



Master Splash

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Maintenance 101: The Foam Roller

As the meters and miles pile up during heavy summer training, English Channel swimmer Joe Wolf shares some foam roller exercises to keep us healthy!

Joe Wolf

Let's face it; they don't call us masters for nothing. We're a little older, or ah . . . than we used to be. We are masters of the morning pool swims, if we make them. Masters of the power-lunch intervals, if we can get there or of the after work laps . . . when we can find a lane. Eventually, or even suddenly, our time in the water can take its toll if we don't do a little maintenance. So what's the best thing we can do besides eating right, stretching and hydrating? Massage! Massage is the best. Since that is not an option on a day-to-day basis, there is something else we can do daily that will help stretch those muscles, break up any accumulating adhesions and help prevent injuries. Not only that, but this little item may just be your new winning advantage this season. That's right. Simply, the foam roller. It's easy, it's cheap and no appointment necessary — you can even watch T.V. while you do it.



The author demonstrates the lower back exercise on a foam roller

How to foam roll:

1. Rather than thinking of it as rolling, you will move along the foam roller very slowly and even slow down as you feel any tender spots or adhesions.
2. As in massage, when possible, you want to push the blood toward your heart. For instance, when rolling your calf, start at the ankle and slide along the roller towards your knee.
3. Avoid joints. Don't roll over your joints. Be careful around your joints. This reminds me of a catch phrase from botany class which goes, "Sedges have edges, rushes are round, grasses have joints when the cops aren't around." Really, nothing much to do with the foam rolling. Stay away from the joints (ya'll).

Here are a few foam roller exercises to keep you souped in the swim:

1. Lower Back: Place the foam roller under your low back, your feet on the floor with knees bent and arms folded across the chest. This is one of the exceptions to rolling over the joints as you roll carefully, thoughtfully along erector muscles which are on either side of your vertebrae. Take a full minute to gently and slowly roll up the spine. Discontinue if you feel any pain that feels like more than a gentle stretch. Note: If you are tight in the low back, be sure to roll and stretch your hamstrings too.
2. Upper Back: A continuation from the lower back. When you reach the scapulae, you may drop your arms from the folded position to the floor, for added support.

*Maintenance 101: the Foam Roller
Continues on page 11*

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Welcome to the Summer Edition of Master Splash!

In this newsletter and on the website you will find a jam-packed summer list of COMSA-sponsored events and other activities where your COMSA membership earns you a discounted fee.

- Try the 5000/10,000 Postal Swims: Swim them during the COMSA-sponsored dates in June and July, or better yet, do them on your schedule, in your pool, at your pace. More information can be found at <http://www.comsa.org/events/2009USMS5K10KPostal.pdf> and at the bottom of the following link: <http://www.usms.org/longdist/ldnats09/> (along with an on-line entry option).

- Try one of the open water swims at Horsetooth Reservoir (August) or Prospect Lake (June and August). Next year, Prospect Lake hosts the U.S. Masters Swimming 3+ Mile Open Water National Championship, so please check it out this year and get a good feel for the water! Entries for Horsetooth can be found in this issue and at www.active.com, and entries for Prospect Lake are on www.comsa.org.

- Try one of the open water training and series events at Grant Ranch or Cherry Creek Reservoir. Cherry Creek's series (Aquaman) also offers a swim-run option. More details are at <http://www.comsa.org/openwater.html>.

- And of course there will more outdoor pool events at Lowry (LCM) and Castle Rock (SCM) (August), so please stay tuned to the website for details, www.comsa.org!

Congratulations to the Colorado Masters Swimmers (CMS) – they earned a first place overall team finish for regional clubs at Short Course Nationals in May! This was the first year that U.S. Masters Swimming (USMS) distinguished between Local Clubs (clubs whose swimmers train together on a regular basis) and Regional Clubs (clubs whose swimmers train separately and get together for larger meets). CMS continued to show its overall depth and strength in the Regional category!

Stay tuned to the COMSA website, as we are planning to add more events (such as clinics) in the September-



(l to r) Greg Scott, Betsy Riner, Steve Kahl and Heather Hagadorn prepare to swim a mixed medley relay together at the recent Short Course National Championship meet in Clovis, CA.

October timeframe. Be sure to sign up to receive email notifications from webmaster Kim Crouch: <http://www.comsa.org/email-update.html>. Please be assured that COMSA does not sell or give email addresses to any vendor or group; they are used only by the webmaster to announce COMSA events.

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.

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, 2) Click on "cards, numbers, & lists" 3) Follow the on-screen instructions to print off a replacement card.

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.

Technical Suit Q&A

Confused about which technical suit is legal and which isn't it for competition? Kathy Casey, U.S. Masters Swimming Rules Committee Chair clarifies the latest news from FINA and how these rulings currently apply to U.S. Masters swimmers

Kathy Casey

The following U.S. Masters Swimming's official interpretation of Swimwear rule 102.14 was published March 26, 2009. These USMS interpretations have not changed and will remain in place until further notice. While USA Swimming chose to modify their rules, U.S. Masters Swimming has chosen to maintain its rules and interpretation until FINA has completed its processes and informed us of its interpretation as it applies to Masters Swimming. While our policy remains unchanged during this interim period, there is new information in the questions and answers following the interpretations.

#1. USMS SWIMWEAR INTERPRETATION

FINA approval or rejection of new swimsuits introduced after September 30, 2007, will be accepted by U.S. Masters Swimming for USMS sanctioned and recognized competition.

The following interpretation regarding the use of two suits during competition was also published March 26, 2009.

#2. USMS SWIMWEAR INTERPRETATION

For purposes of Article 102.14 of U.S. Masters Swimming Rules of Competition, Swimwear, the use of more than one swimsuit at a time during any USMS sanctioned or recognized competition is prohibited.

QUESTIONS & ANSWERS

1. Question: Can I wear a regular racing suit that is not a body suit?

Answer: Yes, suits introduced prior to September 30, 2007, are legal for U.S.M.S. competition.

2. Question: Can I still wear my LZR or TYR Tracer at meets including long course meters meets?

Answer: Yes, because at least some of the LZR and the TYR Tracer models are on the new list of FINA-approved suits that was published May 19, 2009, and none of these suits are on the not-approved list. All LZR and TYR suits are legal at least until the retesting is completed. (We have not seen the official list of suits being retested, so we don't know if there are models of these suits included.)

3. Question: Why don't I see the new suit I bought on the new list of FINA-approved suits?

Answer: There are 136 suits that are currently being retested by FINA. The target date for those results is June 19, 2009. The suits are being retested under the new system for buoyancy (no more than 1 Newton), material (no thicker than 1 mm), and construction (no trapping of air), just to mention a few criteria. At the point of publication of those results, the USMS Rules Committee will consider those test results.

4. Question: How will this impact Masters competitors?

Answer: That suit you bought after September 30, 2007, is legal at this moment, but it could be reconsidered by the USMS Rules Committee after the next FINA-approved swimsuit list is published. Regardless of the upcoming new list, that old Fastskin or similar suit that you have will be legal since it was introduced prior to September 30, 2007.

5. Question: My coach is forcing me to swim the 1650 Free as a training swim. Can I wear a drag suit over my jammers?

Answer: No. Although wearing an extra drag suit may not be perceived as having an advantage, the interpretation is that only one swimsuit is permitted.

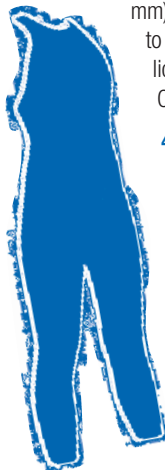
6. Question: Does "one suit for competition" mean I can only wear one suit for the whole meet?

Answer: No. You can change suits during the meet, but you can only wear one suit at a time. This restriction applies only to the actual races (competition). You can wear more than one suit

during warm-up and warm-down. This restriction applies to all types, makes, and models of swim suits, but it is not intended to apply to athletic supporters or modesty type wear (a single pair of "briefs" or "bikini bottoms or top" or a sports bra worn to ensure modesty and privacy).

www.USMS.org Highlight: History & Archives

You can do more than read about the formation of masters swimming on the U.S. Masters Swimming website. Click on the "History & Archives" tab under the "Home" drop down box and find links to lists such as Top Ten, All American and All-Star. You can also contribute to two on-going archives, Oral History and "Stories About Swimmers." The Oral History project honors the masters swimmer "who has in some significant way made an impact on the sport, on a local team, or on a particular person. This is not necessarily one of our elite swimmers — in fact, it is geared more to those who have "labored in the fields" and changed some aspect of Masters Swimming for the better." And, despite a long list of individuals already featured under the "Stories About Swimmers" section (including our own Richard Abrahams, U.S. Masters Swimming needs your help to collect stories for *all* the swimmers who "are or have been prominent in USMS." (i.e.: "everyone who has held a national office in USMS, all who have been recipients of national awards, and ISHOF honorees who have competed in USMS meets. We would also like stories about USMS All-Americans and those who have held major offices in their LMSC's.") Check the website today for submission guidelines.



2nd Annual Castle Rock Summer Send-Off

August 23, 2009

Hosted by Castle Rock Masters
Sanctioned by Colorado Masters Swimming Association

Join us at the beautiful Butterfield Park Pool in Castle Rock for a summer farewell meet. Butterfield is an outdoor, short-course meters pool with a gorgeous view. It's a great opportunity for an enjoyable end of the summer swim and a chance to post some top ten times for short-course meters.

Location: Butterfield Park Pool
3952 Butterfield Crossing Dr.
Castle Rock, CO 80109

Facility: 8 lane, 25 meter Outdoor Pool
6 lanes to be used for competition, 2 for warmup/warmdown
Electronic timing w/touchpads

Contact: Will Amos
5296 Hamilton Ave.
Castle Rock, CO 80104
(303) 204-9862
will.amos@comcast.net

Entries: Please have entries in by Wednesday, August 19th
\$25 per swimmer, up to 5 events
Make checks payable to Castle Rock Swimming
Deck entries will be accepted for a \$5 fee
Use the Consolidated Meet Entry Card available at:
www.comsa.org

Schedule: 1st Warmup will begin at 7:00 am
800 Freestyle will begin at 8:00 am
2nd Warmup will begin at 9:00 am or after the 800
2nd Meet session will begin at 10:00 am or after 2nd Warmup

Events: (Odd events Women, Even events Men)
Events may be combined gender at discretion of meet director

1 / 2	800m Freestyle	19 / 20	100m IM
3 / 4	50m Butterfly	21 / 22	200m Butterfly
5 / 6	100m Backstroke	23 / 24	50m Backstroke
7 / 8	200m Breaststroke	25 / 26	100m Breaststroke
9 / 10	200m Freestyle	27 / 28	50m Freestyle
11 / 12	100m Butterfly	29 / 30	400m IM
13 / 14	200m Backstroke	31 / 32	100m Freestyle
15 / 16	50m Breaststroke	33 / 34	200m IM
17 / 18	400m Freestyle		

Back to Basics

The Catch-Up Drill Revisited

David Lee

Over the last year at SwimLabs we have seen many freestyle swimmers that received great benefit from adjustments to their body position and timing. Lately we have found ourselves going back to a modification on the old standard “Catch-Up” drill. It has resulted in increases in efficiency and faster freestyle times. Endurance has also been enhanced.

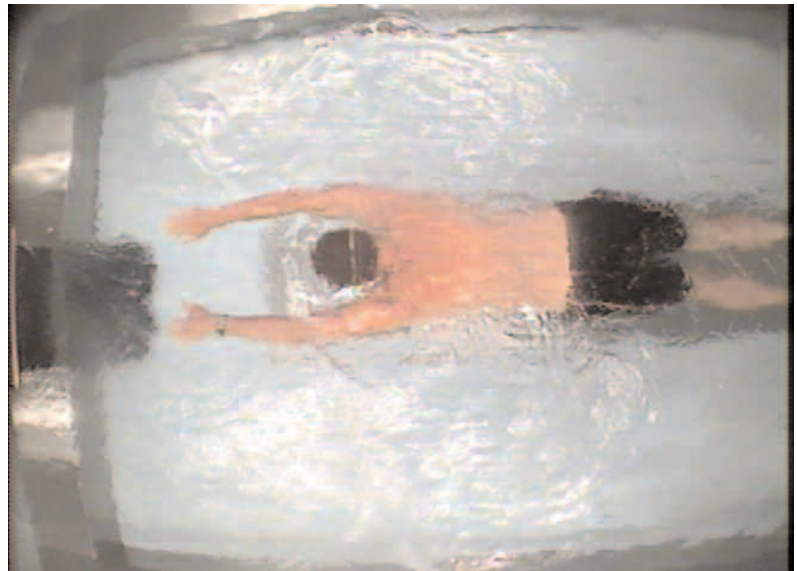
The old version of the drill calls for the swimmer to touch hands fully extended out in front before taking the next pull. A simple change that we suggested resulted in big benefits: rather than touching hands at the top of the extension, making yourself into a “rocket ship” shape, we recommend extending your arms straight forward making the number “11” shape with your arms while flat on your front.

Masters swimmers and triathletes who are tight along their shoulders have less difficulty doing this drill with the “11” format. I have been pleasantly surprised with the results. Rotation problems and timing problems have been resolved more quickly than with other drills that I have tried.

Many swimmers that come to us are rotating much more than necessary. This over-rotation slows them down. Rotating too much “rocks the boat” too much and sometimes we have seen that it actually tips the boat (i.e. your body) over. This significantly decreases efficiency. That is, the energy used to travel the same distance per stroke is increased when you over-rotate. The catch-up drill takes that over-rotation away. You will find that you can also swim faster longer. It helps your endurance.

One comment that I have heard from swimmers is, “I have to turn over that much to breathe.” Proper breathing is easier when the top of your head is low, breaking the water for your nose and mouth. Your ear, and probably even one eye, is in the water during your breath. If, as in catch-up drill, your arm stays up and extended out front, then you will have plenty of time, and plenty of air, to breathe. Keeping your arm up and extended straight out in front actually keeps you up much better than rotating more over toward your back.

The proper timing for fast and efficient freestyle is really quite close to catch-up drill timing. If you watch the best freestyle swimmers in the world closely you will notice that at the beginning of the power phase of each pull their other hand is already in the water out in front of their head. That way they are in the most streamline position possible for the entire power part of their pull. This also means that they get the most benefit from each arm stroke. Catch-



The “11” position in the revised catch-up drill

up drill exaggerates this a little but it is definitely effective for correcting the “windmill” timing that many swimmers have learned.

Catch-up drill is also great for focusing on the mechanics of your pull one arm at a time, but that is a discussion that we will have to save for another time.



David has been involved in swimming all his 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 he returned to swimming full-time. He currently coaches masters swim programs at the Colorado Athletic Club (Monaco facility), Arapahoe Community College and the University of Denver. He also coaches swimming for the CWW Triathlon Team. David is a full-time swim instructor at SwimLabs as well.

Putting it All Together: the Hinge and the Catch

It's a lucky issue for COMSA – we received two freestyle drill point articles from the experts at SwimLabs!

Jonathan Cain

Compared to the other competitive strokes, swimming freestyle seems a relatively simple task. The arms alternatively move in large circles, from forward to back, while the feet simultaneously kick up and down. The result of these movements is forward propulsion. Freestyle, also known as Front or Australian Crawl, is typically the first stroke that Americans learn to swim, and probably the stroke that people most commonly associate with the sport of swimming.

While the basic idea of freestyle is fairly simple, in reality, to swim it with any sort of speed or power requires much more than simply moving your arms in large circles and kicking your feet. To swim with balance, efficiency, and power, one must understand that the arms should move not just in large circles, but in succession from one position to the next, each one calculated to bring maximum efficiency, and therefore power to the stroke.

Of these positions, arguably the most important for you to learn takes place underwater, and is known as “the catch.” The catch is a transitional position that takes place between the entry and extension of your arm into the water, and the pulling or power portion of the stroke. It is basically composed of two steps: “the hinge” and “the anchor.” Combined, these two steps allow for a strong foundation for the pulling phase of the stroke.

The hinge occurs immediately after your hand enters and extends forward into the water. As your arm reaches its full extension, rotate, or hinge your arm at the elbow, until your forearm and hand are pointed straight down towards the bottom of the pool. As this occurs, it is very important to keep the elbow as far in front of your body as possible.

Once your arm has completely hinged, it should “anchor” into position in front of your body. As this happens, the job of moving the arm backwards through the water will be transferred from your pectoral muscle of your chest to the lats and the deltoids of your back, which provide for much more power as you begin to push the water backwards. Another reason for anchoring your arm and hand this way has to do with the upcoming power phase of the stroke, in which it is better to imagine pulling your body past your hand and arm, than it is to pull your hand past your body. A simple change, but one that makes all the difference as you start to push the water backwards.

By arming yourself with a catching drill progression, you can easily master this technique of “catching the water.” To begin, start with a double hinge drill. Float face down in the water and kick just hard enough to maintain your body position. Extend both arms in front of your body, and practice the hinge simultaneously with both. Once the hinge is completed, return your arms to a fully extended position in front of your body, and repeat. While this drill is being performed do not allow your elbows to slip backwards or downwards.



Once you feel comfortable with the double hinge drill, you can move on to the single hinge drill. It is performed exactly as the double hinge drill, however, instead of moving both arms simultaneously, alternate each arm. As before, do not allow your elbow position to change during the drill.

Once you feel that you have mastered both the double and single hinge drill, you can begin to incorporate this move into your freestyle. Be aware, this will significantly change the timing and the balance of your previous stroke, resulting in an awkward feel to the move. Keep practicing, and don't be afraid to go back into the drills if you feel like you aren't swimming correctly. Eventually, your timing and balance will adjust to this new move, and you will be swimming faster and better than you ever have before.



Jonathan Cain has coached several swim teams around the Denver Metro area over the past ten years, and is currently coaching at SwimLabs in Highlands Ranch. He swam for George Washington High School, and then for Ripon College in Wisconsin where he broke several team records.

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



milehighmultisport.com



More information at
www.
milehighmultisport.
com
(click on the open
water swim link)

REGISTRATION FORM

Dates: Saturdays: June 13, July 18 and August 1

Time: 9 a.m. Registration from 8-8:30 a.m.
Warm up from 8:30 -8:50

Location: Grant Ranch Community Assn. (Littleton, Co)

Awards: For overall winners of each distance.
Wet suit and non-wet suit categories.

Safety Note: Light colored swim caps must be worn by all
participants. NO EXCEPTIONS!!!

Wet suits: Allowed; separate race category.

Cost: \$15 advance registration
\$20 race day registration
(Grant Ranch Residents receive a 10% discount)

SERIES PACKAGE: Sign up for all three races prior to June 10
for \$40

REGISTRATION FORM (print clearly)

Make Checks
Payable to:
GRANT RANCH

Mail check and
registration
form to:

Mile High Multisport,
LLC
1592 E. Blackstone Ct.
Highlands Ranch, CO
80126

Waivers will be signed
at registration by
EVERYONE!!

Name	/ /	M / F
	D.O.B.	Age Gender

Place an X in the applicable distance and date you plan to race...

SELECT	Date(s)		
Distance	6/13/09	7/18/09	8/1/09
1/2 mile			
1 mile			
2 mile			
3 mile			
Wet suit? (circle) Y or N			

Fees

Entry by	No. of Races	Fee	Total
Prior to 6/10/09		x \$15	
Race day		X \$20	
Full Series by 6/10/09	3	\$40	\$40

(G.R. Residents please apply discount and include your resident card)

More information at
www.milehighmultisport.com
(click on the open water swim link)

Short Course Nationals 2009

Jorge Pazmino shares an insider's view of the 100 free during his race in Clovis, California this past May, along with other interesting meet tidbits

Jorge Pazmino

Heart is pumping fast, hands are cold and legs are shaking. My inner voice says swim fast, swim strong and swim smart. The announcer calls my 100 free heat. This is it, my last day at Nationals. The race is on.

The first 25 feels great, but water is leaking into the left side of my goggles. Don't mind it — keep pushing. On my second 25, my arms are getting heavy — keep pushing. Hit the turn; it's a bad one. Don't worry — keep pushing. Lungs are burning — keep pushing...

But wait, before continuing, please allow me to start from the beginning. This particular journey began last summer, when I decided to participate in Short Course Nationals for the first time in my life. After endless hours of swimming, weights, running, kettlebells and yes, yoga, I believed I was ready this past May...

The meet was hosted at Clovis High School in Fresno, California. The facilities were amazing! You could easily forget that you were in a high school. There were two competition pools and one warm up pool. The meet was run with rhythmic precision. They sent wave after wave of swimmers from one pool to another.

There were 1,582 registered swimmers from all over the nation. Fifty one swimmers represented CMS. We placed first against regional teams and second overall. Many national records were shattered. Susan Von Der Lippe, Nicole Vanderpoel, Kathy Garnier, Eney Jones, Ellen Campbell, Grace Dyck, Matthew Eisenhuth and Michael Mann became national champions. Michael Mann, Susan Von Der Lippe and Kirk Anderson also swam great races to set new national records.

As days went by, I realized that this meet isn't just about records. Old friendships were renewed and new ones were born. Every swimmer had a story. Take for example my roommate Andrew Levasseur. He is diabetic. Each meal, he had to monitor his nutrition and sugar levels. With a great disposition, he educated other swimmers about his condition and he also managed to swim some personal bests. His participation was partly enabled by the sponsorship of good friends, teammates and his choir. And what about Marcia Anziano, Kathy Garnier, Mark Johnston, Chris and Susan Nolte and Nicole Vanderpoel, who are members of an English Channel relay? They already are training in 50F waters. As days get warmer, they will migrate to higher elevations, looking for glacial temperatures.

I had the opportunity to meet Rob Copeland, president of USMS. He was stay-



(l to r Heide Crino, Betsy Riner and Ellen Campbell share some deck time at the meet.

ing at my hotel. While I was writing an update to my swimmates, we briefly talked about the meet, the venue and my first impressions. It was a pleasant encounter. Olympic swimmer Rowdy Gaines was also there. He set records in his age group in the 50, 100 and 200 frees. We enjoyed Mr. Gaines' eloquent commentaries for several races.

But getting back to the last 25 of my 100 free... I can tell you that I felt excruciating pain pulsating through my entire body. During the last 10 yards, I screamed underwater. Don't ask me why, but I do this! My goal going into the meet was to break fifty five seconds. I mustered all my strength and kicked to the wall. I look up to the clock: 54:87. This was not the fastest time in my age group by any chance. Actually, it was one of the slowest times. However, I am extremely satisfied since I did a lifetime best. In my opinion, this is the essence of master swimming. It's about setting your own goals, working hard and achieving those goals in the company of friends.



Jorge Pazmino was born in Panama, Central America, where he was a member of the first swimming team in his native state. Today, the 39-year-old swimmer is a member of the Aurora Masters swim team and works as an Associate Director of Distributed Technologies for TSYS iSolutions in Golden.

We're Lucky in Colorado

Mark Johnston, coach of the Swim Dogs and COMSA Coaches Chairperson, offers a recap of a recent coaches clinic held at SwimLabs

Colorado is a wonderful place to live and raise a family! This state is constantly named one of the fittest, and its outdoor activities draw sports enthusiasts from all over the world. One of the residual benefits is having access to world-class athletes and coaches who have settled here.

On April 11, SwimLabs sponsored a free coaches' clinic featuring two such world-class athlete/coaches:



1) **Jonty Skinner:** First person to swim under 44-seconds in the 100 meter freestyle and former resident coach of USA Swimming at the Olympic Training Center in Colorado Springs. Jonty grew up in South Africa and would have competed in the 1976 Olympics had his country been allowed.



2) **Susan Williams:** Triathlon Olympic Bronze Medalist in 2004 and founder of Commitment to Excellence Triathlon Coaching (C2ECoaching.com). Susan grew up in California and still holds a few age-group state records.

Coincidentally, both Jonty and Susan graduated from the University of Alabama, and Jonty actually coached Susan there. Since then, the two athletes have found their way to Colorado where they are raising their respective families and coaching us mere mortals.

Jonty's discussion focused on the human brain. Instinctively, humans are not meant to swim, and the survival-based brain must be tricked to go underwater. This is why you see many swimmers "lift" their heads out of the water to breathe — it's instinctive. That lift of the head, however, causes a change in the body's balance in the water which is counterproductive to fast swimming.

The brain also uses 20% of the body's fuel resources, and it will tell the athlete to STOP performing in order to conserve fuel. The brain can be taught to overcome its natural fear of low fuel reserves through training. The building blocks start with basic aquatic comfort, and go through learn-to-swim, motor skill development, cardiovascular development and finally, race development.

Susan talked about the differences between pool and open water training, specifically as it relates to triathlon competitions when the swimmer must also be able to ride a bike and run. There are several aspects of open-water competitions that pool swimmers never have to worry about:

Sighting: Practice how to breathe and sight at the same time with as little technique change as possible. Learn to breathe on both sides to allow for

changing weather, wave, and light conditions. Learning a balanced stroke to swim straight is critical.

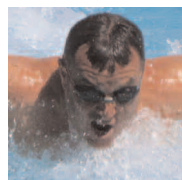
Group Starts: Get comfortable with starting from the beach with 100+ of your closest friends by diving into the open water at once. Depending upon the athlete, it may be necessary to sprint at the beginning to get some space before settling into your race cadence.

General Training: You may never have to learn butterfly, backstroke or breaststroke, but it can be uncomfortable to constantly practice with pool swimmers. In addition to your swim conditioning, the triathlete must also balance the time required for biking and running.

Susan suggests combining pool and open water training for the best of both worlds.

If you ever have the chance to work with Susan or Jonty, TAKE ADVANTAGE! We're lucky to have such a great place to live as we're blessed with great athletes and coaches right in our own backyard.

Fourteen local coaches took advantage of this clinic at Swim Labs and donated \$140 to the Richard Quick "Swim Quick...Find a Cure for Cancer" fund. Please visit <http://www.swimcrossamerica.org/swimquick> to learn more about this fund. To learn more about Jonty, visit: www.athleticintelligencecon.com. To learn more about Susan, visit: www.C2ECoaching.com.



A masters swimmer since 2003, Mark has made the most of that time, including achieving national champion ranking in two relays, two All American titles and Colorado State Champion status in multiple events every year since 2004. A former age group swimmer, Mark has also earned several coaching certifications and awards, most notably the 2008 Doc Councilman's Creative Coach Award. As the head coach of the Swim Dogs, Mark has also made a name for himself locally by successfully combining USA and Masters swimmers on one team. Mark earned his BA from University of Oregon and an MBA degree from Colorado State University.

Measuring for Success

Doug Garcia

All swimmers, competitive or not, have many opportunities to measure their success. The most common of these measurements is the clock — swim the 50 freestyle in 25.0. However there are a number of other ways you can measure success. Implement the following concepts into your workout routine and your swimming successes and technique will improve — even if you do not compete.

Pool Markings

Most pools have flags, lane lines and markings on the bottom to help you navigate. These devices can also be used to aide in measuring your success. Look carefully at the elite swimmers and you will see picture-perfect turns and breakouts every single time — these athletes breakout way beyond the flags before they take their first breath or stroke. They're pushing the limits of the 15-meter mark on the underwater portion of backstroke, as well as in the other strokes. When you go to the pool for workouts, focus on getting beyond the flags before you take the first breath. Effective breakouts lead to swimming efficiency — an opportunity for improved fitness.

The Streamline Position

With age comes a certain amount of inflexibility. The streamline position is a difficult stretch to maintain by even the most flexible of people. By working on a consistently good streamline position on every turn, you start to become more flexible in your shoulders. Remember the streamline position should be: hand over hand, wrist over wrist, with the thumb wrapped around the pinky, with the head and spine in alignment. Anything wider than this position is compromising the streamline and your swimming effectiveness. Be careful not to drop your elbow (a common mistake) in the attempt to get into the streamline position.

Stroke Count

Whether a sprinter or a distance swimmer, stroke count is always a good measure of how well you're swimming. For the sprinter, knowing how

many strokes it takes to complete an event can help you focus on efficiency during workouts. Distance swimmers can use stroke count in the same way. Though it's not necessary or advisable to do a stroke count every length of the pool, an occasional sampling gives you a basis in which to judge technique. Use stroke count and the flags to help you measure your success — when does that first stroke occur, before or after the flags?

If You Travel, Still Get in a Good Workout

The motel pool might be small, but figure out how many strokes it takes to get from one end to the other with a turn. It might be just two strokes after a good push to get to the other side, but you're focusing on getting the most out of your push-off and making your stroke count effective. Additionally, don't forget: sculling in the hotel pool and doing vertical kicking is better than no workout at all, and it gives you a different feel for the water.

Breathing Patterns

Another way to measure effectiveness is to examine breathing patterns. Breathing too frequently can slow you down; not breathing enough could mean stalling and gasping when you do breathe. For anyone to obtain a high level of fitness, a variety of breathing patterns and speeds is critical. If you desire to race short events, plan your breathing. Getting more than two breaths per 25 on a 50 yard freestyle race is generally not necessary. However this must be practiced. If you never do two breaths per 25 in workouts, you

should not expect to do so in a race situation. If you're a distance swimmer, work on a consistent breathing pattern while maintaining a consistent pace with the clock.

Feeling the Water

There are many ways to feel the water. The pull is the most common, but you should feel the water through kicking as well. Feel resistance in both the up and the down motion of the flutter kick. Be aware of the inward sweep on the breaststroke kick — it's a subtle feeling. Do you feel the second kick on the butterfly? Sculling exercises are a good way to feel the water in a manner that is not done with normal swimming. Incorporate sculling as part of your warm up or cool down to heighten awareness of the propulsion in the fore-arms.



A Northern California native, Doug moved to Fort Collins from Pullman, Washington in the summer of 2008. In Pullman, he served as coach of the Washington State University Masters since it founding in 1993. An American Swim Coaches Association (ASCA) level four masters coach, he frequently attends clinics and conferences to better his coaching skills as well as presenting at clinics. In addition, he serves on the United States Masters Swimming House of Delegates, Coaches and Marketing Committees. Doug's Vortex Masters coaching assignment is the early morning shift. Doug works full time as the Art Director for the CSU Communications and Creative Services Department. Doug and his wife Mary have two children, Gabrielle and Joel.

SWIMMERS MARK YOUR CALENDARS!! HORSETOOTH OPENWATER SWIM Fort Collins, CO, AUGUST 16, 2009



10K SWIM

Point-to-Point Swim - No Wet Suit!

Each swimmer must be accompanied by a support craft and paddler.

Support craft & paddler will be arranged for a fee for the first 25 masters registrants paying for them (This option is FULL)

All other swimmers must provide their own support craft and paddler.

Limit: total of 100 swimmers

Swimmers must (1) have swum this event previously OR (2) be approved by the race committee prior to registration.

Contact: 10kinfo@horsetoothswim.com

2.4 MILE SWIM

Wetsuit and No-Wetsuit Divisions

Out and back course

Unlimited number of masters swimmers

Contact: 2.4info@horsetoothswim.com

Swimmers 13 to 18 must be approved

by Team Vortex Swim Club race committee prior to registration

Contact: agegroupinfo@horsetoothswim.com

1 Mile (13 & over), 1000 yds (10 – 18), 250 yds (10 & under)

Contact: agegroupinfo@horsetoothswim.com

For more information www.horsetoothswim.com

Registration at www.active.com Horsetooth Openwater Swim

Registration closes August 7, 2009

Maintenance 101: The Foam Roller Continuing from cover

Carefully continue this to your upper back until you are in a supported bridge pose. Stop at any tender spots, in fact, stop right ON the tender spot for 15-20 seconds and then move on.



3. Lats or Latissimus Dorsi: These help control your **shoulder** AND **hip** motion. This is an incredible stretch for swimmers. Take the time to do this one right. This is performed on your side, with your arm extended over the foam roller. The upper leg is bent with the foot on the floor for support. The pressure point for this is on the backside of the armpit. This is much less of a roll than it is a pressure point. You will only have a small area, about the length of your foot, to work on. Lean forward toward your extended hand and backward towards your back gently until you reach a tender spot. Hold for up to 30 seconds and then move slowly to a new spot. Then repeat. Stop before you get into your ribs.

There are many more stretches you can perform on your own with the foam roller. You can perform a Google search or, better, a YouTube search over the body parts you'd like instruction for rolling on or simply, try to create your own. Mind your joints.



Joe Wolf, a runner, joined Masters in 2002 so that he could try some triathlons and practice at the pond. He has competed in several local masters meets with Inverness Masters, swims at DU, and he volunteers for pond check-in at Chatfield during the summers. He dropped running completely in 2004 and 2005 in order to gain some weight for several "no-wetsuit" marathon swims including Tampa Bay, Manhattan Island and the English Channel. Following a year off, a 17th place finish in the 2007 Leadville 100 Trail run, then another year off, Joe is now training for some ultra-runs and some not-quite-marathon swims.



Have you visited www.comsa.org?

The latest news, sanctioned event information, registration forms, meet results, state records, the U.S. Masters Swimming 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 Swim Briefs

News from the pools of Colorado

Notes from the Lanes

Aspen Recreation Center's 1st Annual Spring Plunge Adult Swim Meet attracted many local swimmers, who were of different levels but enjoyed competing. We even had our own Phelps-like finish in the women's 50 butterfly! We look forward to hosting another meet with the date yet to be determined. ... Since you can't hear a darn thing over the roar of the crowd and water splashing at States, here is a recap of some of the key announcements in case you missed them: the **Jack Buchanan COMSA Service Awards** were presented to **Nicole Vanderpoel** and **Jeff Magouirk**; the **Lou Parker Coach of the Year** award was presented to **Mark and Dana Johnston** of the **Swim Dogs**. Exactly 400 swimmers attended the meet this year, the largest entry in memory. Although COMSA does not have an official male/female "swimmer of the meet" the deck buzz was clearly about **Mike**

Mann and **Sherri Hart**. ... The **Chatfield Gravel Pond** opened for the season on May 2. Sixteen brave souls entered the chilly, 53 degree water; half did not wear wetsuits! Speaking of Chatfield, an image of the newest COMSA member, a **bull snake**, was caught on cell phone by an evening monitor, right before it entered the water for a swim. ... Want the latest news on the **English Channel Relay**

swimmers as they prepare for the crossing this summer? Visit <http://www.swimdogs.net/English%20Channel/English%20Channel%20Homepage.htm>. ... **Moe's Swim Fitness Challenge** meets this summer on Thursdays from 6–7 p.m. at CAC-DTC. Enjoy balanced workouts for sprint, middle distance and endurance training with various challenge sets. Improve speed and endurance while learning to train smarter and meet your goals. Drop-in fee is \$15/workout; contact Coach Moe at (303) 905-3517 to sign up. ... Ah, perhaps **last issue's quiz** was a little too challenging as there were no submissions. So let's make it more treasure-hunt-ish this time. To win a \$20 gift certificate to swimoutlet.com, be the first to email the editor at comsamastersplash@gmail.com with the correct answers to the following questions: 1) Who is the webmaster? 2) How old do you have to be to join masters? 3) How many workout groups are there in Wyoming? 4) What time do you have to be out of the water at Chatfield on Wednesday nights? 5) Who is the COMSA secretary? 6) Who was the top female finisher in the sprint (50s/100 IM) pentathlon this past February in Boulder? 7) How many terms are defined in the glossary? 8) Name one link from the breadbasket zone 9) What's the oldest year listed under the newsletter archives? 10) Who was the coach of the year for 1989–90?

Do you have a news item or image 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.



Off the Blocks: Bridgett Bowers (by wall), Elle Stark (middle), Celina Rodriguez at Spring Plunge.

(l) Bull Snake oozing its way to the water at Chatfield.



(L to R) Mark Johnston, Susan Nolte, Chris Nolte, Jeff Magouirk on opening day at Chatfield this past spring

SWIMMING - OPEN WATER

Commissioners: Karen Reeder, dksreeder@iglide.net (Meet Director & Entry Chairman)

Meet Referee: Larry Greene, (719) 266-1166, sga@pcisys.net

Safety Officer: Dwight Martin (719) 635-0578, dwight.martin@msn.com

Competition Site: Prospect Lake at Memorial Park, 1605 E. Pikes Peak Ave., Colorado Springs

[Click here for maps & directions](#)

Competition Dates: Sunday, August 2, 2009

Participant Entry Fees and Deadlines:

Out-of-State Participants:

Registration (June 29); \$20

Colorado Participants:

Early Registration (July 17); \$20

Registration Deadline (July 18 - July 27, **received by 5:00 pm MDT**); \$25

****USA Swimming & US Masters Swimming membership fee is NOT included (see eligibility). Swimmers without USMS or USAS registration must purchase a one day registration on August 2nd at check-in. The USMS one day registration is \$10 and the USAS is \$12.**

Entry Procedures:

CSI swimmers follow registration instructions on the CSI website

www.csi.org/meetsched.aspx.

Eligibility: This is a USA Swimming (USAS) & United States Masters Swimming (USMS) sanctioned competition, held under USAS (#2009-027) and USMS (#32-09-07-OW). All participants must be current members of USAS or USMS. Swimmers without these memberships may purchase a One Day Event Registration membership, USAS (\$12), USMS (\$10), on race day.

Open Water Swimming Divisions & Events:

Gender

Male Female

Divisions

USAS 10 & Under	USAS 15 & 16
USAS 11 & 12	USAS 17 & over
USAS 13 & 14	USMS 18 & over (Masters)

Events

500 Meters	1.5 K or 6K
1.5 K or 6K	1.5 K or 6K
1.5 K or 6K	1.5 K or 3K

Note: Age determination date is **August 2, 2009**.

Awards: USAS swimmers from the state of Colorado will be awarded CSI medals for 1-3 place and ribbons for 4 - 8 place in the listed divisions. USAS swimmers from outside of Colorado will be awarded State Games gold, silver and bronze medals in the listed divisions. USMS swimmers will be awarded State Games gold, silver and bronze medals in the standard Masters age group categories.

Water temperature should be 70-76 degrees. Wet suits are NOT allowed. Swim caps will be provided. Silicon earplugs will help keep swimmers warm if needed. Prospect Lake will be available for open water practice in the summer. Please visit www.springsgov.com (click on services/aquatics) for schedule and prices after Memorial Day.

Competition Rules and Format: USAS official rules (www.usaswimming.org) and USMS official rules (www.usms.org) will govern competition.

Check the website for detail on eligibility, inclement weather

Competition Schedule: (Tentative)

Thursday, July 30 - Opening Ceremony Activities

4:00 p.m. - Pre-Opening Ceremony Festivities begin at the World Arena

6:00 p.m. - Opening Ceremony Gates open

7:00 p.m. - Opening Ceremony begins

Sunday, August 2

8:00 a.m. - Athlete Check-In for ages 11 & over

9:00 a.m. - Competition Begins for ages 11 & over

10:00 a.m. - Athlete Check-In for ages 10 & under

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									

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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:

Friends, Fitness, Competition!

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

Visit us on the web!

www.comsa.org

USMS National Postal Championships

Swim the 5 or 10K postals in the long course meter pool at Lowry 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 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!

Open Water Events in Arizona

The continuation of the DCB Adventures Open Water Series into fall is a terrific way for COMSA members to extend their summer! These U.S. Masters Swimming sanctioned events are run by Mark Gill, otherwise known as "the voice of masters swimming." All located in the Phoenix area, the series offers 2000 and 4000 meter distance options. For more information, visit: <http://www.dcbadventures.com/DCB/Events.html> and look for the Arizona Open Water Swimming logo.

09/19: Event 3 Saguaro Lake (Mesa, AZ)
10/17: Event 4 Lake Pleasant (Peoria, AZ)
11/08: Event 5 Tempe Town Lake (Tempe, AZ)

Do You Love Swim Gadgets?

Are you always the first one in your lane to have the latest fin design on your feet or the newest training gadget at practice? If so, we'd love for you to write reports about your cutting edge pool toys for print in upcoming issues of Mastersplash. Please contact the editor at: comsamastersplash@gmail.com for more information.