



Master Splash

Swimming through the Generations

Need a little training motivation right about now? It's never too early to start thinking about States, or as in the case of the Gimlins, to make the meet a family affair by joining the "Brute Squad" together. Dennis kindly answered our questions about sharing a swim interest with son Matt.

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Master Splash: Do you and Matt swim on the same team? Did both of you grow up swimming competitively?

Dennis Gimlin: "Matt is a BeeGee (he lives in Superior and works in Broomfield). I swim for Pueblo. Matt swam for several age group teams, Pueblo Centennial High School (the Bulldogs were 2nd at state during his senior year when he was co-captain and an individual finalist), and one semester at Mines while a graduate student."

"I was a self-taught fitness swimmer (no swim lessons as a kid, no coaching ever), and got connected to our local masters team while preparing to do a triathlon. After watching him swim for many years, I decided it might be fun to see how fast I could go. My first masters meet was Castle Rock's 2002 *Swimming in the New Year*. I've had a goal of swimming all 20 competitive events (I count 400 meters, 500 yards, 800 meters, 1000 yards as four events) every year since then, preferably in competition. If I don't swim certain events during a meet, I'll do them in all-out time trials."

MS: What events did you do at States this past spring? Did each of you swim ones in addition to the Brute Squad requirements?

DG: "Besides the Brute Squad events (swimmers who complete the 1650 free, 400 IM and 200 fly at the annual COMSA state meet are inducted onto the "Brute Squad") I swam all of the breast and back events, plus the 200 IM, 1000 free and 100 fly — mostly TBC ("Timed By Calendar.") My best swim was my last, the 200 IM. Matt, knowing that I was trying to break three minutes, yelled out my split as I turned into the free. After all the times I've cheered and encouraged him, it was a special moment for me."



Dennis with Matt who sports his newly acquired Brute Squad T-shirts at States 2008

"Matt also swam 12 events, plus two relays. He was high point individual of the entire meet. I think he won 18–24 y/o in 10 events. He thought it was his best meet ever, as he dropped time in four events from his age group and high school days, not including a couple of 50s that he hadn't swum since he was a beginner."

MS: Do you both consider yourselves to be distance swimmers, or was the Brute Squad challenge a stretch for or both of you?

DG: "Though definitely a stretch, I was a middle- and long-distance runner until it just got too hard on my joints, etc. This was the third time I'd done 12 events including the Brute Squad. Two years ago, I did every

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Welcome to the Fall Edition of **Master Splash!**

Dealing with Change

Many of us are very comfortable with our workout schedules. We like the people we train with, we enjoy our routines and the facilities suit us. But what happens when you have been hanging in there at the same facility with the same routine for 10 years and suddenly your facility cuts your pool hours or changes the schedules to a point that no longer works for you?

You can throw in the towel or you can let it roll off your back and investigate the alternatives. It is easy to get angry when you feel lost in trying to find suitable options. You might be financially strapped. You might walk around in circles, lost and trying to figure out what to do. Where can you find a year-round pool that is swimmable, affordable and within a reasonable commute? What about the teammates?

That's what happened to me — first lost in circles dreading the cutbacks, dreading the warm pool options, then finally the venturing out. In venturing out, I actually ran into people I knew — people I hadn't seen in a while and loved swimming with, and I even found some new pools that are great for working out. And not to mention they are much cooler than the dreaded 85 degrees common among so many rec centers!

I'll be swimming in three different pools located throughout the Denver metro area, but at least I'll still be swimming, and for that, I'll be doing the "Happy Dance."

Dealing with Change – Part 2

The racing suits. We have been allowed to wear long suits, cover our bodies and constrict the muscles for over eight years. Then just recently, FINA changed the rules (refer to the FINA ByLaws under Directory/Rules and Regulations at www.fina.org).

You have until December 31, 2009 to compete in USMS events with the fastest and most expensive suits you can afford. What you will be allowed to wear as a masters swimmer on January 1, 2010, is still open for discussion.

Ten COMSA volunteers are attending the US Aquatic Sports convention in Chicago this September, where this subject will be discussed, debated and voted on. US Masters Swimming recommendations will then be presented to FINA. Stay tuned to www.comsa.org and



Heather during the 1500 at the SW Zone meet held in Thousand Oaks, CA this past July

www.usms.org for updates on this topic.

Be Informed

Stay tuned to the COMSA website, as we will post events that don't make the *Master Splash* print deadline. If you haven't done so already, sign up and receive email notifications: <http://www.comsa.org/email-update.html>. We do not sell or give email addresses away; they are only used 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.

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

Notes from the Registrar

U.S. Masters Swimming registration for 2010 begins November 1. Marcia Anziano, COMSA registrar, reviews your most common questions about registration to save you time and even a little bit of money!

1) "When does my current registration expire?" USMS/COMSA is run on a calendar year. Registered memberships for 2009 expire on December 31, 2009.

2) "When can I register for 2010?" Registrations for 2010 begin on November 1, 2009. New members registering beyond that date are registered for the remainder of 2009 and until December 31, 2010. Current members can renew their membership for 2010 at any time after November 1, 2009.

3) "I moved to Colorado from another state where I was a member of USMS. My new coach says that I must be a member of COMSA to swim on their team, is this true?" Teams that use the insurance provided by USMS require that all swimmers be members of USMS. A current USMS membership from any LMSC allows you to swim with a COMSA team or at the gravel pond. The actual insurance is through USMS; COMSA is the local LMSC. If you choose to join COMSA prior to the end of the current year, you can transfer from your old LMSC to COMSA. Contact the Registrar, Marcia Anziano, at marfer@att.net for a copy of the Transfer Request Form. Or you can wait until you renew for 2010 and sign up with Colorado then.

4) "I swim for Swim Dogs, but when I go to register the only teams I see are Colorado Masters, Wyoming Masters, Air Force and 'Unattached?' How do I sign up for my Swim Dogs team?" The clubs listed are officially registered clubs with U.S. Masters Swimming. Swim Dogs is one of the many local workout groups that are under the umbrella of Colorado Masters Swimming. You should choose Colorado Masters Swimming when registering.

5) "Why should I choose one of the official clubs?" Once you choose a club, you can find your local workout group listed under that club. Avoid signing up 'Unattached,' especially if you decide to swim in a meet. In the past, relay times have had to be dropped from Top Ten consideration due to one relay member not being a member of Colorado Masters or

Wyoming Masters. You may think that you are part of a workout group, such as the DU Aquaholics, but if you did not sign up for the club of Colorado Masters, your relay will not count for Top Ten or Records. All members of a relay must be members of the same Club.

6) "Why should I register online?" You can save \$5 by using online registration. Paper registrations are still accepted (the form is available online), but due to the additional work involved, there is an additional \$5 added to the fee. Besides, online registration saves you time. You become a member of USMS/COMSA the moment you complete the online registration and can print a copy of your card immediately.

7) "Do I need to request a card when I register online? NO. You can print your card when you register. Or you can save the PDF file to your computer and print a copy of your card any time you need it. If you prefer a paper card, you can request one at that time. Cards are mailed normally once a week.

8) "What if I loose my card?" Go to the website www.comsa.org. Under the "Joining and Membership" tab, click on "Cards, Numbers, and Lists," the follow the directions to reprint your card.

9) "I am a Meet Director. I have sanctioned the meet and asked swimmers to present proof of U.S. Masters Swimming membership when signing up. Yet, I have a person that says they are a member but they do not have a copy of their card. What should I do?" You should put the burden of proof upon the swimmer. They must produce a copy of their card to swim in the meet. As noted above, it is easy to print a copy of their card. However, you also can go to the "Cards, Numbers, and Lists" tab on the COMSA website and request a list of all swimmers registered with one of the Clubs or those who hold 'Unattached' status. Any members currently registered with Colorado (COMSA) will be on that list.

If you have any additional questions, please contact the Registrar, Marcia Anziano, via email at marfer@att.net.



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. Late August/early September of this year, Marcia joined five other COMSA members to swim the English Channel. You will be able to read about their adventure in the next Master Splash issue.

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.

Nutritional and Lifestyle Guidelines

Monica Ryan, nutrition consultant who is currently pursuing a Masters in NUT, compiled the following advice suitable for both genders and swimmer of all age groups from the following source: *Women to Women*; Marcelle Pick, OB/GYN NP; Christiane Northrup, M.D.; Mary Ellen Fenn, M.D.; and Annie Rafter, RNC

“Above all the dietary and lifestyle choices you make, learn to love and accept yourself. Focus on your health, not your weight. And if you wander from your personal blueprint for health, forgive yourself and step back toward balance. If you can’t do it all, do what you can.”

Eating is a primitive urge, like sleeping or going to the bathroom. When food sources are abundant, we are hard-wired to eat as much as our body needs to function, survive and reproduce, but also — more critically — to store against the possibility of famine. Eating is also a source of comfort and pleasure. This too is hard-wired. When we sit and eat, our bodies get the message that — for the moment — it is okay to relax. We are nurturing ourselves. No hard labor or strenuous physical activity can occur at that moment. This is powerful motivation.

What has caught us unaware is the degradation and manipulation of our food supply combined with a major decrease in our physical activity. Over-processed food, refined sugar products, preservatives, trans fats, artificial sweeteners and food substitutes now populate the bulk of our grocery aisles. Our food is transported thousands of miles and must keep for weeks, losing much of its nutritional value in transit. Today, we drive instead of walk, use machines more often than our muscles, and eat out or on the run more frequently. In addition, we have multi-million dollar industries bent on coercing us to buy and eat a seemingly endless supply of unhealthy food.

Instead of berating ourselves for “cheating” when we eat a food that is not in our best interests, we need to think about the totality of our lifestyle choices with our individual histories and needs (both physical and emotional) in mind.

Let’s face it: Food is good! Eating is fun! It’s no wonder we find it agonizing to deprive ourselves

of this most basic and nurturing act. Instead of all the negativity, I’d like to encourage people to rediscover the positive nature of sharing food around the table. It all begins with that magic word: balance.

The best way to jumpstart your metabolic function is to eat well (which includes taking a daily multivitamin) and to eat regularly and often — just watch that portion size. And you have a great portion control tool right at hand — your own hand!

Your thumb = 1 oz
Your palm = 3–4 oz
Your closed fist = 1 cup
Your thumb tip = 1 tsp
A handful = 1–2 oz of snack food, like nuts



Just as your body needs to be in balance to function well, your meals need balance to provide adequate nutrition. It may be helpful to revise your mental picture of a healthy meal from a pyramid to a square. The square has four compartments: protein, healthy fat, fruits/vegetables and grains/legumes. Eating three “squares” a day is a good way to think about it; we also want to have two healthy snacks a day. In fact, the USDA food guide pyramid will soon be adjusted to reflect new Daily Reference Intake (DRI) guidelines based on similar research.

Create your own “fast food.” It’s easier to stick to an eating plan if the food is ready whenever you are. Set aside a little time on weekends to prepare dishes and snacks for the coming week and freeze them, so you have healthy foods there when you want to snack or get something on the table quickly.

We have adapted our own Personal Program nutritional suggestions based on years of research into healthful eating for hormonal balance. This plan restricts sugar and carbohydrates without depriving your body of necessary nutrients.

The basic guidelines are as follows:

- Eat 3 meals a day and 2 or more snacks.
- Eating every 2 hours is a good idea if you are under stress.
- Eat protein at every meal.
- Eat a vegetable or fruit at every meal. In fact, eat as much as you want when it comes to organic greens and vegetables, as long as they aren’t coated with unhealthy fats.
- Include healthy fats in your diet, particularly foods rich in omega-3’s. Avoid trans fats.
- Target no more than 60 grams of carbohydrates a day (15 per meal and 7 per snack) while your metabolism heals.
- Limit dairy products to 4 servings a day, preferably organic.
- Completely avoid soft drinks (including diet sodas) and juices with high-fructose corn syrup. Limit use of artificial sweeteners.
- Drink 6–10 glasses each day of filtered water, seltzer, or herbal teas.
- Eliminate/taper sugar, sweets and junk food from your diet.
- Eliminate/taper alcohol — the ultimate “sugar buzz.”
- Eliminate “white food:” white sugar, white flour, white cereal.

Be sure to take a medical-grade nutritional supplement, including a fatty acid supplement. Your hormonal balance depends on a supply of rich nutrients. In addition to what you eat, a few positive lifestyle habits can really make a difference in how you feel. We have learned that you have to get healthy before you can lose weight and keep it off. Once you create a health foundation, your body will naturally seek and maintain its ideal

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Short Axis Evolution

Mark Johnston, coach of the Swim Dogs and COMSA Coaches Chairperson, is back this issue with a drill to help your fly technique

Mark Johnston

Butterfly is fast yet painful while breaststroke is slow but relaxed: Many swimmers feel this way and think of butterfly and breaststroke being two very different strokes.

Once a swimmer understands the common bond between the two strokes, however, they can have a serious, positive impact on both strokes. The butterfly becomes more relaxed, and the breaststroke gets faster!

Breaststroke, historically the “survival” stroke, has been around since the Stone Age where cave drawings depicted people swimming with leg actions imitating that of frogs. In 1538, the first book written on swimming taught breaststroke as primarily a way to prevent drowning. In 1696, the *Art of Swimming*, described breaststroke essentially as it is swum today. Breaststroke continued as the only stroke until the late 1800s when a form of front crawl surfaced in competition. International rules finally separated the front crawl from the breaststroke for the St. Louis Olympics in 1904. The primary ingredient separating breaststroke: The swimmer must stay on the breast.

In 1928, David Armbruster, head coach at the University of Iowa, began studying faster ways of swimming “on the breast” and in 1933 developed the over-the-water arm recovery, calling it butterfly. While difficult, speed improved vastly, and many swimmers began using “butterfly” arms while still using a frog-like kick. In the 1936 Berlin Olympics several swimmers swam this style, and by 1938, traditional breaststroke had nearly disappeared altogether. As a side-note, this style for butterfly is still legal in master’s swimming today.



In 1935, Jack Sieg, a swimmer at Iowa developed a kick with the feet beating in unison like a fishtail. The two Iowans got together and built the butterfly as we know it today. While faster than traditional breaststroke or the “butter-breast,” this type of kick was illegal in competition, so the dolphin kick stayed under wraps for several years.

It wasn’t until 1952 that the strokes were separated and breaststroke went back to the underwater recovery with frog kick, and butterfly became its own stroke. In the 1954 Olympics, both strokes were included in competition.

So what is the point of this history lesson? The goal is FAST AND RELAXED for both butterfly and breaststroke!



Since butterfly and breaststroke are considered “short axis” strokes, the drill progressions start out the same. As the term short axis suggests, much of the initial work is on the core muscles in the stomach and lower back, think teeter-totter. It is most important to get the feel of the body-dolphin kicking action ([fins may help](#)).

- Head lead body-dolphin kicking on the back, stomach, and both sides.
 - Concentrate on keeping the head and spine in alignment using a chest press and not bobbing the head. Chest presses down and hips come up ([see Pic. #1](#))
 - Keep the chin and chest steady as if attached by a six-inch string
 - Let the leg and foot action follow the rhythm of the chest press
 - Eyes MUST be looking straight down on front kick
- Hand lead body-dolphin kicking on the back, stomach and both sides*
 - Arms are at the “Y,” hands staying just below the surface, with thumbs pointed slightly down
 - Same focus as head lead kicking (eyes looking down on front kick)
 - One-arm lead for side kicking (*lower arm is lead arm)
- Hand lead body-dolphin kicking HEAD-UP, HEAD-DOWN ([See Pic. #2](#))
 - Arms at the “Y” (keep hands near the surface)
 - Focus on the timing of the breath, breathing every second kick – kick up/kick down/repeat
 - Eyes looking down on second kick. . .do not look forward!

It is very important to get the timing of the head-up, head-down kicking. In butterfly, most of the “pain” is caused by poor timing and increased exertion. The timing is also important for breaststroke to maximize the benefit during the kick-and-glide sequence.

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“Mastering” Breaststroke

Often the stroke swimmers of any age struggle with the most, Jonathan Cain of SwimLabs breaks down the technique for us

Jonathan Cain

Let's face it: swimming breaststroke better and faster is not easy. Anybody who has ever been given well-meaning pearls of wisdom by a fellow swimmer, coach, or instructor like “just kick like a frog,” or “make a pizza and then cut it in half,” knows that breaststroke just isn't one of those kinds of activities that lends itself well to analogies and metaphors. Add to this the fact that it is not always clearly apparent exactly how a breaststroker propels through the water, and you have all the makings of a stroke that a lot of people avoid.

Swimmers the world over make excuses for themselves when it comes to breaststroke, such as, “breaststrokers are just a different animal,” or “I only need to swim freestyle.” This is unfortunate, because incorporating breaststroke into your swimming repertoire can not only give you a whole extra arrow in your swimming “quiver” but it can also give you valuable insight into how the human body balances and moves through the water, which can be beneficial for all of the other strokes.

If you want to swim breaststroke better or faster, there is one good way to go about it: make sure that you understand each of the different phases of the stroke and the timing that makes them all work together. With this knowledge, you will swim better and faster breaststroke.

Breaststroke is generally broken into two phases: propulsion and glide. In the propulsion phase, the swimmer is actively engaged in creating the forces that will propel their body through the water. In the gliding phase, the swimmer is not actively propelling their body through the water, but rather riding the momentum created by the propulsion created earlier in the stroke.

I know, I know: that last paragraph didn't really make for easy reading. Try this: in the propulsion phase, you are running your motor (your arms and legs). In the gliding phase, you turn off that motor for a moment, and you glide along using all of that momentum you created when it was turned on.

When thinking about the propulsive phase of the stroke, it's helpful to break it into the following “stages:” The outswEEP/breath stage, the insweep/head recovery/kick recovery stage, and the arm recovery/power stage of the kick.

During the outswEEP/breath stage, you should begin pushing (or sweeping) the water outward, to a point somewhere outside of the line of your shoulders, keeping your hands as shallow as possible. Imagine your arms being in a “big V” shape in front of you. How much of a “V” you should make is dependent on you and how big and strong you are, so you have to experiment a little. One way or another, the idea is that this should allow you to initiate your breath during this outswEEP of the arms, by creating the leverage that you need to begin moving your head forward and upward.

Once the outswEEP and the initiation of breath are completed, breaststroke gets a little more complicated. The next step, the insweep/head and kick recovery stage, involves three separate actions that must be timed perfectly to be effective. Here's the basic rundown of what should happen: As your hands come the apex of the outswEEP, you should quickly scull your hands around so as to make sure that your palms turn inward towards your body, and backwards towards your feet. It is important to remember that as you move your hands through the insweep, they should never point towards the bottom of the swimming pool, and again, keep them shallow. Once your hands are properly positioned, drive them back towards your body, taking care to push the water behind you. This is the most powerful section of the arm stroke, so make sure that you really use the strength of your upper torso and your back to move the water.

While your hands are completing the insweep, the two other actions of this stage, recovering the head to a submerged position and the recovery of the kick to an active, kicking position also take place. After the hands turn “the corner” between outswEEP and insweep, you should be coming to your highest point above the water for your

breath. As the hands complete the insweep, you should be already starting to lower your head back into its submerged position. The final action of this stage is to recover the legs to the active position, meaning basically to bend your knees and point your toes towards the walls of the pool, on a perpendicular line from your body. This should happen right after your hands complete the insweep, and are beginning the recovery.

The final stage of propulsion in breaststroke is the arm recovery/kick. This is a transitional stage between the propulsive and gliding phases of the stroke. The most important point to remember is that there should be a seamless transition between the insweep and the arm recovery phases. As your arms complete the insweep, they should seamlessly move forward into the arm recovery. As you finish the arm recovery, the power phase of the kick begins. It can be helpful to think about “anchoring your feet” and then pushing your body forward from that position. As your kick is completed, the gliding phase of the stroke begins.

The gliding phase of the stroke is really one single stage. Basically, the idea is to use all of that momentum you built during the arm stroke and kicking stages before you begin the process again. As the gliding phase of the stroke is entered, the arms should be extended forward in front of the body, and you should be in the streamline position. Once you are, you will notice yourself moving forward as you ride out the momentum of the propulsive phase. It is O.K. to let your hands start to slowly drift apart as you glide through the water, however, if you do this, remember to keep your body in the same gliding position for the entirety of the glide, and do not start your outswEEP until you have used all of the forward momentum from your last stroke.

Gliding in breaststroke is not a particularly difficult point of technique to master; more often than

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not, executing a proper glide is more a matter of patience than of anything else. The most important thing to focus on when practicing the glide is to make sure you know exactly how far and how long you are able to glide before your momentum is exhausted.

Here's an easy way to figure out how long you should be gliding: swim an easy set of repeats, like 8x25 where following your arm stroke and kick you stay in the streamline position until you feel your forward momentum begin to deteriorate. Pay close attention to exactly how long you are able to glide forward before this happens, because this is exactly the length of glide that you want in your stroke.

Breaststroke can be a great way to gain insight into how your body moves and balances in the water. Along with that, it can change up the monotony of an "all freestyle" workout, as well as give you a useful way to train your "swimming muscles" in a different way. Experiment with breaststroke, and you will be happy you did.

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.



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.

Go Postal with COMSA this Fall!

Nicole Vanderpoel

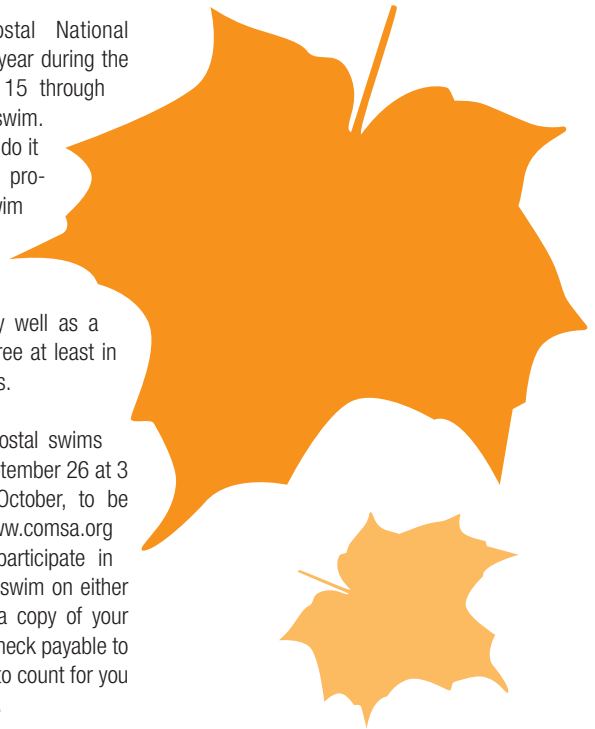
Yes, Colorado sports fans, fall is right around the corner. Long course season has come to an end. Triathlons are winding down. Short Course season is coming, but not soon enough! What on earth will you do with yourselves until then? USMS and COMSA have a great suggestion. How about trying your first USMS Postal National Championship? It's a great work out, builds a good base for your short course season and it provides a way for you to compete with other Masters swimmers from around the country without having to leave your home state!

The 3000 & 6000 Yd. Postal National Championship takes place every year during the fall. You have from September 15 through November 15 to complete the swim. However, it can be a bit boring to do it by yourself. That's why COMSA provides two dates every fall to swim the Postals together! It's a truly rewarding experience to participate and Colorado Masters, historically, has placed extremely well as a team in all of the Postals. Top three at least in the USA! So, come out and join us.

This year's 3000 & 6000 Yd. Postal swims take place at DU on Saturday, September 26 at 3 p.m. and on another date in October, to be announced. (Check the web at www.comsa.org for announcements). You may participate in either the 3000 or the 6000 yd. swim on either date. You choose! Please bring a copy of your 2009 USMS registration card, a check payable to Clemson Aquatic Team, a person to count for you and a stop watch if you have one.

You may also bring your registration form and split sheet obtained off the USMS website, found under "Long Distance National Championships." However, copies of the registration form and split sheets will be available at DU. Please e-mail me at nicolevanderpoel@msn.com with your intent to swim and on which date.

If you are a returning Postal Swimmer, I look forward to seeing you again. If you are a first-time Postal swimmer, trust me, you will feel a great sense of accomplishment when you complete either swim!



In addition to being a distinguished Masters swimmer, (her newest title is Short Course National Champion in the 200 fly), 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 2009 4A State Champions, the Rock Canyon High School Girls swim team, and head coach of the Wildcat Ridge Tigersharks summer league swim team, a group she co-founded in 1998. Her work for COMSA includes serving as vice chair from 2005–2008 and the Long Distance chair from 2004 to present. Nicole is the 2009 recipient of the 2008–09 Jack Buchanan Service Award.

We Are All One with a Common Bond

COMSA welcomes the newest masters swimmer!

Nicole Vanderpoel

As master's swimmers, we all understand that the benefits of masters swimming extend far beyond keeping our bodies and our minds healthy! Masters provides all of us with the opportunity to make new friends who share the same love of and discipline for swimming. We learn so much from our teammates, competitors and ourselves when we take the plunge.

I had an unexpected and quite wonderful surprise at the 5K and 10K Postal National Championship at Lowry this summer, one which made me stop and reflect on why masters creates such a special bond between us all.

Eduardo Cruz had expressed interest in swimming the 5K and 10K National championships at Lowry this summer, via e-mail. He asked if he could participate although he had never swam a Postal before. In fact, he had been in the water for only a year, and had just moved to Colorado! His name was not familiar, but of course we welcome all new Postal Swimmers (especially those crazy enough to try the 5 & 10K for the first time!)

The first postal date came around and I finally met Eduardo. He was quiet, kind and humble, just as I had assumed after reading his e-mail. He jumped right in and swam an AMAZING 5K without stopping, no problem. I couldn't believe he had never swum a Postal, and had been in the water for only a year! Eduardo then came to participate in the 10K, and again, he finished with flying colors! Well, I have been around Colorado and Wyoming masters swimmers for quite awhile now and obviously knew he was a new contender here in Colorado!

I'd like to take this opportunity to welcome Eduardo Cruz to Colorado and tell you a little bit about him. In doing so, I want to remind us all of how fortunate we are to be given this gift of swimming together and how special we all are to share it together.

Eduardo grew up in Mexico City with his three brothers. At an early age, his mother had all four boys swim to "keep them out of trouble," according to Eduardo. He enjoyed swimming and competed in Mexico City and neighboring states. He had to stop swimming at the age of 11 though, to attend school at a different time. Eduardo stayed active by playing basketball and running.

Eventually, Eduardo moved to California, where he lived for over 15 years. There he stayed home to take care of his children while his wife worked during the week. Eduardo then worked on the weekends. A job opportunity for his wife brought the family (four children) to Colorado where he continues to be a stay-at-home father.

After tearing his ACL in 2005, doctors told Eduardo that swimming would be a better option for him rather than running and basketball. So, Eduardo final-



Eduardo pool side with Nicole at Lowry this past summer.

ly found his way back home to the water after 27 years. His first swim meet was in Castle Rock last summer — he swam only 50's and 100's. Eduardo certainly has come a long way in a very short period of time!

Welcome to Colorado Eduardo. You are an inspiration and a reminder of how magical masters swimming can be!

5 & 10K Postal Recap

We had a fantastic turnout of swimmers — both returning Postal swimmers whom we couldn't do it without and some new Postal swimmers which is always a treat — on June 7 and July 5 at Lowry. Of the 20+ participants, five completed both the 5K and 10K swims! Results will be out in early October, so watch for a complete list of all Colorado participants in the next issue. Every Colorado swimmer counts on a national level, and because we compete as a team (CMS) we're going to place quite well nationally. So, thank you to all of you crazy Postal People. In addition, Colorado Postal participants thank COMSA for providing us with the opportunity to swim these long events, compete nationally and do it together as a team! Your support keeps us swimming and competing together for the love of the sport!

Long Course Nationals Recap

Jared Foster

Another great season has come to an end, and Long Course Nationals 2009 is now behind us. There were so many great events and long standing records broken this year. Nationals are always a great experience. It is wonderful to see Colorado and Wyoming's numerous teams unite for a common cause and work together and encourage each other.

Nationals took place this August in Indianapolis at the IUPUI Natatorium. It is the largest indoor pool in the United States and every detail of the pool was designed for maximum performance. The natatorium has a 50m pool with 8 racing lanes. The depth is 9 feet at each end and 10 feet in the center. Water temperature is kept at 79 degrees. To date, there have been 101 American Records and 15 World Records set in this pool. It is inspiring to look up on the wall and see all the records that have been set by great Olympian athletes. Just to swim in such an incredible facility was an extraordinary experience. Did I mention Michael Phelps was there only a few weeks before we were?

1,145 swimmers entered the meet, with 80 individual and 42 relay record-breaking swims. It was inspiring to watch Schuyler Smith on the 50 free come in first place with an impressive 24.68 and Greg Scott on the 200 breast soaring forward on the back half with a 2:07.39. Kim Crouch swam some amazing races, with a first place on the 50 breast of 37.97 and a second place on 200 breast with a time of 3:04.95. Jane Oberg won first place in ALL of her events. World and National records were broken by Michael Mann in the 400 free with a 4:24.57, in the 200 IM by beating the old standing record by 3.29 seconds, and in the 1500 free by crushing the record by 17.49 seconds. CMS had just 15 swimmers attend and the team still placed 10th overall.

Many swimmers accomplished their personal bests and conquered their individual goals. Something that stood out to me was watching the senior swimmers in their 70s, 80s or 90s, still competing and breaking records. This is amazing and exciting! To think that someday I could still be competing at their age with my family, grandchildren, maybe even great-grandchildren there supporting me.

Due to the pending ban on technical swimwear, future meets are bound to look quite different than this one. I myself was deliberating whether or not to try out a tech suit days before the meet. I felt I had worked hard all season long and I owed it to myself to see how fast I could go with a swimsuit that could make me more efficient. Seeing everyone at Nationals with their technical full body suits on and listening to the results swimmers were having from them was unbelievable. Almost all swimmers had them and those that didn't, almost looked out of place. It is quite possible that next year we will see fewer records broken without these suits. I guess we will have to wait to find out the impact this ban will have on the future of swimming.

The meet was great and I hope to be a part of it again next year in Puerto Rico.



In addition to competing in individual events at Nationals this summer Jared also volunteered to manage CMS relays. He is with teammates (l to r) Leighann White, Kim Crouch and Greg Scott.



Jared is a native to Colorado. He's swum competitively for 25 out of his current 33 years; currently he is a member of Thornton Masters. When Jared's not swimming, he can be found at Welby Gardens where he is a systems administrator manager.

Coming in the next issue of *Master Splash*:

- Nutrition
- USAS Convention Recap
- Channel Swimmer Update
- Regular departments such as Drill Point and Swim Briefs
- And much more!

Watch the web and your mailbox for the Winter 2010 issue to arrive before the New Year. . . .

The 2009 Horsetooth 10 K Swim: The Start of the Second Decade of Swimming

Jeff Magouirk

Seventy swimmers braved the cold air temperature of 55 degrees and a water temperature of 70 degrees. The almost-perfect water temperature coincided with significant wind from the southwest, which provide rolling waves for the swimmers to move with and over. The swimmers ranged in age from 13 to 69 years. At the start, the swimmers were milling around the imagery starting line waiting for the horn. The horn blasted and the swimmers were off for a 6 mile swim in the beautiful foothills of the Rocky Mountains that is home to Horsetooth Reservoir.

The winners of this year's 10 K have been pervious winners. Each swam this year's race in their fastest time yet. Todd Bryan swam the third fastest time ever for this event in a quick 2 hours, 16 minutes and 54 seconds. Only the record held by Brooks Felton of 2:09:31 and his 2005 swim of 2:11:13 have been faster than Todd's 2009 swim. Sara Vincent set a new course women's record of 2 hours, 20 minutes and 6 seconds, which is the fourth fastest swim in event history. It was her second win in a row and she bettered her 2008 time by over six minutes. Congrats to both swimmers for swimming so fast!

Meet directors George Thornton, Joe Bakel and Ann Donoghue went all-out to bring fresh elements to the 11th swimming of the length of Horsetooth. For example, the three organizers allowed swimmers younger than 18 years to enter the 10K for the first time. The addition of younger swimmers brought new excitement to event. There were four of these new swimmers. Wyatt Oerman finished with a time of 2 hours, 23 minutes and 19 seconds and was third overall. Kaleb Roush finished with a time of 2 hours, 32 minutes and 44 seconds and finished 12th. Taos Cadarette-Stewart, the youngest competitor in the event swam a time of 2 hours, 41 minutes and 59 seconds for 26th overall. Colby Wolf, the only female of the young quartet finished in 2 hours, 51 minutes and 34 seconds to be the 39th finisher.

Many veteran swimmers returned to tackle the waters of Horsetooth. Joe Bakel, George



Three swimmers, including the author, in the midst of the Horsetooth Reservoir.

Thornton, and Scott Hoftiezer each completed their tenth Horsetooth 10K swim. Think about it — they have now swam 100 kilometers of Horsetooth. Or, to put it another way, each has swum the distance between Fort Collins and Denver — a long way to go! TJ Scholand swam his 9th 10 K. Tom McElhinney finished his 6th swim.

Once again, the 2009 Horsetooth 10 K swim was a terrific event. The meet directors, the paddlers and all of the volunteers put together a memorable event.



Jeff was born in Colorado Springs in 1961. Just a few of his notable swims include a successful Catalina 21 mile crossing in 2005 and four Horsetooth 10K swims. Married for almost 20 years now, Jeff and his wife have two sons. Currently, Jeff is planning what will be a successful crossing of the English Channel for 2011 after coming close during a 14-hour attempt in 2006. He swims for the Bee Gees of Colorado.

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.

10/17: Event 4 Lake Pleasant
(Peoria, AZ)

11/08: Event 5 Tempe Town Lake
(Tempe, AZ)

2009 Nash Splash

**The 3rd Annual “Nash Splash”
Saturday, November 7, 2009
Northglenn High School
Warm-ups begins at 1:30 p.m.**

The swimming of the third Kevin B. Nash Memorial Swim meet, aka “Nash Splash” occurs on Saturday, November 7 this year. Participating in the Nash Splash raises funds for scholarships for the children, grandchildren, nieces and nephews of Colorado master swimmers. I (Jeff Magouirk) and the rest of the BeeGees look forward to seeing you at the Nash Splash.

The scholarships awarded from the 2008 Nash Splash fund amounted to \$1,050.

Below are the 2008 recipients and the amounts they were awarded:

Gabriel Sands	\$ 300.00	1st year scholarship
Doug Murphy	300.00	1st year scholarship
Kevins Magouirk	150.00	2nd year scholarship
Melissa Nolte	150.00	2nd year scholarship
Graham Parkinson	150.00	2nd year scholarship

2009 Nash Splash Order of Events

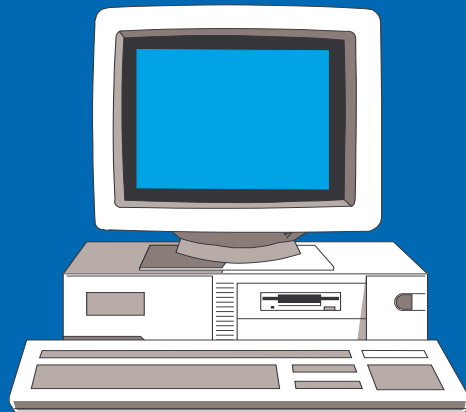
1000 yard freestyle
10 minute break
50 yard butterfly
100 yard backstroke
200 yard breaststroke
200 yard freestyle
100 yard butterfly
50 yard backstroke
50 yard breaststroke
100 yard IM
200 yard backstroke
50 yard freestyle
100 yard breaststroke
200 yard IM
200 yard backstroke
100 yard freestyle
400 yard IM
200 yard butterfly
Ten minute break
500 yard freestyle.

For more information on the Nash Splash, please visit www.conmsa.org

*Swimming through the Generations
Continuing from cover*

event longer than 100 yards, plus the 100 fly, back and breast...kind of an ‘ultimate’ Brute Squad. I’m not fast, but I enjoy the challenge of swimming close to my best times through 12 events, and seeing how many points I can score in the process.

“Matt works hard at most everything he does, he’s very tough. He would usually swim very full programs as an age-group swimmer, though his training of late has been geared a bit more towards the sprint side of swimming. I’d say we’re both endurance types in that we can swim close to our best through a 12 event program. Matt is less than half my age but has swum competitively about twice as long as me. Needless to say, we were not in the same heats. But it was a great experience cheering and encouraging each other.”



Have you visited www.Comsa.org?

The latest news, sanctioned event information, registration forms, meet results, state records, the US 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

The summer long course season kicked off at Lowry in early June with a swim meet followed by a free clinic led by [Marcia Anziano](#) and [Andrew Levasseur](#). The two coaches shared the latest technique and drills they learned from attending [Swim Fest 2009](#) in Houston. As Andrew sums, "it was really great to see several USMS Coaches of the year in action." ... [Ken Classen](#) was the top overall finisher (male and female) of the [Alcatraz Challenge Aquathon & Swim](#) on July 12. Ken's time of 38.22.9 in 62-degree water temperature is perhaps more impressive when you consider that he finished ahead of all wetsuit competitors as well as he chose to do the swim "old school" with just suit and goggles. ... Colorado Masters and DU Aquaholic [Craig Lenning](#) swam the 20-plus miles from Newport Beach, California to Catalina Island in 9:09:51 on August 10. Water temperatures ranged from 60 to 66F. In accordance with English Channel swimming rules, Craig did not wear a wetsuit and just one cap. His swim began at 11:30 p.m., so much swimming was done at night. Two other Colorado masters swimmers, [Jeff Magouirk](#) and [Jack Nuanes](#), paced Craig for several hours. ... [Michelle Bergen](#), [Susan Brushaber](#), [Kirsten Derr](#), [Rebecca Friedlander](#), [Pam Gatz](#), [Heather Hagadorn](#), [Lisa Hubchik](#), [Sara & Neil Krauss](#), [Linda Lebsack](#), [Katie Luellen](#), [Ellie Najar](#), and [Monica Ryan](#) combined efforts to swim a 24-hour relay to raise nearly \$1,000 for the Molly Bloom Foundation Aug 8-9. Donations, which are accepted year-round at www.mollybloom-foundation.org, support athletes returning to sport after catastrophic injury or illness. ... The [SQUIDS](#) had a successful summer filled with diverse events. [Stephan Graham](#), [Jamie Henderson](#), [Patrick Benefield](#) and [Dustin Carpenter](#) did 1 and 2 mile open water swims at Boulder Res. Dustin took 3rd in this event. [Glenn Pflum](#) won a bronze medal in the 200m back stroke at the Out Games in Copenhagen, Denmark. Congratulations to [John Hayden](#), [Keith Pryor](#), [Tom Baugh](#), [Bill Mead](#) and [Jason Slinde](#) for representing SQUID so very well at the same meet. [David Smith](#) competed in the 200 fly for the first time, then dropped around 20 seconds the second time he swam the same event this summer. And, last but certainly not least, coach [Jon Christianson](#) won the 2.4 mile open water swim at [Horsetooth in Ft. Collins](#). ... [Janice Dau](#) was the first reader to respond with all ten correct answers to last issue's quiz. For her effort, she won a [\\$20 gift certificate to swimoutlet.com](#). Want to shop on line with a gift card in hand too? Be the first to email the editor at comsamastersplash@gmail.com with answers to the following "know your COMSA swimmers" questions (please name one

COMSA swimmer applicable per category, and include event and date of swim): 1) a current world record holder, 2) a 2009 short or long course national champion, 3) a successful English Channel Swimmer, 4) an All-American swimmer.

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



(top) Coach Andrew goes over technique learned at SwimFest 2009 with clinic attendees, (bottom) Swimmers at the Lowry pool await the next drill at the same free clinic.

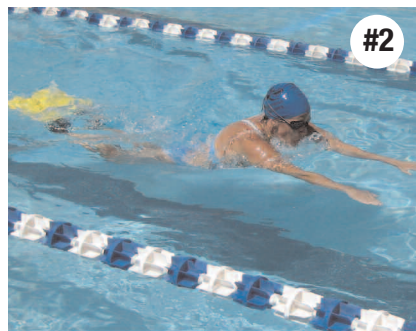
*Nutritional and Lifestyle Guidelines
Continuing from page 4*

weight. Remember that a safe and healthy weight loss is 1–2 pounds per week. Here are the things we know work:

- Shop the outside aisles of the grocery store.
- Buy organic and local whenever possible. Pay attention to chemicals, heavy metals, and bacteria in your environment. Shop at farmer's markets and specialty food stores that have a wider range of healthy foods.
- Stop weighing yourself. Use your dress size as your gauge.
- Start exercising. A 45-minute walk 4–5 times a week is great.
- Get 8 hours of sleep — no exceptions!
- If you recognize that you have a habit of emotional eating, get some counseling. The underlying emotional issues create other health problems too. And they won't go away without intervention.
- Reduce the stress in your life to the extent you can. Make time for yourself to compensate for when you can't.
- If you have obvious digestive problems or food sensitivities, consider a hypoallergenic diet or the elimination diet. Discuss getting a bioimpedance analysis from your practitioner.

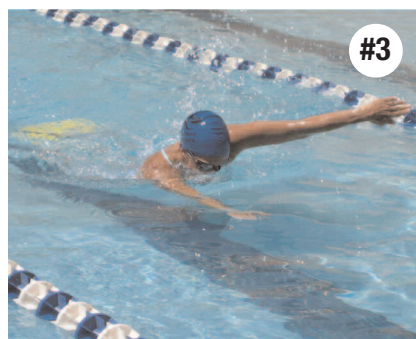
Although her "main focus" is a job in finance for Qwest and being a mom/wife, Monica also enjoys assisting people with their nutrition. Working primarily for the YMCA downtown when she has time to work with members one-on-one, Monica analyzes diets and plans nutrition guidelines. She also counsels students in her Pilates classes, as well as co-workers and their family members.

Short Axis Evolution Continuing from page 5



The drill progression now adds the breaststroke arms:

- Breast-fly with extended glide (breaststroke pull with dolphin kick)
 - High hands (keep hands near the surface)
 - One breaststroke arm pull with two dolphin kicks
 - Time second kick as "kick and glide" for three seconds...head down and relaxed
- Breaststroke with two breaststroke kicks
 - One arm pull and two kicks focusing on eyes down and streamline glide
- One-arm butterfly with dolphin kick
 - Right/Left arm only and the other stays at the "Y" in the lead position
 - Breathe forward NOT to the side
 - Focus on head-up/head-down timing with a quick breath
 - It is important to get the head back down BEFORE the hand hits the surface of the water! **(See Pic. #3)**
 - Kick-kick-glide....do not try to go too fast ...focus on slow, deliberate timing
- Dying butterfly with dolphin kick (full stroke)
 - Kick-kick-glide with a three-count glide...DO NOT HURRY!



And finally, the full stroke sequence:

- Three strokes of butterfly followed by three stroke of breaststroke (repeat)
- Two and Two
- One and One

By going through this drill progression for short axis strokes, the swimmer should be able to feel the similarity between butterfly and breaststroke and understand a bit of swimming history. Hopefully, it will also make swimming butterfly easier (while remaining fast) and will make breaststroke faster (while remaining relaxed).



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.

Colorado Gold Rush Meet

The Squids know how to put on an event! Check out the details below concerning the meet-social extravaganza set for the long weekend of Oct. 9–11

Friday, Oct. 9

Opening reception evening sponsored by Kentwood City Properties: 6–9 p.m. at Art House. Catered meal; pick up materials for weekend. Tours of Contemporary Art Museum next door.

Saturday, Oct. 10

Swim meet with diving: 8 a.m.–2 p.m. at Auraria Metropolitan College of Denver

Dinner/Awards Reception: Hamburger Mary's 6–10 p.m.

Dancing: 10 p.m.–2 a.m. at Dancing Tracks

Sunday, Oct. 11

Brunch: 10 a.m.–noon at Cheeseman Park pavilion

Hiking and Biking tours: noon–4 p.m.

Beer Bust: 4:30–8 p.m. at Wrangler

Dancing: 10 p.m.–2 a.m. at Vinyl

SWIM MEET

Short course yards rules will govern the meet. Awards for male and female high point as well as short and long pentathlon will be presented; the top three teams will be recognized.

Sponsors: Total Immersion and Kentwood Properties Inc.

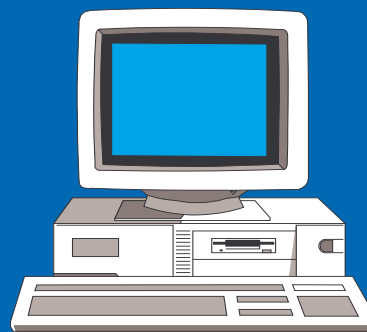
Order of Events

Women	Event	Men
1	200 Medley Relay	2
3	200 Freestyle	4
5	50 Breaststroke	6
7	200 IM	8
9	50 Freestyle	10
11	100 Butterfly	12
13	50 Backstroke	14
15	100 Freestyle	16
	Diving	
17	400 Freestyle Relay	18
19	100 IM	20
21	100 Backstroke	22
23	50 Butterfly	24
25	100 Breaststroke	26
27	500Free/400IM	28
29	200 Freestyle Relay	30

Please see www.squidsswimteam.org or www.comsa.org for more details and final plans

COMSA Tests On-Line Meet Registration System

Have you ever tried to enter a meet at the last minute and been frustrated by the rapidly approaching deadline? Have you then hand-delivered your meet entry at the last minute to the host pool? These frustrations are going to disappear with the new on-line meet registration system currently being tested by COMSA!



In addition to “time saver,” there are several other benefits to registering on-line:

1. Secure credit card transactions
2. Immediate confirmation of meet entry
3. Automatic look-up link to verify USMS registration numbers
4. Fewer clerical errors
5. Quick and easy communication with meet entrants via a built-in e-mail system

Club Assistant, the online entry provider for USMS National meets, is hosting the COMSA registration site. Mark Johnston of Swim Dogs is managing the meet entries and setting up each meet. The reviews for the first test, the LC Short & Sweet Meet this past July, were excellent. COMSA is testing the system through the end of 2009, so swimmers can expect to see more meets with on-line entries in the future. The next time you're ready to enter a meet, REGISTER ON-LINE and save yourself postage or a trip to the pool!

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

Upcoming Events:

- 3000/6000 Yard Pool Postal – Sept. 26
- 2nd Annual Bloom Again Sprint Pentathlon SCY Meet – Sept. 27
- Gold Rush Invitational SCY Meet – Oct. 10
- FAST SCM Meet – Oct. 11
- The 3rd Annual Nash Splash SCY Meet – Nov. 7
- DAC SCM Championship Meet – Dec. 11-12
- Visit www.comsa.org for more information