



Master Splash

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Check-Off Challenge Goes to the Dogs

Need a new challenge for the New Year? Why not sign up for the USMS 2010 Check Off Challenge, presented this year by Colorado's Swim Dogs!

Dana Johnston

If you haven't done the "Check Off Challenge" before, you won't want to miss the 2010 event. This year, the popular U.S. Masters Swimming program is sponsored by Colorado's own Swim Dogs. And coaches Dana and Mark Johnston have directed a ton of enthusiasm and creativity to make this year's event extra fun and special.

The annual event, which attracts fitness and competitive swimmers, is a self-directed goal program. Participants receive a cool T-shirt printed with 18 different swim events to complete during the year. The events can be swum at a meet or in practice during 2010. The idea is to finish some or all of the events and check them off as you go with a permanent marker.

Swim Dogs is the host of this year's Check-Off Challenge for U.S. Masters Swimming. "Swimming is a Family Sport" is a most appropriate tagline for the Swim Dogs team that encourages adults and children to train and compete together. Coached by husband and wife team, Mark and Dana Johnston, Swim Dogs is in its' third year and has seen phenomenal growth with over 200 members at last count. Dana says, "Its fun to see parents and their children doing the workouts together. Many age-group teams won't allow parents on the pool deck, but we tell them to get in the water and join their kids in swim practice. The swimmers, ranging in age from 6 to 60 are placed together by ability and they have a great time pacing and pushing each other in the pool."

The team's quirky cartoon dog graces this year's T-shirt directing "old dogs" to perform some "new tricks." The Swim Dog mascot, a plump canine wearing flowered

2010 USMS Check-Off Challenge 18 Swim Events Go To The Dogs



Swimming is a FAMILY Sport
www.swimdogs.net

Hosted by **Swim DOGS** of Denver, CO

trunks and a forlorn smile represents the independent (and sometimes reluctant) mature swimmer. According to Dana, "Masters are an independent sort and some will push themselves to finish every event while others will be quite happy completing a legal I.M. You can go for all 18 or select a just a few."

Coach Mark Johnston notes, "You are much more likely to reach your goals if they are written down. Here they are written down for you...right there on the back of your shirt. Now that you are wearing your goals, your motivation should be pretty high to complete them!"

*Check-Off Challenge Goes to the Dogs
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Welcome to the Winter Edition of **MasterSplash!**

Happy New Year 2010

COMSA would like to welcome you back to another year of new, fun and interesting challenges!

Our volunteers continued to follow their passions and dedicated lots of their free time working with meet directors, coaches and swimmers, putting on a variety of programs, and running the organization. It takes 14 volunteers to service the 2,200 members in Colorado and Wyoming, and I'd like to thank them for all they accomplished in 2010.

National Events in Colorado

This year two USMS National events will be hosted by COMSA members: the 2010 3-6 Mile Open Water National Championship in June 19 and the 2010 Check-Off Challenge all year. Please support our local event directors and be sure to sign up for both events. Volunteers for boats, kayaks and event check-in will be needed to help with the Open Water event in June. Details will be posted at www.COMSA.org.

Nominations

Inside this newsletter you will find the information to submit nominations for the Lt. Governors cup and the Coach of the Year. If you feel someone has done an exceptional job supporting COMSA or your team, please submit your nominations. Awards will be presented at the State Meet in April. It is also time to elect our officers. Anyone who would like to become a COMSA officer should contact Heather Hagadorn at heatherlh@msn.com. Officer positions, with terms of two years, are: Chair, Vice Chair, Secretary, Treasurer and Registrar.

Team Representative Meeting

What do you want from your COMSA membership? Clinics? More open water events? Every January we like to welcome members from all teams and workout groups to talk about their teams, events they are sponsoring, and to find out what they would like to get from their COMSA membership. It is also a great



opportunity to find out what is planned for the upcoming year. Anyone is welcome to attend. Please feel free to join us right after the meet on Saturday, January 9 at Englewood High School — watch for details about specific location and time. Freebees, food and drinks will be provided.

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.

2009 Postal Recap

From Nicole Vanderpoel, Long Distance Pools Chairperson: I would first like to thank COMSA for supporting the National Postal Series and providing us with pools in which we can swim as a group! Second, I would like to thank ALL the 2009 Colorado Masters Postal Participants for challenging yourselves by swimming in a National Postal Championship! This includes those swimmers who are unable to participate in the COMSA sponsored swims, but completed the swims on their own. You have all helped put us on the National Postal map!

2010 One Hour National Postal Championship

The time has finally come — the first of five National Postal Championship Swims, the ONE HOUR POSTAL, is coming up! This is a HUGE opportunity for swimmers, not only to get a great workout, but to also participate in the National Postal Championship Series. (Please see the inset box for more information on the Series).

Let's show the rest of the country how we go Postal for an hour at high altitude! Last year, 26 swimmers represented Colorado Masters Swimming (CMS) in the One Hour Postal. This was quite an impressive number. However, we can do better. Masters coaches and swimmers, please encourage your teammates to participate in the One Hour Postal — the only way to improve our ranking is to participate!

COMSA is sponsoring the ONE HOUR POSTAL SWIM at Northridge Rec Center on Sunday, January 10 at 7 a.m. The only fee required is a \$7 entry fee (check payable to TAM, Tamalpais Aquatic Masters.) Event t-shirts are optional (\$17). In addition, please bring a current copy of your 2010 USMS registration card, a stop watch, a person to help count for you and a smile! You will leave with a great sense of accomplishment, a really cool "Colorado Goes Postal" cap, a complimentary snack, and last but not least, a smile! Clipboards, splits sheets and entry forms are provided. Only two swimmers per lane, however, so please e-mail me at nicolevanderpoel@msn.com to reserve your lane. We will run as many heats as necessary to complete the swims!

Because TAM is sponsoring this year's One Hour Postal Swim, you can also enter your split to the "TAM 1650." This is an added participation bonus to the One Hour Postal! Every year, TAM sponsors a pool 1650 in honor of John Steiner (very well respected USMS swimmer and former TAM Teammate). More information can be found on the 2010 One Hour Postal Entry form at <http://www.tammasters.org/HourSwimEntry/>. So much opportunity if you just reach out and grab it!

We can go Postal like never before. Challenge yourself and a teammate to help us increase our One Hour Postal Participation in 2010!



USMS National Postal Championship Series... Refresher Course

This is an ideal time to give all Masters (distance and sprinters) a "refresher" course on the USMS National Postal Championship Series and some statistics on Colorado and Wyoming's growing participation! USMS holds five Long Distance Postal Championships a year. The One Hour in January, the 5K & 10K LCM from May 15-Sept. 15, and the 3,000 & 6,000 SCY from Sept. 15-Nov. 15. Swimmers who complete all five Championships in the same year receive a participation patch to honor their achievement. In addition, Colorado and Wyoming participants receive a really cool "Colorado Goes Postal" swim cap every time they complete a Postal Swim! We are looking forward to the 2009 Postal results to see how CMS compares! So far, all of the postal swimmers at the COMSA-sponsored events have been from Colorado Masters Swimming (CMS).

For now, let's look at our progress over the past three years. In 2006, 25 (13 women and 12 men) swimmers (of the 45,000+USMS members) completed all five Postals. Of those 25, one lone swimmer represented CMS. In 2007, 55 USMS participants (25 women, 30 men) completed all five Postals. Of those 55, three were CMS. In 2008, 46 (29 women and 17 men) swimmers completed all five Postals. Of those 46, 5 were CMS. But in 2009, CMS represented almost 10% USMS Postal Series participants in the country! Way to go Postal! Isn't it time to challenge yourself and your teammates and show how Colorado and Wyoming can go Postal in 2010 like never before? If you participated in one Postal this year, why not try for all five! Make it a personal goal. You can find a previous year's results on the USMS website under Long Distance Pool Competitions. There are also pace charts available which make your Postal Swims more interesting by helping you set a goal time and seeing what it will take to achieve that time!

Sour Cherry Juice

Is it the new “wonder” drink for athletes?

When it comes to nutritional supplements, there always seems to be some new product that claims to make its users “better, stronger and faster.” The history of supplements is littered with products said to enhance our performance that didn’t live up to their hype. As such, it can be difficult for an athlete to sift through all of the advertising propaganda, and to find a product that really works without side effects.

Tart cherry juice is the latest of these “wonder” products. The juice of the Montmorency cherry, a plant native to parts of Europe and Asia, is currently being studied as a product that can do everything from inhibiting swelling and providing pain relief for arthritis patients, to reducing factors associated with heart disease and diabetes, as well as being a powerful recovery aide for all different types of athletes.

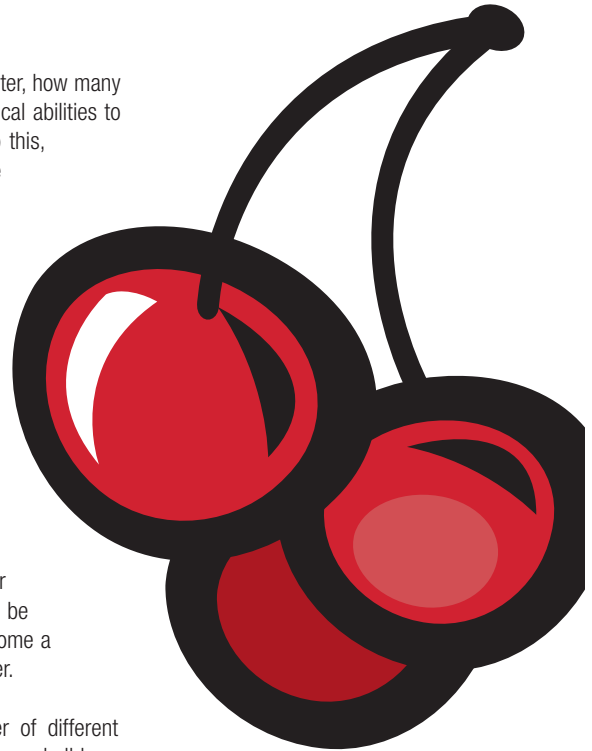
Montmorency cherries have high levels of a certain type of antioxidant compound known as anthocyanins, which are commonly found (although in lower levels) in other fruit, such as regular cherries, pomegranate and cranberries. These types of antioxidants are known to inhibit certain types of enzymes known as cyclooxygenase. Because Montmorency cherry juice inhibits these enzymes, it is able to function in much the same way as ibuprofen or aspirin, relieving swelling and pain.

In athletic-oriented experiments with the extract of the Montmorency cherry, performed by institutes such as the British Journal of Sports Medicine, the Oregon Health and Science University in Portland, and the University of Maryland, athletes who drank sour cherry juice before and after working out reported up to 65% less pain than athletes who used a placebo, and were found to have up to 50% fewer inflammation causing compounds in their blood.

The implications of this on the sport of swimming are potentially huge. In your quest as a swimmer

to become better, stronger and faster, how many times have you pushed your physical abilities to their very limitation? When we do this, we often times are able to become better, stronger and faster, but it comes at a price, and as we grow older, that price is increasingly paid in post workout pain and fatigue, leading to longer recovery times. This can make attaining goals more difficult. If a natural product such as tart cherry juice was found to shorten workout pain and fatigue, it could mean quicker recovery times between workouts, and higher workout intensity levels. This could be a huge boost in your quest to become a better, stronger and faster swimmer.

While there have been a number of different studies of the Montmorency cherry, and all have show at least to some extent that it has the potential to improve athletic performance, studies are still in the beginning stages. Because tart cherry juice is a natural product that has been used for hundreds of years, there is little danger in experimenting with it as a supplement to your diet. It is important to remember that if you decide to use this product, it is often times sold in extract form, which means that one “dose” can contain as much as three servings of fruit, and that you want to alter your diet accordingly. It is also of course always a good idea to talk to a doctor before using any sort of nutritional supplement.



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.

Drill Work to Improve Efficiency and *Speed in the Water*

USAT and ASCA certified coach Pete Alfino shares a variety of easy-to-learn freestyle drills to help triathletes improve their stroke in time for summer races

Pete Alfino

If you want to improve your swim speed there is nothing more important than incorporating drill work into your swim sets. Swimming faster is based on your ability to swim more efficiently. Just like cycling, becoming more aerodynamic in the water will allow you to move through the water utilizing less energy. Unlike cycling, you can't buy aerodynamics in the water. You need to develop the skills which will allow you to have more energy in reserve once you exit the water.

The following drills were designed to work on swimming mainly on the sides, fluid transitions from side to side, high elbow/low hand recovery, improve distance per stroke, long body position and Front Quadrant Swimming. Master each drill before progressing to the next step.

The use of fins and a swim snorkel (Swimmers Snorkel by Finis) will aide you in mastering the drills. Think of your fins and snorkel as training wheels on a bike. Begin each drill using your aides. Once you have mastered the drill, remove the aides until you are able to complete the drill easily with no equipment.

When incorporating these drills, focus on the following:

- Proper Body Position
- Breath Control
- Repetition
- Work on efficiency over speed.
- Progress at your own pace.
- Stay aerobic for all efforts
- Rest 20-30 seconds between each drill.
- Drill for 25 yards and swim 25 freestyle

Balance Drills: The following drills are designed to improve your balance in the water. The drills are designed to develop proper body alignment (feet, hip & head) and decrease drag. Aerodynamics (streamlined) in the water is far more important than on the bike.

Superman

With arms by your side, looking straight down at the bottom of the pool. Kick 6-8 times, exhale in the water and lift your head forward (not to the side) to breathe. Place your head back into the water and bring your hips and legs back to the surface. Concentrate on leaning on the front of the water. Proper head alignment is a key to this drill. Too forward (looking too far ahead) of a head position will drop the hips and feet causing drag. Only a small portion of your head should be out of the water. If this drill is too difficult, use your snorkel and fins. Before progressing you should be able to master this drill with no equipment.

Belly to the Wall

On your side with your bottom arm extended forward, your top arm placed on your hip, cheek against your bicep looking straight down kick once length of the pool. Return with your opposite arm forward. Keep your chest pressed into the water and push your hip into your top hand. Critical Point: Do not progress into the following rotation drills until you have mastered the Superman and Belly to the Wall drills.

Rotation drills/Balance in the water: The following drills are designed to work on rotation and proper balance/alignment

Corpse Drill

Push off with your arms down by your side, looking straight down at the bottom of the pool and concentrating on staying long in the water. Complete 6-8 kicks on your front then rotate onto your side. Initiate the rotation with the top hip and using the core. The hip and shoulder rotate together not separately. After 6-8 kicks rotate back to your front, then back to your side. Breathing is an extension of the roll not a separate movement. After mastering the corpse drill you should incorporate the arm stroke into your rotation.

Belly to the Wall with Stroke

Begin as you would for the Belly to the Wall drill. Kick six times then initiate the recovery portion of the stroke by bringing the top hand over head (as if you are reaching over a ball). Once your hand has passed your ear begin your stroke while you rotate to your opposite side. You should feel the connection through the core between the lead hand and the top hip.

The Catch (Front Quadrant Swimming)/Finish Phase: The stroking hand stays up front and does not begin the stroke until the recovery hand is past your head.

Hold the Stick: Improves front quadrant swimming.

Using an 8-10 inch 3/4 inch doll rod (simple to make on your own), push off from the wall with both hands on the stick directly in front of you. Keeping the stick in directly front of you and towards the surface, release one hand and complete a full freestyle stroke (thumb to thigh). After grabbing the stick repeat with the other hand. Be aware of proper body positioning, rotation and completing a full stroke (thumb to thigh).

Fists: Swimming without your hands improves the surface area that catches and moves water thus improving power.

Place your thumbs inside the palms of your hands and wrap your fingers around your thumb. The drill is fairly self-explanatory. Swim freestyle but concentrate on turning the knuckles to the bottom of the pool and keeping the elbow above the hand. Pull with the forearm not the hand. Remember to keep your lead hand up front prior until your recovery hand is past your head.

Thumb to Thigh to Shoulder: Promotes full arm stroke and high elbow recovery

As you complete your stroke scrape your thumb

*Drill Work to Improve Efficiency and Speed in the Water
Continues on page 6*

Backstroke Body Rotation

SwimLabs expert Jonathan Cain explains why rotation is a crucial element to a powerful backstroke

Jonathan Cain

One of the most important aspects of backstroke technique is body rotation. Used correctly, body rotation can allow you to engage your core in your stroke, which will allow you to generate more leverage and power as you swim.

When swimming backstroke, you should almost never find yourself in a flat (chest up, back down) position in the water. Instead, you should find yourself rotating from side to side, as your arms alternate between pulling and recovery.

Backstroke, along with freestyle, is known as a long axis stroke. This basically means that as we swim, our body rotates along the line of our spine. This rotation is just a function of how our bodies are built: if I push my left side forward, my right side has no choice to move backwards, and vice versa.

One of the best ways to add power to your backstroke is by controlling this natural rotation with the core of your body. By doing this, you will be able to dynamically move your body through this rotation, which will generate forward momentum in your stroke.

Learning how to do this isn't so much about a drill per se, but about experimentation. Try this: When you are in the pool, float on your back, and lock your head into position, eyes looking up. Without using your legs OR your arms, engage your core, and use your hips to QUICKLY push your body into a rotated position. Once you find that position, engage your core again, and use your hips to push yourself onto your other side. If you do this properly, you should find that your rotation causes you to move forward.

After you get this movement down, the next step is figuring out how to time your hips to your stroke. Still without kicking, attempt to do exactly the same thing — engage your core, and move your hip first to rotate your body onto its left side. As your hips begin to move, you will feel your

shoulder rise. As it does, allow your arm to go through its recovery phase and reenter the water. Once your arm has entered the water, extend your arm forward to complete the rotation. You should find yourself balanced with your left arm extended forward and your body balanced on your left side. As you begin to pull your arm into the active phase of the stroke, repeat the process on your right side of your body.

When you begin linking strokes together, you want to begin timing your rotation so that you always engage your core first, and begin moving your hip upwards slightly before your hand and arm enter the recovery phase of the stroke. The rotation should complete just after your hand enters into the water and extends forward.

The key to both of these “experiments” is to make sure that when you rotate, you use the core of your body, and to make sure that you move quickly and dynamically from side to side. Experiment with this “core” rotation, and you will find that you have a much more powerful backstroke.

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 www.swimlabs.com in Highlands Ranch. He swam for George Washington High School, and then for Ripon College in Wisconsin where he broke several team records.



Example of excellent back rotation form



Drill Work to Improve Efficiency and Speed in the Water

Continuing from page 5

gently along your thigh (not your hip). During your arm recovery tap your shoulder prior to re entry. Repeat on both sides placing emphases on pausing up front. Lead hand does not begin pulling until hand is past your head) before beginning your next stroke.

Matt Beck, Director of Highlands Ranch Aquatics and a six-time All American swimmer from the University of Texas states, “It takes a lot of repetitions to make improvements in your stroke efficiencies. You should begin slowly but eventually improve your pacing while maintaining proper form. Your goal should be to reduce your stroke count as you improve your speed. Determining stroke rate, speed and effort when you begin will allow you to gauge progress.”

Pete Alfino, Founder of Mile High Multisport (WWW.milehighmultisport.com) is a four-time Ironman finisher, certified USAT and ASCA coach. He also runs the open water swimming program at Grant Ranch in the summer.

2010 COMSA Short Course Swimming Championships

April 9–11, 2010

USMS Sanction: Pending

COMSA and the University of Denver invite you to the 2010 COMSA Masters Short Course Swimming Championships, held at the University of Denver's El Pomar Natatorium. The pool is 25 yards by 50 meters, and will be set up with 10 short course yards competition lanes. A Colorado Electronic Timing System with backup timing and scoreboard readout will be used. Bleacher seating is available for up to 375 people, with additional on-deck seating available. We recommend bringing your own chairs if you plan to make use of on-deck seating.

Eligibility

This is a USMS sanctioned meet. Swimmers must be at least 18 years of age. A valid 2010 United States Masters Swimming (USMS) membership is required to compete, and must be furnished with the entry. Online USMS registration is available at <http://www.comsa.org/joining/join-online.html>. Contact the COMSA registrar at marcia.anziano@gmail.com with questions.

Rules

All 2010 USMS Rules apply, including a NO FALSE START RULE, and whistle alerts announcing the start of each race. No paddles, kick boards or pull buoys are allowed during warm-ups.

Entries and Fees

\$12 surcharge per swimmer
\$4 per individual event (max of 5 events per day)
\$25 late fee (if received after entry deadline)

No charge for relays

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

Make checks payable to: University of Denver

Deadlines

Entry Cards & Fees are DUE IN HAND **Monday, March 29, 2010, at 5 p.m.** Late entries will be accepted after the entry deadline until **Friday, April 5 at noon**, and must include a **\$25** late fee. LATE ENTRIES THAT DO NOT INCLUDE THE LATE FEE WILL BE REJECTED. Late entries being charged to a credit card will have the late fee automatically applied. Late entrants will be eligible for individual placing and points earned, but are not guaranteed a participation award.

Preferred method for receiving entries is online at www.comsa.org

Mail or Deliver Entries to:

Recreation at the Ritchie Center
COMSA State Meet Entry
2201 East Asbury Ave., Denver, CO 80208
Attn: Carin Orr

No entry verification will be made via telephone.

Event Seeding

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

Meet Check-in and Positive Check-in

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

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

Friday's Events:

1000 Free Positive Check-In closes at 12:30 p.m.
1650 Free Positive Check-In closes at 2:15 p.m.
Saturday & Sunday: Positive Check-In closes at 8 a.m.

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

Age Groups and Relays

Age for the meet is determined as of April 11, 2010.

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

Relay Events: 18+, 25+, 35+, 45+, etc. 10-year increments as high as necessary determined by age of youngest relay member. Relay cards will be available on deck, and will be accepted each day according to deadlines announced at the meet. All relay members must be USMS members and be individually registered for the meet (\$12 fee for relay-only swimmers).

Scoring

Swimmers may enter up to 5 individual events per day; 12 maximum for the meet, plus relays. If more than 5 events are entered on any day, the meet host reserves the right to eliminate any of the additional events over 5.

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

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

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

Participation Awards/T-Shirts

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

Heat Sheets and Results

Each participant receives one heat sheet at meet check-in as supplies last. Additional heat sheets are \$3. Results will be available on the COMSA web-site at www.comsa.org.

Brute Squad Award

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

Sprint Squad Award

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

The Jack Buchanan Award

This award is presented during the opening ceremony on Saturday to the male and female swimmer who has made major contributions to Masters Swimming. Nomination forms are available at www.comsa.org

The Lou Parker Award

This award is presented during the opening ceremony on Saturday to the outstanding COMSA Coach of the Year. Recipients must be current USMS members. Nomination forms are available at www.comsa.org

Individual Awards

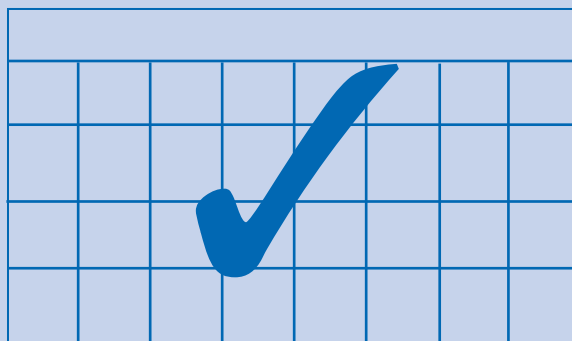
The top 6 swimmers in each individual event will receive a ribbon. No awards for relays.

An individual high-point award will be given to the highest scoring swimmer, male and female, in each age group.

Entry Confirmations

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

Ready, Get Set, Mark Your Calendar:



2010 Check Off Challenge, January 1

- 9th Annual Mile High Masters Invitational Saturday, January 9
- One Hour Postal Swim, Sunday January 10
- 31st Annual Loveland Masters Sweetheart Meet, Saturday, February 27
- "State Meet", April 9–11

Annual COMSA Awards

Do you think your coach is the best ever? Do you want to recognize a swimmer for their devotion to masters swimming? Then thank them in public at the State meet! The Jack Buchanan Award honors a male and female swimmer for their major contributions to Masters Swimming. The Lou Parker Award is presented to the outstanding Colorado Coach of the Year.

Criteria for Nomination

Jack Buchanan COMSA Service Award

One male and one female are chosen by a committee of past recipients
 Nominees must be members of COMSA
 Selection is based on contribution to Masters Swimming and COMSA, not swim skill

COMSA Coach of the Year

Nominee must be a member of COMSA
 Nominee must have been a participant for at least one year
 Selection is based on contributions made to the team with respect to camaraderie, technical advice, motivation and support of team members

The strength of the letters is considered along with the size of the team. Nominations are due by Friday, March 19. Forms are available at www.comsa.org. Send them to Chris Nolte at Chris_nolte@comcast.net or 9849 S. Concord Ct., Highlands Ranch, CO 80130.

2010 COMSA Masters Short Course Championships - Registration Form

Last Name _____ email: _____

First Name _____ Phone (_____) _____ - _____

T-Shirts

Size (check one): S M L XL XXL XXXL

Sprint Squad (Must complete all Sprint Squad events)

Brute Squad (Must complete all Brute Squad events)

Meet T-Shirt (\$15 in addition to meet entry fee)

Meet Entry Check-List (Be sure to include EACH item; entries will be rejected if incomplete)

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

Signed Meet Registration Form (this page)

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

Copy of Valid 2010 USMS Membership Card (Register Online @ <http://www.comsa.org/joining/index.html>)

Easiest/Preferred method: Enter online at www.comsa.org

Meet Schedule

Friday, April 9, 2010

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

Event# (seeded fast to slow)

1 1000 Freestyle (mixed)

2 1650 Freestyle (mixed)

Saturday, April 10, 2010

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

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

WOMEN

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

MEN

4		Signature _____
6		Date _____/_____/_____
8		Signing waiver is payment authorization for entrants
10		paying by credit card. Online method is preferred: www.comsa.org
12		Credit Card Payment
14		Visa MasterCard Amex Discover
		_____ - _____ - _____
16		Expiration Date _____/_____/_____
18		Name on Card: _____

WOMEN

27	500 Free	
	30 Min Break/Warm-up	
29	200 Mixed Medley Relay	
31	50 Breast	32
33	200 Fly	34
35	100 Back	36
37	200 IM	38
39	800 Free Relay*	40
	(or 10 min break)	
41	100 Free	42
43	200 Breast	44
45	50 Fly	46
47	200 Free Relay	48

MEN

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

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

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

\$12 Surcharge / Swimmer	\$12
\$ 4 per Individual	Event #___ \$___
\$25 late fee	\$___
\$15 Meet T-Shirt (select size above)	\$___
	Total \$___

(Check is payable to University of Denver)

Sunday, April 11, 2010

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

Convention Update

Doug Garcia keeps us up to date on the key points of this year's convention

Every September approximately 250 people from all over the country gather in one location to conduct the business of United States Masters Swimming (USMS) as part of the United States Aquatics Sports (USAS) convention.

With the exception of a small national office staff, all of these people are volunteers. This past September, ten people from COMSA traveled to Chicago to represent our local masters swimming committee (LMSC) at these meetings. In attendance were: Heather Hagadorn, Kim Crouch, Will Amos, Mark Johnston, Rebecca Friedlander, Susan Nolte, Peggy Buchannen, Marcia Anziano, Richard Hess and Doug Garcia.

Awards

Long time COMSA member Marcia Anziano was presented with the **2009 Dorothy Donnelly Award**. The award is presented annually and goes to volunteers who give their time, talent and expertise to all phases of the United States Masters Swimming program.

In recognizing Anziano nominators noted her as being an ultra-active volunteer for COMSA, having chaired several local committees and being elected to almost all COMSA positions at one time or another. She has also been elected Breadbasket Zone representative. Marcia is currently a member of the USMS Legislation Committee and is the Chair of the USMS Fitness Committee.

As the coaches and fitness chairs for COMSA, Marcia brought over 10 clinics to COMSA. She has been presented with the COMSA Service award twice (2003 and 2007). One of the new programs she helped bring to COMSA is the Open Water workout agreement with a local lake. Marcia's tireless dedication to masters swimming at the local, regional and national level is unequalled. She's a great volunteer and has more than earned this recognition.

The **Newsletter of the Year** award was presented to Mountain View Masters Swim and Social Club. The COMSA newsletter *Master Splash* was noted as a runner up for this award. It was announced that the newsletter of the year will no longer be presented as an award because other technologies are becoming an appropriate substitution for printed newsletters.



Elections

The entire executive committee was up for election in September, positions included: president, four vice presidents, secretary and treasurer. The newly elected officers are: President: Jeff Moxie, Southern Pacific; Vice Presidents: Nadine Day, Illinois; Ed Tsuzuki, New Jersey; David Diehl, Delaware Valley; Michael Heather, Southern Pacific; Treasurer: Ralph Davis, Michigan; and Secretary: C.J. Rushman, Kentucky. Only two of the vice president positions were contested elections. The vice president of member services with four candidates went into three run offs before the final outcome was determined.

Legislation

Five standing committees were eliminated including zone, communications, marketing, publications management and international. A professional staff is taking over most of the responsibilities for each of these committees that were previously run by volunteers. Two new committees were formed: LMSC Development and Open Water (certain tasks will be splitting from Long distance).

In other legislation, the House of Delegates continued to discuss the concept of clubs and workout groups and how they fit into the overall structure of the organization.

Rules

Even though this was not a year in which USMS rules were to be considered, the House of Delegates discussed the issue of technologically advanced swimsuits. Factoring into the suit decision is the rules as set forth by FINA as well as what USA Swimming will be doing. Though a fair amount of time was used to discuss this very timely and sensitive issue, the house left the issue somewhat open waiting on the decisions of FINA.

Championships

The two national pool championship locations were selected and announced for 2011 championships: Short Course Yards Championships will be in Mesa, Arizona; Long Course Meters Championships will be in Auburn, Alabama.



Long Distance Championships announced include: 25K: Noblesville, Indiana; >6 Mile: Fort Myers, Florida; 3-6 Mile: Coney Island, New York, 1 Mile: Central Oregon Masters; 2 mile Cable: Lake Placid, New York; 1-3 Mile: Madison, Wisconsin; One Hour Postal: Tualatin Hills, Oregon; 5-10K: YMCA Indy SwimFit; 3000-6000: Chicago Smelts

Have you registered for USMS yet?

If not, this will be your last newsletter...so don't miss out and register online now at www.comsa.org (select Joining & Membership)

9th Annual Mile High Masters Invitational

Saturday, January 9th, 2010

Meet Information

Sanctioned by USMS –

- FACILITY** Englewood High School
3800 S. Logan St.
Englewood CO 80110
1-25 to Hampden, West on Hampden to Logan, Logan South to Lehigh. East on Lehigh to pool area.
An 8-Lane, 25-Yard competition pool Colorado Timing Systems touchpads, scoreboard. Lane 8 may be used for warm/up down.
- TIMES** Saturday, January 9th, 2010 8AM Warm-Up - 9AM Start
- AGE GROUPS** 18-24, 25-29, 30-34, 35-39, 40-44,.....100+ No awards at this meet.
- ELIGIBILITY** Only current USMS registered members with a USMS 2010 Registration Card.
- ENTRIES** USMS athletes submit on-line
https://www.clubassistant.com/club/meet_information.cfm?c=1279&mid=1892&test_mode=1
or by using the Consolidated Entry Form
(<http://www.comsa.org/forms/ConsEntry.pdf>); or the attached form.
- Entry forms accompanied by entry fees and a copy of your USMS card, are DUE by Sunday, January 3rd, at 5:00PM.
- Send entries to:
Matt Beck / HRA E-mail (Preferred) – texbeck25@aol.com
8801 S. Broadway
Highlands Ranch, CO 80126
Phone – (720) 341-6920
- Flat Fee of \$25.00 for up to 5 events**
Make Checks payable to HRA Masters
- RULES** Rules to be enforced per the 2009/2010 USMS Rule Book

Events and Event Numbers

<u>Women</u>	<u>Men</u>	<u>Event</u>	
1	2	500 Free*	(10-15 Min. break after last heat of event 2)
3	4	50 Butterfly	
5	6	100 Backstroke	
7	8	200 Breaststroke	
9	10	50 Freestyle	
11	12	100 Butterfly	
13	14	200 Backstroke	
15	16	200 Ind. Medley	
17	18	50 Breaststroke	
19	20	100 Freestyle	
21	22	200 Butterfly	
23	24	50 Backstroke	
25	26	100 Breaststroke	
27	28	200 Freestyle	
29	30	100 Ind. Medley	

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

Master Splash Swim Briefs

News from the pools of Colorado

Notes from the Lanes

Judy Laney and her sister, Kathy Garnier (who is also your COMSA secretary) attended a fundraiser gala for ASU, where Judy's son Max swims, on October 24 of last year. Judy notes that the event was "about supporting college athletics because not everyone goes to the Olympics." Amy van Dyken, who is a radio talk show host in Phoenix, was the mistress of ceremony. ...With **Rich LeDuc** at the helm, the **2nd Annual Bloom Again Pentathlon Dual Sanction meet**, held on Sept. 27 at Manual High School, was a success. Out of approximately 120 participants, there were 15 Masters swimmers. Nearly \$2,000 was raised to help the Molly Bloom Foundation. This was yet another opportunity for young and old swimmers alike to participate, side by side, to raise money for a worthy cause and to celebrate our mutual passion for the sport of swimming. We are already looking forward to the 3rd Annual Bloom Again Pentathlon Dual Sanction meet! Thank you to all of the Masters and USA swimmers who registered for the meet as well as those who helped Rich make the 2nd Annual Bloom Again Pentathlon an ongoing success! ...**Jeff Magouirk** and three of his friends are have been training to swim from Catalina Island to the coast of California next summer.

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.



Judy, her sister Kathy, and Amy Van Dyken

2010 Short Course Nationals Relays, T-Shirts & Social

It may be winter right now, but short course nationals (held in Atlanta this May) are just around the calendar corner! Ellen Campbell has volunteered to serve as relay coordinator for this meet. If you would like you swim on a relay in Atlanta, please email her (coloradotriclub@comcast.net) the following information: name, age, days available for relays and your split times for 50 free, back, breast and fly.

T-shirt orders will be taken late at the end of March so team shirts can be handed out at the State Meet in April. Please note that this is a change from previous years! Check the website at www.comsa.org to preview this year's design and to read about order information. Finally, this year's Short Course National CMS team social will be held in Atlanta on Thursday, May 20. Details will be made available as we approach the event.

Check-Off Challenge Goes to the Dogs Continuing from cover

Registering for the event costs \$18 and includes the 4-color T-shirt and a dog tag. Items and ordering information for the 2010 Check-Off Challenge is available online at www.comsa.org and www.usms.org, as well as in *Swimmer* magazine. Mark and Dana anticipate the first wave of goods to be shipped to registrants in early February. But don't worry if you haven't signed up yet — registration for the annual Check Off Challenge is rolling, so swimmers can register at any time during 2010. You just need to plan for enough time to complete all of the events!

Finally, Coach Mark also knows that Check Off Challenges have all the right elements to make a great team event. So, to encourage team participation, Dana and Mark are offering additional bonus items, including swim caps and other US Masters Swimming goodies, to Masters coaches who place an order for their team.



Founded in 2008, Swim Dogs, www.SwimDogs.net is a non-profit US Masters and USA Swimming swim team coached by Mark and Dana Johnston in Denver,

Colorado. The husband and wife team are winners of the 2009 Coaches of the Year for COMSA and the 2008 ASCA Doc Councilsman Award for Creative Coaching. Mark is the Coaches Chair for COMSA.



Quest for the Channel

COMSA's treasurer recaps a summer adventure: tackling the Channel

Susan Nolte

It all began when Kathy Garnier was talking about her "bucket list." Yes, we all wanted to swim across the English Channel, and if we banded together as one team, then this crossing would be obtainable. Thus, the Colorado Swim Dogs relay team of Marcia Anziano, Kathy Garnier, Mark Johnston, Chris Nolte, Susan Nolte and Nicole Vanderpoel was formed.

Chris booked the boat and sent in the deposit, a year and a half in advance. Marcia found us places to stay. We knew we needed to try the cold water as a team, so Mark arranged for most of the team to swim across Lake Tahoe as a relay in July 2008. This swim went very well, with a second place finish in our division. Great swim yes, but the water in Lake Tahoe was not very cold — only 66 degrees — so we knew that we needed to find much colder water if we were to be ready for Channel temperatures.

So when the winter of 2009 was over, it was off to Cherry Creek in April (50 degrees) and Chatfield in early May (56 degrees). But both of these waters warmed as summer approached, so we then headed to Wellington Lake, Green Mountain Reservoir and Turquoise Lake in search of cooler water temperatures.

We camped and swam in the dark, with our fluorescent green lights attached to our goggles, so we would be extra prepared. Seasickness was also a worry. We ate ginger cookies to ward this off, and bought sea sickness medicine just in case. We were ready!

We all boarded our flights and headed to Dover, England. The Monday morning we arrived, we excitedly dropped off our bags, put on our suits, and headed to the harbor to swim. We all picked the day we thought we would swim and wondered when we would get the call to head out. We called Eddy, our boat captain, and he thought we would go by the weekend.



(l.) On the beach waiting for the wind to calm down. (r.) Testing the waters.

Yes, we all thought, "we are going to swim!" Each day we swam once or twice in the harbor. Saturday came, but the weather news was not good enough to attempt a crossing. There was still a slight chance, for a swim on Monday, but on Monday, we knew it was over unless we stayed well past our window.

Ultimately, the weather won. The boat pilots won't take out swimmers in 10 foot waves and 35 mile an hour or more winds! The journey was wonderful and the swim may have been anti-climatic if we had swum, but for some of us, the journey has just begun, and we will try again.

Susan Nolte has been a Masters swimmer since 1984 and the COMSA treasurer since 1993. Her open water swims include a Maui Channel Relay swim, four Lake Tahoe Relay swims, and many Lake Donner crossings. She and her husband Chris compete at the USMS Short Course Nationals almost every year.

Have you visited www.Comsa.org?

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



31st Annual Loveland Masters Sweetheart Swim Meet

Sanction number pending

Where: Mountain View Aquatic Center
3560 Mountain Lion Drive
Loveland, Colorado

When: Saturday February 27, 2010
Warm-ups start at 8:30 AM
Meet starts at 9:30 AM

Pool Directions: I-25 to Loveland. Exit HWY 34 West. Turn left (south) on to Boyd Lake Drive and then right (west) on to Mountain Lion Drive. Turn left into the Mountain View High School parking lot. The swimming facility is located at the south end of the parking lot.

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

Scott Allen • 1557 Lake Drive • Loveland, Co 80538

Advanced entries must be received by Thursday February 25, 2010. All participants must show proof of current USMS card. **All participants must sign a USMS Liability Release at meet check-in**

Entry Fees: \$3.00 Pool Surcharge (one-time, not per event)
\$4.00 per individual event – Advanced entry (received by Feb. 25, 2010)
\$6.00 per individual event – Meet day entry (closes at 8:30)

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

Age Groups: Standard USMS age groups apply (18-24, 25-29, 30-34....)

Contact: Scott Allen • Cell: (970) 430-9595 • email: lovelandsweetheartmeet@yahoo.com

31st Annual Sweetheart Meet Entry Form

Name: _____ Age: _____

USMS# _____ (please include a photo copy with entry) Gender: M F

Address: _____

Phone#: _____ Email: _____

Event#		Description	Seed Time	Event#		Description	Seed Time
Women	Men			Women	men		
1	2	100 Ind. Medley		15	16	200 Ind. Medley	
3	4	200 Freestyle		17	18	50 Freestyle	
5	6	100 Breaststroke		19	20	100 Butterfly	
7	8	50 Backstroke		21	22	100Backstroke	
9	10	50 Butterfly		23	24	50 Breaststroke	
11	12	100 Freestyle		25 *	26*	200 Backstroke	
13		Fun relay	Deck entry	27 *	28*	200 Breaststroke	
				29 *	30*	200 Butterfly	
Events #25-30 may be swum in combined heats at the discretion of the meet director in order to manage timeline. Women and Men will swim in separate heats.				27	Cash	Deck entry	
					Relay		

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

COLORADO LOCAL MASTERS SWIMMING COMMITTEE — CONSOLIDATED ENTRY CARD

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

USMS # _____ Birthdate ____/____/____ Phone (____) _____

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

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

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

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

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

Please Sign AND Date: _____

Street Address: _____

City, State, Zip: _____

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

Colorado Masters Swimming Association:

Friends, Fitness, Competition!

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

Visit us on the web!

www.comsa.org

Newsletter Survey

Mail to: COMSA Survey • PO Box 102167 • Denver, CO 80250-2167
Or email a scanned copy to: COMSABoard@hotmail.com

1. Size: Which would you prefer?

- Longer newsletter 4 times per year
(same frequency as today, with more content)
- Shorter newsletter 6 times per year
- It's perfect the way it is
- I don't need a newsletter

2. What is your favorite part about the newsletter?

- Everything!
- Meet entry forms
- Swim Technique Articles
- Personal Interest Articles
- Health Articles
- Event recaps (meets, adventure swims, etc)
- Other _____

3. Should we eliminate any of our regular features?

- I love it; don't change anything!
- Meet entry forms
- Swim Technique Articles
- Personal Interest Articles
- Health Articles

Event recaps (meets, adventure swims, etc)

Other _____

4. What would you like to see more of?

5. Do you currently read the online version of the newsletter
(<http://www.comsa.org/newsletter/index.html>) ?

- Yes
- No
- I didn't know it was available online, but now that I know, I'd rather go there and save a tree!

6. Would you still read the newsletter if it is only available online?

- Yes
- No
- Neither; I prefer to receive the newsletter in email format (similar in format to the emails U.S. Masters Swimming sends to its members)

Survey responses will be accepted through Midnight, Jan. 22, 2010. Thank you for taking time to respond to us! Survey results will be available at www.comsa.org in early Feb.