



Inside This Issue

- Notes from the Chair . . . 2
- Training & Technique . . . 3–5
- Around COMSA 6–10
and 12–15
- Flogs 11
- Upcoming Events 16

Four Loops for Fun!

2010 USMS 6k Open Water National Championships coming to Colorado and will be hosted by the Air Force Aquatic Masters

The 6K Open Water National Championship for USMS held in Windsor, Colorado on June 19th, 2010. This event will be a 4 loop course of 1500 meters. USMS National Championship medals will be awarded to the top 6 men & women finishers in each age group and USMS National Championship patches will be awarded to the winner of each age group.



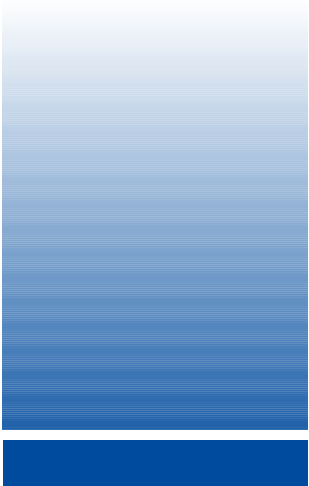
U.S. MASTERS SWIMMING

This event is the 4 Loops 4 Fun which is usually held in Colorado Springs and hosted by Air Force Aquatics Masters (AFAM). The bid for this event was won in 2008, however last year it appeared that Prospect Lake where AFAM holds the event might be closed. Therefore, another venue was sought and found at Bowles Reservoir in Littleton, Colorado. In November of last year, however, Grant Ranch Recreation Center, where the event was to be held, found out there was dam repair scheduled for 2010 and reservoir might not have enough water to hold the event. The search was on again and AFAM found Lake Water Valley in Windsor Colorado willing to host.

Since this will be held far from AFAM's base of volunteers Karen Reeder, the race director, is looking for assistance. We need some people to help with check-in before the race begins and a couple of kayaks for safety personnel on the course. If you can help with either, AFAM will waive your entry fee for the 6K. Please contact Karen Reeder at dksreeder@skybeam.com or (719) 592-1923 if you can help. See pages 12 and 13 for more information on the meet, as well as for a meet entry form.

Fitness Events – A Challenge for the Check-Off Challenge

How about hosting a BINGO party at your next workout? See how many people you can get into the pool at the same time to swim as many events as possible (no rules - fins, paddles, pull buoys and snorkels are allowed!) and send us your photos and story. Sign up for your Check-Off Challenge t-shirt at <http://www.usms.org/fitness/content/checkoff> and wear it proudly!



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Welcome to the Spring Edition of **MasterSplash!**

Change of Guard

It has been a pleasure serving as Chairperson of COMSA for nearly 5 years. It is time to pass the torch to new blood and sit in the background on the Board, as the Past Chair.

A heartfelt thank you to all the volunteers who have dedicated so much time to serve COMSA and USMS. We have a really terrific, hard-working volunteer staff filled with great ideas for the present and the future.

As I mentioned, I will continue to serve in the background as Past Chair, and am also the newly appointed Chair of the USMS Long Distance Committee. That committee takes a tremendous amount of time, energy and dedication and I am looking forward to all of the challenges ahead of me.



Newly Added

We have added a new person to the list of COMSA volunteer: **Jack Nuanes**. Jack is responsible for working with clubs and organizations to help grow membership. USMS has an aggressive goal of doubling membership in the next four years, so Jack will act as the Colorado/Wyoming liaison to USMS, spreading the word and recruiting new members. Please contact Jack if you'd like some ideas for growing your swimmer base.

More about Jack: You may recall an article a few years back, there were six 12 year olds who crossed the English Channel. They called themselves the COWS. It was Jack, along with fellow Greenwood teammate Voni Oerman, who coached and mentored the future Masters Members in a successful swim across the Channel. You'll find Jack at Chatfield, the Cherry Creek Aquaman series and several other open water events this summer.

Farewell

Kathy Garnier has been the COMSA secretary for at least 5 years, and has decided to move on. A new secretary will be elected at the State Meet in early April. Kathy is a great Mom, she has volunteered for several of her kids activities, she has served as COMSA secretary for several years, and she is a super-fast sprinter. Please thank Kathy next time you see her – she has done a terrific job as secretary and we will miss her on the Board!

Rebecca Friedlander has resigned as the newsletter editor. Rebecca's energy, perseverance and dedication to the newsletter have been incredible. The results of the newsletter survey (which are posted in this edition) tell a great story of the shape she left in.

The Magic of the Snorkel

Using a Swimmers Snorkel can be a great way for a swimmer to practice perfect body balance and alignment when swimming and practicing drills.

Jonathan Cain

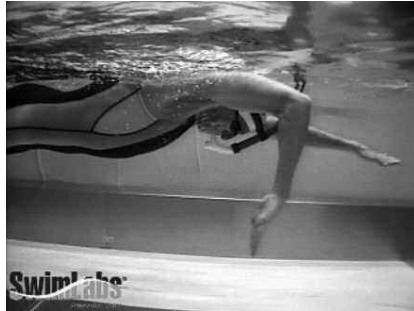
Sooner or later, every swimmer has to confront one key fact: that a properly balanced and aligned position is vitally important to how efficiently and powerfully they are able to move through the water. Swimming is just like any other sport: balance your body properly in the water and powerful propulsive movements are easier to accomplish. Swim off balance, and it will have an adverse effect on your stroke.

Usually, a properly balanced swimmer will have their hips slightly higher than their chest, and their eyes will be focused straight downwards. This results in a center of balance located near the chest, which makes moving through the water easier. Oftentimes, unbalanced swimmers will reverse this position, with their hips at a lower position than their chest. This causes the legs to sink into the water, effectively creating more drag upon the body. This makes it difficult to move efficiently, and therefore powerfully through the water.

Usually, balance problems for swimmers are caused by the position of the head, and for Freestyle, Breaststroke, and Butterfly, the manner by which a swimmer breathes. One easy and fun way to work on body position without the problem of breathing is by using a Swimmers Snorkel.

A Swimmers Snorkel is much like a recreational snorkel, with one key difference: It mounts directly in front of the swimmers head. This allows the swimmer to keep their eyes focused downward when they are swimming, making it easier to maintain proper body position in the water. As you can probably imagine, the benefits of using such a device are enormous.

For Freestyle, Snorkel use allows a swimmer to basically take breathing out of the movement equation all together. Usually, this makes it much easier for a swimmer to enter a forward balanced body position, allowing for more efficient use of the power generated in each stroke. It also is useful for doing things like practicing breathing control, working on your anaerobic/aerobic thresholds, and doing speed and pacing work.



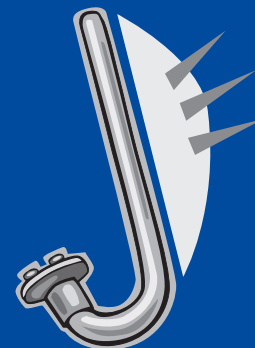
In Breaststroke and Butterfly, the placement and timing of the breath in the stroke plays a large role in how a swimmer is able to use short axis movements to move forward in the water. If a swimmer breathes even a moment too late or holds a breath for a moment too long, they will find themselves "stuck" with their head out of the water, and with their hands in no position to provide propulsive force. When this happens, a swimmer's short axis balance is affectively centered at the hips, causing the body to sink backwards. Using a Swimmers snorkel to take away the need to breathe in these strokes will allow you to focus more on fluidly transitioning from one phase of the stroke to the next. It also can be useful for practicing the short axis movements necessary for success in these strokes.

Every swimmer should have a "tool bag" that they use regularly in their swimming workouts, and having a Swimmers Snorkel (which are widely available at most swimming stores) can be a great tool for all swimmers, regardless of ability level or discipline. For more information on Swimmers Snorkels, as well as more pictures and Videos of Drill suggestions, please visit <http://denver.swimlabs.com/2010/02/using-the-snorkel/>.

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.

Never used a snorkel? Here's what some swimmers say:

- My stroke has improved so much, it's unbelievable. I can see what I am doing without the breath distracting me. I can focus more.
- My lung capacity has definitely gotten better. I can now take a stroke off the wall without breathing, and I can go 4–5 strokes consistently before taking a breath.
- Did you ever try sculling with a snorkel? Love it!



Jonathan Cain has contributed to just about every recent MasterSplash newsletter. He coached several swim teams around the Denver Metro area over the past ten years, and is currently coaching at SwimLabs in Highlands Ranch. Jonathan just recently joined USMS and plans to participate in events with his fellow swimmers soon!



Avoiding “Lane Rage”

Following these 5 easy lessons for Lane Etiquette will help you, and your fellow swimmers avoid the possibility of “Lane Rage” in the pool

Master Swimming – Swimming in Groups – Lane Etiquette Tips

First, if you are reading this, you are probably a conscientious person, you are aware of your surroundings, and you probably have good etiquette. Everyone makes mistakes now and then, but you know there are people out there who are all in it for themselves and don't really care what or who surrounds them. Swimming is an individual sport after all...but whether you are competitive or not, it is also a team sport during workouts and we must share the pool.

Suggestion: You may want to print or copy this article and then gently place it on the swim bag of someone you think needs help.

Credit: Much of this piece was taken from an article on Active.com, written by accomplished open water swimmer Alex Kostich.

Avoid Lane Rage.

The likelihood of "lane rage" (an even more violent and sudden variation on "road rage") is multiplied exponentially by the number of swimmers in a lane, so masters swimmers everywhere take heed!

Lesson #1: Pick the right lane!

First off, pick a lane that suits your speed, not your ego. You people know who you are, and I don't need to tell you what to do (but I will anyway): If you are constantly resting or bringing up the rear in your lane's pecking order of interval send-offs; please find another lane!

Lesson #2: Passing

If you find yourself behind someone slower than you are, tap them on the foot and see if they slow down. If they do not, wait until the next break in your set to move ahead of them, but ask politely (swimmers are a sensitive bunch, and an apologetic "I feel really good today, do you mind if I go first?" is a lot more effective than "You're holding me up, so let me go ahead of you!").

If you must risk passing someone mid-lane, do so at your own risk, but watch for oncoming swimmers. *Do not* keep tapping them on the foot, or plow over them like a tractor.

Conversely, if you feel yourself being tapped on the foot, the proper thing to do is to move to the right and slow down. Do not start kicking as hard as you can in an attempt to drown your lane-mate in whitewater.

It is best to make the pass at the walls rather than in the middle of the laps.

Here is how it works:

Passer: Gently taps feet of Passeur.

Passeur: At the next turn, pulls over to the **Right** Corner and stops.

Passer: Makes flip turn at **Left** Corner of wall.

Passeur: Starts swimming again, behind the Passer

Lesson #3: Don't be a ...

Don't become a "Drag Queen," a derogatory term in swimming circles (non-gender specific), describing someone who drags/drafts off of a slightly faster swimmer by swimming directly behind them and continuously tapping their feet but not offering to take their spot.

Also, while on the subject of swimmer's lingo and hip terminology, avoid being a "Sammy Save-Up"; the type of swimmer who loafs the first three quarters of an organized workout only to shine for the coaches' approval during the final sprint and timed sets. This type of behavior in my adolescent years resulted in surefire locker-room brawls and Speedo-wedgies that I would hope would not be evident in dignified masters and recreational circles ... but then again, after the things I've seen, it wouldn't surprise me.

Lesson #4: Leave on your interval!

Undoubtedly another pet peeve of any masters swimmer: the person who never leaves on their interval. There is one in every lane, and he or she will either leave early in order to get a jump start on the heat (to win the assigned "set") or they will leave early to "drag" off the swimmer in front for the duration of the drill.

Inevitably these swimmers get their comeuppance at a masters meet, where officials disqualify them for "jumping the gun" at the start of the race. Regardless, such self-serving behavior is frowned upon and grounds for spitting, dunking, and attacking in certain swimming circles.

Lesson #5: Happy and Healthy

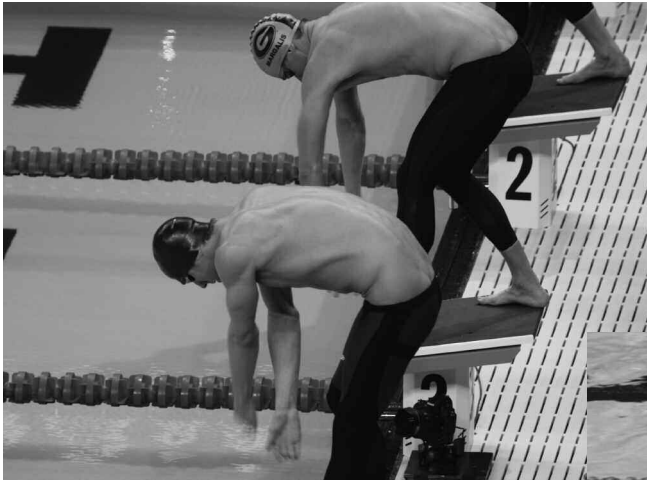
It is also important to have a good attitude about the practices and your lane mates. We train very early in the morning, so it is understandable to grumpy during practice. However, there is no reason to take it out on your teammates. If you are looking for a conflict, please don't get in.

After all, there's always the workplace for screaming, hair-pulling, and temper-tantrums ... and if not that, there's always the basketball court.



Whistle, Whistle, Everywhere...

What do those Whistles mean? Why are there so many different whistle blows at the meets? Here are some helpful hits for you when you approach the blocks at a meet.



Pete Schwenker

The State Meet is almost here. You have done your workouts, you are prepared mentally and you are ready to race. But have you practiced your starts?

Picture this: You are approaching the blocks. The swimmer in the heat ahead of you is almost done. You are nervous, you are ready, and the whistles start blowing.

Now what? We don't practice the whistles in a workout!

Here is some information for approaching the block for what is called "the forward start" – all strokes except backstroke - the "forward start" is taken from the starting block, the pool deck or from in the water.

1. The referee signals the swimmers in the next heat with a series of short whistles (usually 3-5) to remove all clothing except swimwear and stand by the starting block in their lane. Most experienced swimmers are already there as the previous heat is finishing and ready with goggles on and adjusted.
2. The referee then signals with a long whistle indicating that swimmers in that heat should step up onto the starting block and take any position with at least one foot at the front of the starting block, or at least one foot at the edge of the pool deck or enter the water and place at least one foot on the wall. An in water start also requires at least one hand in contact with the wall or starting block.

3. The next thing is to be alert for the starter's command, "Take Your Mark." This is when you come down, if not already there and remain alert for the starting sound. It is permitted to grab the front or sides of the starting block. Do not twitch or wiggle!

4. At the starting sound, usually an electronic beep, the fun really starts and you enter the race course and GO FOR IT! Blast off and swim your event.

The backstroke starts are a little different:



1. The series of short whistles is the same to get ready next to the blocks.

2. The first long whistle by the referee is the signal to enter the water feet first and stay near the start end.

3. A second long whistle is the signal to

return without delay to the starting block and grab either the starting block or the gutter with both hands. It is also the time to place your feet on the wall. Standing in or on the gutter is not allowed and placing the toes above the lip of the gutter and/or bending the toes over the lip of the gutter at any time is not allowed. (It is allowed to have the toes out of the water if the water level is lower than the level of the gutter.)

4. Once again, be alert for the starting sound; push off on your back and 'go for it'!

If you have any questions please send an email to Pete Schwenker, the Officials Chair at pete.schwenker@hotmail.com or ask any of the uniformed officials at a meet. We'll be glad to answer any questions for you.

Also remember some safety tips: hand paddles are not allowed during the warm-up at meets, and at ALL TIMES, you must enter the water FEET FIRST – NO DIVING except in designated diving lanes!!!

Swim smart, swim fast and have fun!

Master Splash Swim Briefs

News from the pools of Colorado

New Pool at Mesa State College in Grand Junction

The New Mesa State College pool in Grand Junction is now open! The new facility has 10 50 meter lanes, and can be configured for both 25 yard and 25 meter events. It can seat 700 spectators in its permanent bleachers, and features both 1 meter and 3 meter diving, along with floor to ceiling windows on the west side of the deck.

One time fees for swimming with the Grand Junction Masters run \$5.00, and a 20 swim punch card costs \$70.00.

2010 Senior Games Rocky Mountain Senior Games

The Rocky Mountain Senior Games are Colorado's qualifying event for the biennial Summer National Senior Games. The City of Greeley has partnered with the Colorado Senior Sports Development Council (CSSDC) to bring the Rocky Mountain Senior Games to Colorado.

Athletes of all abilities are encouraged to participate in over 25 sports which include 87 events and several fun social activities. Age categories begin at 50, and for most sports increase in five year increments (for example 50-54, 55-59, etc). Competition is divided into male and female divisions, as well as mixed competition in several doubles events.

Swimming events will be held at the Greeley Recreation Center, located at 651 10th Avenue in Greeley. Registration forms will be available at www.rmse-niorgames.com starting on March 1st.

This is a qualifying year for 2011 Senior Games Nationals, but 25's do not count toward National Qualifying. Adults must be age 50 or older as of Dec 31, 2010, to be eligible. Participants can swim as many events as they like at \$1/event, plus Senior Games Registration Fee of \$35 (before May 3, \$45 after thru May 24) and \$5 processing fee.

Team Rep Meetings

The annual team rep meeting took place in January after the swim meet at Englewood HS. There were 30 team representatives present; two USMS representatives discussed ideas for team growth: Lisa Dahl from Seattle and Mel Goldstein from Indianapolis. Contact Jack Nuanes for information to help grow or develop your team.



30 coaches and team representatives attended the January COMSA meeting

Confused About Which Suits You Can Wear for Sanctioned and Recognized Events?

Always: You can wear your "Speedo" workout suit
Never: You can no longer wear "vanity" undergarments

The following links are maintained by FINA and contain the most updated lists of acceptable swim suits"

SCY – Until May 31

http://www.fina.org/project/index.php?option=com_content&task=view&id=2389&Itemid=49

AND

http://www.fina.org/project/index.php?option=com_content&task=view&id=2768&Itemid=107

Meters – All Year; SCY June 1 and Later:

http://www.fina.org/project/index.php?option=com_content&task=view&id=2768&Itemid=107

Open Water – All Year

http://www.fina.org/project/index.php?option=com_content&task=view&id=2389&Itemid=49

AND

http://www.fina.org/project/index.php?option=com_content&task=view&id=2768&Itemid=107

Postal Swimming in Colorado

Colorado goes Postal in 2010

We did it, Colorado! The 2010 Postal Season started successfully with the USMS One Hour Postal National Championship sponsored by Tamalpais Masters. Over 23 Master's swimmers in Colorado completed the One Hour Postal during the month of January.

We had a courageous group of 16 swimmers in two heats, join us at the COMSA sponsored One Hour Postal swim at Northridge Rec. Center in Highlands Ranch on Sunday morning, January 10th. In addition, there were 7 other Colorado Masters swimmers who completed the One Hour Postal during January with their Coach or on their own. Thank you for such great participation in the first National Postal event of the year. Results will be posted by March 12th, 2010 at www.usms.org.

Every participant in the One Hour Postal is now eligible for the USMS Postal Series patch which is awarded every year to those crazy distance swimmers who complete all 5 National Postal Championships: One Hour Postal, 5K & 10Kilometer, and 3,000 and 6,000 yard National Postal Championships. Each Postal Participant received a "Colorado Goes Postal" cap. Please let me know if you have not received your cap by e-mailing me at nicolevanderpoel@msn.com. Now the challenge is yours, One Hour Postal Participants! Can you go Postal in 2010 by completing all 5 Postal's?

2010 USMS 5 & 10 Kilometer National Postal Championships

Wait no longer Colorado Long Distance Crazyies! The much anticipated dates for the 5K and 10K National Postal Championships have been set! Mark your calendars; start training for the most challenging Postal's of the year. This year's 5K & 10K National Postal Championships are spon-

sored by North Carolina Masters Swimming. These swims must take place in a 50 meter pool only. Therefore, COMSA will be sponsoring 2 opportunities which you can complete your Postal's this summer outside at the Lowry Pool. The first opportunity will take place at 7 am on Sunday, June 6th and the second opportunity will

All participants need to bring a copy of your USMS registration, stop watch, check or cash for the nominal entry fee and t-shirt from the host team if you wish. Please arrange for a counter/verifier person. Clip Boards, split sheets and entry forms will be provided. Please e-mail me with any questions at all or to reserve your lane at nicolevanderpoel@msn.com.

You may swim either the 5K or 10K on either date! Please indicate which distance you are swimming when you reserve your lane.

Thank you to all who continue to participate in the National Postal Championships and to any new Postal participants. Thank you to COMSA for providing us with the opportunity to compete in the Postal Championships as a group! It makes these challenging swims a lot more enjoyable.



After swimming their one hour postal events, Michael De Seguin and Judy Laney timed and counted for their teammates

take place at 7 am on Sunday, July 4th. What better way to celebrate the 4th of July than with a nice long swim!



In addition to being a distinguished Masters swimmer, Nicole remains very busy thanks to a variety of posts in the swim world! Nicole is an active swim mom to three age group swimmers, twins age 16 and a 13 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 included serving as vice chair, USMS Convention Delegate and has been the Long Distance (pool) chair from 2004 to present. Nicole was the 2009 recipient of the Jack Buchanan Service Award.

Chatfield Gravel Pond Season to begin soon

May 1st to kick off another season
swimming at the Pond

May 1 kicks off another Open Water swimming at Chatfield Gravel Pond season. The Gravel Pond is located in the Southwest corner of Chatfield State Park. On Saturdays, USMS members can swim from 7:30–10 a.m., and from 4:30–7 p.m. on Mondays and Wednesdays. The gravel pond is a wonderful place to swim. It is about 800 meters from the north end swim beach to the south end, about 250 meters from the beach to the gravel bar, where you can stand. Jeff Magouirk, long distance open water chair, will swim throughout the season and be available to answer questions and provide open water swim tips. If you have any questions, please contact me him at swimwithfishes@earthlink.net.

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

Opening day at Chatfield is planned for May 1st.
Closing day at Chatfield is planned for October 2nd.

Open Water Chair Jeff Magouirk is working with the park to see if we can get a 7 a.m. start on Saturdays and go until 10 am. Watch the website for updated information: www.comsa.org.

It costs 7 dollars to get a car into the park. Starting location is on the Westside of the pond.

Wondering about the Water Temps at the Gravel Pond? Here are the average temperatures throughout the season:

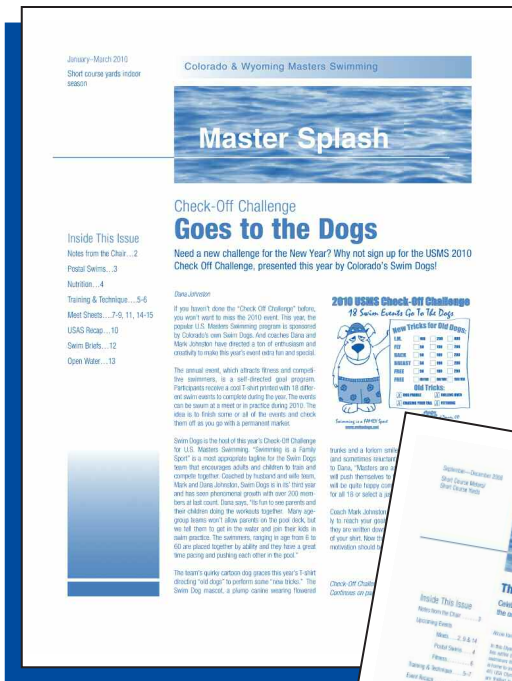
- Σ • May - low to mid 50s
- Σ • June - low to mid 60s
- Σ • July - low to mid 70s
- Σ • August - mid 70s to high 60s
- Σ • September - high 60s to high 50s



[http://www.usms.org/
events/h2openseries](http://www.usms.org/events/h2openseries)

Master Splash Survey results in!

Recently, we conducted a survey of Master Splash readers to see what you thought of the newsletter. Here are the results:



- Should we eliminate any of our regular features? (select all that apply)
 - **Don't change anything – 65%**
 - Meet entry forms – 23%
 - All other options were less than 10%
 - Other comments: list events and where to find them, highlight members outside of swimming
- Do you currently read the online version of the newsletter?
 - **Yes – 50%**
 - No – 37%
 - Didn't know it was available but would rather go online – 13%



- Would you still read the newsletter if it could only be found online?
 - **Yes – 50%**
 - No – 16%
 - Prefer email format – 20%
 - Other – 14%
 - Comments: I would read it if I got an email reminder; I would read the website but not read the newsletter

Newsletter Survey Results

There were 150 responses to the newsletter survey - 148 responded to the online survey; and there were 2 paper responses. 148 people find the newsletter valuable, and 2 don't care for it at all. You submitted lots of valuable feedback, and the overall consensus was that you still want to receive the newsletter and you really like the current setup, however at least half of you may be interested in receiving an electronic version of some sort. Below you'll find the most popular responses.

- Size of the newsletter – which do you prefer? (select just one)
 - Longer or shorter each received 25%
 - **Most popular: No Change – 41%**
- What is your favorite part of the newsletter? (select all that apply)
 - **Everything – 42%**
 - **Swim Technique – 46%**
 - Personal Interest and Health each received about 30%
 - Comments: 2-don't need it, 1-more on national meets and other team stories



Thanks again for taking the time to respond! We will investigate adding or transitioning to electronic delivery methods. We'll look for more coaches to submit technique articles. We'd love to hear your personal interest stories and meet recaps. We also need to add your photos to support these stories! Please submit your articles, photos and ideas to: COMSAMASTERSPLASH@GMAIL.COM.

Past Issues of the Master Splash are available at <http://www.comsa.org/home-news-articles/index.html>

Swimming in the New Year by swimming 100x100's

DU and Greenwood Athletic Club Masters Teams complete 100x100's to start off the New Year



Greenwood Village Masters enjoying the 30 degree weather!

Over 20 people began their first Sunday morning in January at DU, swimming somewhere between twenty-five and one hundred long course 100's. Seven swimmers swam through their cramps, chapped lips, pruned fingers, and chaffing and completed all 100. Congratulations to: Jon Christianson, Kimberly Diaz, Trisha Good, Heather Hagadorn, Jack Nuanes, Carl Seles, Matt Thayer. Jack gets credit for completing two 10K's in a week; he also swam with the Greenwood Athletic Club group on January 1st!

At Greenwood Athletic and Tennis Club, the Masters team did 100 x 100's to start off the New Year on Friday January 1st - OUTSIDE! 12 of us came and went through out the set, and Larry Harper, Nick Levine, Voni Oerman, Nicole Vanderpoel, Rudi Fronk, Jack Nuanes, and Polly Lestikow finished all 10,000 meters. We began at 8 a.m. when it was about 30 degrees and bright and sunny. However during some practices snow can be falling on us, the wind can be blowing the flags around, and we can't see the clocks through the steam. But even if it's frigid outside

the water is a perfect 81 degrees. The swimmers are nicely cocooned in the water during practice, and it's a good thing we have music playing out there for when our coaches dance to stay warm on deck!

The Mystery of the FLOG

(from USMS website, December 2009)

The many benefits of “The FLOG”

Marcia Anziano

You've probably been hearing the word FLOG lately. It's a funny word, FLOG. Actually, to me it sounds a bit dangerous. But have no fear, FLOG is an acronym for Fitness Log. But what exactly is a Fitness Log? Well, it's one of the benefits our members get as part of the MyUSMS section of the U.S. Masters Swimming website. That's right, it's a benefit. This became clear to me last weekend when I asked a friend if she had set up her FLOG, and she replied, "What's a FLOG?" When I told her it was a Fitness Log that you can maintain for yourself on the USMS website, she was thrilled. She had just put Fitness Log on her Christmas wish list.

This was perfect. I needed to write a tutorial for the Fitness Education Committee to share with participants in the Go the Distance fitness event. So here was my opportunity. My friend and I sat down at the computer and I walked her through the process. We set up a logon for MyUSMS, initialized the MyUSMS area, set up the Fitness Log and organized the preferences. And that was it. She was ready to go.

You can use the FLOG to keep track of all sorts of activities, not just swimming. You can track walking, weights, running, Pilates, cycling, spinning, yoga, and there's also an "other" section for anything else you might want to add. You can even have multiple workouts for each day. It's all tracked automatically.

FLOGs are also a benefit to the Fitness Education Committee since they are the source of input to the popular Go the Distance program. In the past, volunteers had to read through hundreds of emails each month and enter the information into a database for tracking the distance of each participant. Now the participants can track their own workouts using the FLOGs. If they choose to participate in Go the Distance, the data is picked up on a monthly basis.

I have to admit, at first I was only entering my monthly totals for Go the Distance into the FLOG because I had my own traditional way of keeping track of workouts. But as I spent more and more time on the FLOG, I decided to use it on a daily basis. Now I'm hooked. I love seeing the icons and the distance and time I've spent, and see the running totals at the bottom. I even know how many hours I spend walking my dog each month. Now that's a benefit!

So check out the Fitness Logs. I think you'll find them helpful and fun to use.



Visit <http://www.usms.org/fitness/content/fitnessevents> and look for the non-competitive fitness events!

Join Go the Distance (GTD) and earn cool stuff just by logging your swimming workouts!

Milestone	Nike Swim Award
50 miles	GTD Nike Swim swim cap
100 miles	\$5 gift certificate to All American Swim Supply
250 miles	Nike Swim water bottle
500 miles	Nike Swim suit
1000 miles	\$100 gift certificate to All American Swim Supply
1500 miles	\$250 gift certificate to All American Swim Supply

2010 United State Master Swimming 6 K Open Water National Championship

Hosted by Air Force Aquatics Masters
Sanctioned by Colorado LMSC for USMS, Inc. #32-10-03-OW
4 Loops for Fun



When: Saturday June 19, 2010, 9 a.m. Check-in: 8 a.m.

Where: Lake Water Valley, Windsor, Colorado. The town of Windsor is about 60 miles north of Denver. From I-25 take Crossroads Blvd. Exit 259, and go east about 4-5 miles. At the roundabout, take CR17 north. At the bottom of the hill turn right on New Liberty Road. Follow New Liberty Road until the second roundabout and head north onto the gravel/dirt road and follow this until you see aluminum bleachers off to your left. Drive toward the bleachers. This is the parking area. The starting area will be the beach area to the south of the bridge.

Course: Four loops of a 1500m loop course.

**Entries: Entry deadline received by June 9. Entry Fee: \$35
Payable to "Air Force Aquatics Masters." Send to:**

Entry Chairman: Karen Reeder

6887 Heatherwood Dr.

Colorado Springs, CO 80918

Email: dksreeder@skybeam.com

Website: <http://usopenwaterswimming.org/usms6K>

Online Entry available at: <https://www.clubassistant.com/club/meetinformation.cfm?c=1434&smid=2029>

Eligibility: Open to all 2010 USMS registered swimmers. A copy of your 2010 card MUST accompany your entry. One day event registration (\$12) will be available online and on race day for swimmers ages 18 and above who have met the entry deadline. 2010 USMS rules govern this event. One Event Registrants are not eligible for All American.

Venue Information: Wet suits are not allowed for this event. Wearing a thick silicon cap and silicon earplugs will help keep swimmers warmer if needed. Expected water temperature is 68–72 degrees. This is a non-escort event with an in water start and finish.

Head Meet Official: Larry Greene

Awards: USMS National Championship medals will be awarded to the top 6 men & women finishers in each age group: 18–24, 25–29, 30–34...100+. USMS National Championship patches will be awarded to the winner of each age group. Results will be posted at usms.org

Accommodations:

Americinn Lodge & Suites of Ft Collins South: 7645 Westgate Drive, Ft Collins, CO. (970) 226-1232. Limited rooms available until May 19th at a reduced rate. Super 8 Windsor/ Fort Collins Area - 1265 Main Street, Windsor, CO - (970) 686-5996.

**Checks payable to "Air Force Aquatics Masters"
Staple a Legible copy of your USMS Card to this Registration**

Each person swimming must complete this form and sign the liability release

Name _____ USMS Number: _____

I will be purchasing a "One Day Event Registration" _____

Date of Birth: mm/dd/yyyy _____

Address _____

City _____ State _____ Zip Ph# _____

Email: _____

(Please include a legible e-mail address for contact in case of incomplete entry)

Age as of 6/19/10 _____ Male _____ Female _____

Team/Club _____ Club Abbreviation _____

T-shirts will be available on site for purchase on race day with different styles and sizes available.

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: 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

Signature _____ Date _____

Get Outside and Swim!

The Aquaman Swim/Run Series is back with new lower prices, and free Jimmy Johns!

Get Outside and Swim! **The AQUAMAN Swim/Run Series** is back for 2010 with *lower prices!* The AQUAMAN is a series of open water swim swims of 1/2, 1, 1 1/2, and 2 mile open water swims at Cherry Creek State Park. Races will be held on the following 6 Tuesday nights: June 29, July 6, July 13, July 20, July 27, and Aug 3. All events begin at 6:15 p.m.

New this year....male and female winners of the 2 mile open water swim series will receive a *free wetsuit* from XTERRA. Winners of the other distance race series will receive an Xterra backpack.

Lower prices this year! COMSA members receive a 10% discount off the price listed below of a 4 or 6 race pack. Please use a mail in entry and mark COMSA member if you are registering with this option.

	Swim Only Series	Swim / Run Series
Single Race	\$16	\$20
Single Race (Sign up race day)	\$18	\$23
4 Race Pack	\$60	\$75
6 Race Pack	\$90	\$110



Also NEW THIS YEAR: Clinics for beginner open water swimmers presented by **Swim Labs** staff. For \$15, you will get expert advice from a Swim Labs staff member on swimming open water on things such as proper warm-up, pacing, sighting, etc. 2 clinics will be offered on June 29 and July 6. Then you can practice your new skills at the evening race. See websites for registration form and more information.

As always, **Jimmy Johns** will be providing sandwiches for all competitors after the race and **Mix 1** will be providing drinks. More fun is planned for 2010 season. Checkout www.withoutlimits.com for more information or e-mail Canace at cgutti77@hotmail.com.



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.

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 ---- 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

Upcoming Events

- **May 1–Oct 2** – Chatfield Swimming
- **June 6** – 5K/10K Postal @ Lowry
- **June 12** – LCM Swim Meet @ Lowry
- **June 12–13** – Rocky Mountain Senior Games @ Greeley Rec. Center
- **June 19** – 6K USMS Open Water National Championship at Pelican Lake in Windsor
- **Jun 29–Aug 3** – Aquaman Swim Series on Tuesday nights (and swim/run series) at Cherry Creek Reservoir; also featuring swim clinics!
- **July 4** – 5K/10K Postal @ Lowry
- **July 17** – LCM State Championships @ George Meyers Pool in Arvada
- **August 15** – Horsetooth Open Water Swims (1 Mile, 2.4 Mile, 10K)