as long course coordinator at Indy in August**, please send your contact info to the Mastersplash editor at: [comsamastersplash@gmail.com](mailto:comsamastersplash@gmail.com). ... The **BeeGees** did quite well at the **Boulder Pentathlon**. **Ian Caswell** and **Michael Cox** took 1st and 2nd in the long program. **Scott Ko** took 2nd in the short program and **Matt Gimlin** took 1st in the 500 and **Jeff Magouirk** took third in the 500 free. Lunch

was a blast with the BeeGee presence being felt — team members stayed for almost three hours socializing and planning their next adventures! Four are planning to swim the Horsetooth 10K and they’re trying to talk another few members into going for the long swim! ...**Heather Melrose** came closest to matching COMSA delegates with their fun fact, a quiz that ran in the winter Master Splash issue. Since Masters emphasizes fun and effort over results, Master Splash is sending Heather a **\$20 gift certificate** good at [www.swimoutlet.com](http://www.swimoutlet.com). Here are the 2008 delegates again paired with their correct factoid:

**Will Amos** Spent 15 years in print management before coaching

**Susan Nolte** Met their spouse at Loveland’s Sweetheart meet

**Marcia Anziano** Baton twirling was a childhood hobby

**Richard Hess** Is left-handed

**Peggy Buchannan** Trains at 8,200 feet

**Kim Crouch** Does not eat red meat



*The Second Annual Kevin Nash Memorial Meet attracted swimmers from as far as South Dakota this past fall. Here the Prairie Masters Swim Team reps display their meet chamois*

**Morgan Edwards** Competed against the legendary Don Schollander

**Rebecca Friedlander** Can’t write in cursive

**Heather Hagadorn** Spent much of childhood living overseas

Ready for the next quiz? In honor of the upcoming triathlon season, name all of the American triathlon Olympic medalists who came from a swim\* background. Please send answers to the editor at: [comsamastersplash@gmail.com](mailto:comsamastersplash@gmail.com).

\*“Swim background” is defined as: swam on an age group or scholastic swim team for at least one year.

*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](mailto:comsamastersplash@gmail.com). Submissions printed on a first-come, first-served basis.*

# 6th Annual Highlands Ranch Long Course Masters Invitational

## Saturday, June 6th, 2009

### Meet Information

Sanctioned by USMS - #32-09-09-S

- FACILITY** Lowry Swimming Pool – 6 Lane, 50 Meter Pool. 5 Lanes may be used for competition and 1 lane for continuous warm-up/warm-down.
- LOWRY POOL:** 775 Alton Way  
Building # 695  
Denver, CO 80230
- TIMES** Saturday, June 6th 2009 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 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, May 30<sup>th</sup>, 2009 at 5:00PM.
- Send entries to:  
**Matt Beck / HRA**  
**8801 S. Broadway**  
**Highlands Ranch, CO 80126**  
**TEAM WEBSITE:** <http://highlandsranch.usswim.net>
- Contact Information:  
Phone – (720) 341-6920 E-mail (Preferred) – [texbeck25@aol.com](mailto:texbeck25@aol.com)  
**TEAM WEBSITE:** <http://highlandsranch.usswim.net>
- 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 2009 USMS Rule Book

#### Events and Event Numbers

<u>Women</u>	<u>Men</u>	<u>Event</u>	
1	2	400 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	
<b>20 MINUTE WARM UP</b>			
29	30	1500 Freestyle	(Estimated start time will be posted on HRA website by Wednesday, June 4)

**Note:** In the interest of time, men and women may be combined and swim in the same heat in any event.

# 6<sup>th</sup> Annual Highlands Ranch Long Course Masters Invitational

## Saturday, June 6th, 2009

### Entry Form

Sanctioned by USMS - #32-09-09-S

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

MALE or FEMALE (Circle one) USMS Number \_\_\_\_\_

Birthday \_\_\_\_\_ Age \_\_\_\_\_

Team \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_

Event #	Distance	Stroke	Time
_____	50 100 200 400	Free Back Breast Fly IM	_____
_____	50 100 200 400	Free Back Breast Fly IM	_____
_____	50 100 200 400	Free Back Breast Fly IM	_____
_____	50 100 200 400	Free Back Breast Fly IM	_____
_____	50 100 200 400	Free Back Breast Fly IM	_____
_____	1500	Free	_____

Example...

2 50 100 200 400 Free Back Breast Fly IM 5:00.00

Amt. Due (Check made to HRA Masters) = \$25.00 **TOTAL for all entries up to 5 events**

"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 of 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: 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: \_\_\_\_\_

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

**DUE IN ENTRY COORDINATOR'S HANDS BY Saturday, May 30<sup>th</sup>, 5:00PM – NO EXCEPTIONS!!**  
**PAYMENT AND COPY OF USMS CARD MUST ACCOMPANY ENTRIES!!**

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 : .	<b>MEET NAME &amp; DATE:</b> _____  <b>CLUB IF NOT COLORADO:</b> _____  <b>TEAM NAME:</b> _____  <b>SIGNATURE REQUIRED ON BACK</b>				<b>MEET FEES</b> <b># of Events</b> X <b>\$</b> _____ = \$ _____  <b>Surcharge</b> = \$ _____  <b>TOTAL</b> = \$ _____			
	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.**

**Colorado Masters Swimming Association:**

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[www.comsa.org](http://www.comsa.org)

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**Have you visited [www.Comsa.org](http://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](mailto: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: [comsamastersplash@gmail.com](mailto:comsamastersplash@gmail.com).

**SAVE THE DATE**

**August 2:** Colorado State Games Open Water events at Prospect Lake, [www.thesportscorp.org](http://www.thesportscorp.org)

**August 16:** Wingshadow Open Water races at Horsetooth Reservoir, [www.active.com](http://www.active.com)