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# 2010 USMS National Postal Championships

Sunday June 6th and Sunday July 4th

*Nicole Vanderpoel*

Finally, we can put the long, hard Colorado winter behind us and look forward to swimming outside all over our beautiful State! With that said, it's time to go POSTAL outside at Lowry Pool once again. Yes, long distance swimmer enthusiasts; it's time to show the rest of the country how to swim a 5K & 10K National Championship at 5280 feet above sea level!

COMSA is once again sponsoring the opportunity for all USMS registered Masters Swimmers to participate in the 2010 USMS 5K & 10K National Postal Championships. You will have this opportunity on Sunday, June 6th and again on Sunday, July 4th at 7 a.m. sharp at Lowry Pool in Denver. Please e-mail [Nicolevanderpoel@msn.com](mailto:Nicolevanderpoel@msn.com) to reserve your lane on which day and please indicate which distance you will be swimming. This year's 5K & 10K National Postal Championships are sponsored by the North Carolina Masters Swim Team. If you are unable to attend either date and would like to compete in the Postals, you must complete either swim in a 50 meter, long course pool between May 15th and September 15th, 2010 and submit your entries by September 15th.

For those who have participated in the USMS 5K & 10K National Postal Championships, it's time for you to challenge yourselves and try to beat last year's Postal time by even a hundredth. For those of you who have never swam a 5K or a 10K in a Long Course Pool, it's time to challenge yourselves and try it! Coaches are welcome to come and watch and encourage your swimmers as well. The 5K is a great distance to start with if you have never competed in either of these Postals before. You

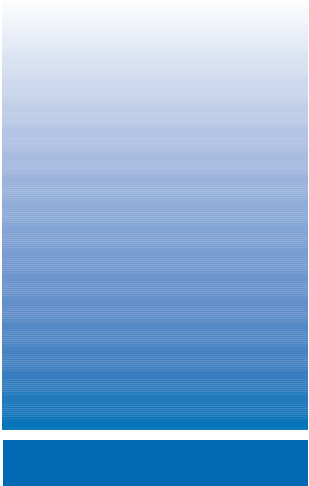


*Participate in the 2010 National Postal Championships*

will truly feel a sense of accomplishment upon completion of your swim. You are welcome to stop during the swim and nourish yourself. You can swim the 5K or 10K in sets if you wish, although the clock keeps ticking.

What should you bring with you to participate? First of all, you will need to bring a stop watch, counter/verification person to count your laps and write down your splits, 2 pairs of goggles, nourishment and a great attitude! Split sheets and entry forms, clip boards and pencils will be provided. In addition, you will receive your very own, Colorado Goes Postal Swim Cap!

*2010 USMS National Postal Championships  
Continues on page ??*



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## Notes from the **Chair**

### Greetings Colorado Masters Swimmers

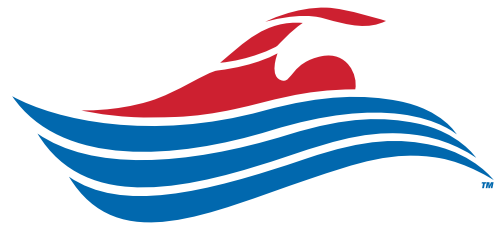
#### Hello Colorado Masters Swimmers,

As your new Chairman I wanted to take this opportunity to thank you for your involvement in Colorado Masters Swimming. Most of our members swim for fitness, approximately 25% come to the State Swim Meet and swim in other competitions.

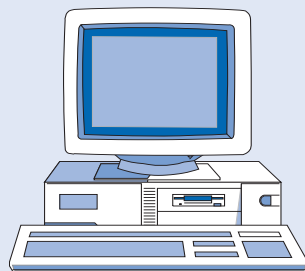
This year I would like our membership to emphasize growth of our membership through your own center of influence. Whether you ever swam competitively or just swim for fitness, invite your friends to join you. Every club in Colorado has beginners to world qualifiers.

When you notice someone new to your lane, introduce yourself and make them feel welcome. When people know your name they are more likely to continue swimming. We will be adding a few new programs to help our swimmers and coaches be the best that they can be.

*Until next time, have fun and keep swimming.*



# U.S. MASTERS SWIMMING

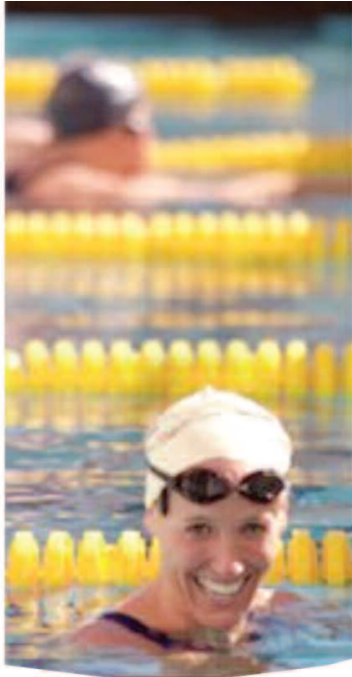


### Have you visited [www.Comsa.org](http://www.Comsa.org)?

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](mailto:webmaster@comsa.org).

# Mastering Masters

An Introductory Course Developed to Provide Confidence, Understanding and Skills for Swimmers to become Masters Swimmers.



Masters swimming is more than swim meets and early morning practice, pull buoys and kick boards. Its about camaraderie and accomplishment. Its about starting what you finish and not drowning. Its about being in the best shape of your life. Its about smiling underwater when nobody is watching. Good Times!

A recent survey asked several fitness swimmers what it would take to get them to join a Masters Swim Team. The plan was to find out what the objections of the typical wanna-be Masters swimmer were and design a course to address their issues so they too could join in on the fun.

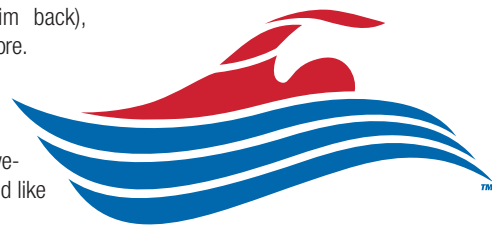
#### A few objections were:

(1) No interest in competing. (2) Don't understand work out terminology. (3) Don't think they are fast enough. (4) Too intimidated (5) Workouts were too early. (6) Don't know drills for each stroke.

Armed with this information a Team of COMSA members decided to address these concerns and other issues by creating a course called Mastering Masters. This COMSA exclusive course is designed for recreational swimmers that would like to build the skills necessary to eventually join a Masters workout group. This six-week long course will begin in September, and will teach swimmers Masters skills such as: Drills, Clocks (digital vs. analog), Circle Swimming, Pacing, Send-offs, Lapping, Stopping and Resting, Breaking for the bathroom and returning to the lane, Reading Workouts, Descend, Build, Down/Back (as in 10x50 on 1:30 – kick down, swim back), Appropriate Use of Toys...and much more.

Each student will also receive a course book packed with material from each lesson, online resources and USMS giveaways. So if you have friends who would like to swim Masters but are intimidated or uncertain about joining a Master's workout group the new COMSA program, Mastering Masters may be the perfect option to help them build the skills and confidence to become a U.S. Masters swimmer.

learn  
experience  
grow



**U.S. MASTERS  
SWIMMING**

#### Who:

Swimmers interested in joining their first Masters Swim Team. (15 Max)

#### When:

September 8–October 13, Wednesdays 12–1 p.m.

#### Where:

Greenwood Athletic Club • 5801 South Quebec Street  
Greenwood Village CO 80111 303.770.CLUB (2582)

#### Cost:

\$72/GATC club members  
\$84/COMSA members \$96 for general public

# Balanced Breathing

## Balance while breathing for a better Freestyle

*Jonathan Cain*

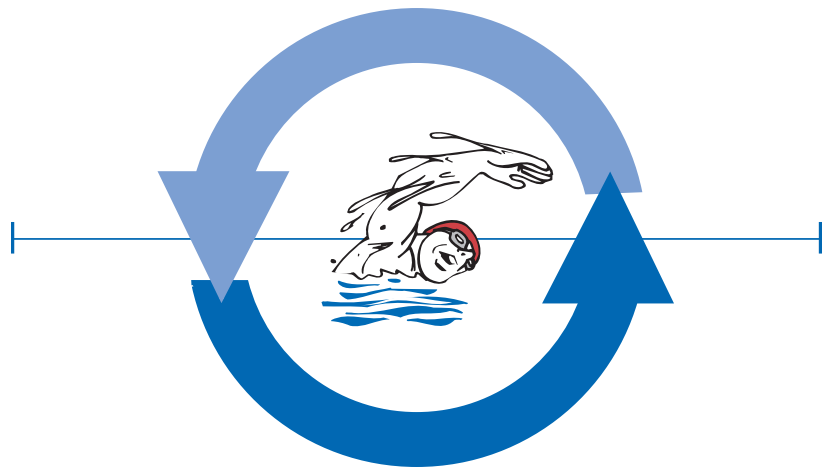
There is a simple, unavoidable fact about breathing in Freestyle: To do it the right way is difficult. In fact, it is so difficult, that often times even the most advanced, competitive swimmers (people like Olympic swimmer Katie Hoff) pinpoint breathing as one of their most important points of freestyle technique to work on. Nearly all problems that swimmers have when breathing come down to how they balance their bodies in the water. Typically, an unbalanced swimmer will have issues ranging from problems breathing bilaterally, to sinking when breathing.

Some schools of thought suggest that breathing is accomplished by moving the body's core, and rolling up onto ones side. It is typically thought that by doing this, swimmers can get a "bigger", more stable breath. While it is true that swimmers who breathe using this method can get a "bigger" breath, they often times more quickly tire, and have problems like those mentioned above. This technique constantly unbalances their stroke by causing the swimmer to over rotate, each and every time they force their body onto its side and their head out of the water.

To work on better, more balanced breathing technique involves making sure that the body does not become unbalanced during the breath. It is useful to think of the body as a "train", with the left and right sides of the body on "tracks". When breathing, the body should never be completely balanced over either the left or the right track, but rather somewhere in between. By doing this, a swimmer can ensure that they will not over rotate when they are breathing, which will allow them to keep their forward arm extended during the breath. This makes it easier to get a clean breath and ensures that a swimmer doesn't "lose" a stroke, each and every time that they breathe.

There are two easy ways to check whether or not your stroke is balanced when you are breathing. First, take a couple of strokes down the lane and stop moving your body the second you start to breathe. If you immediately sink, you are probably unbalanced during your breath. Once you have done this, continue swimming and breathing as you normally do, and note what you can see when you breathe- if you are looking partially under water, you are breathing correctly, and if you see sky, you have probably over-rotated.

Working on accomplishing a more balanced breath is easily accomplished by using a variation on the catch up drill. Swim repeats of catch up drill, making sure that your arms aren't crossing your centerline. When your arms



*Balance your Freestyle for a more efficient stroke*

reach their "catch up" point, extended in front of your body, stop them from moving long enough for 3 kicks. When you breathe, be extra careful that you return to that "balanced" position each time.

This will help your body balance before and after breathing, and help you to focus on the timing of your breath to your stroke. As you get better and better at the drill, try limiting the "Catch Up" stroke to only the stroke after your breath. Soon you will be breathing better, and faster, then ever before.



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!

# Do not let fear affect your swimming

## Managing Fear and Anxiety



Sometimes, fear and anxiety can get the best of us in swimming. The key is to know how to manage that fear and anxiety. As a result, here is a brief list of techniques that a swimmer can use to help manage their fears and every day anxieties.

Occasionally, you may become stressed when you have to swim in an important event. When this happens, visualize yourself doing the task in your mind. For instance, you have to swim in front of a large group of people in the next few days. Before the big day comes, imagine yourself doing the task. Imagine that you are swimming in front of a large audience. Self-Visualization is a great way to reduce the fear and stress of a coming situation.

Sometimes we get stressed out when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could read the newspaper, listen to some music or do an activity that will give them a fresh perspective on things.

Another technique that is very helpful is to have a small notebook of positive statements that you can carry around with you. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you. Whenever you feel stressed,

open up your small notebook and read those statements. This will help to manage your negative thinking.

In every anxiety-related situation you experience, begin to learn what works, what doesn't work, and what you need to improve on in managing your fears and anxieties. For instance, you have a lot of anxiety and you decide to take a small walk before your next event to help you feel better. The next time you feel anxious you can remind yourself that you got through it the last time by taking a walk. This will give you the confidence to manage your anxiety the next time around.

**Self-Visualization is a great way to reduce the fear and stress of a coming situation.**

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because

they will become better able to deal with their problems in the future. Remember that it never hurts to ask for help.

Remember that patience, persistence, and education will go a long way in preventing fear from becoming a factor in the sport of swimming.

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" – an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com/>

# Swim Dogs Family Classic

## Families that swim together...

As Masters Swimmers, we are happily aware that swimming is a lifelong sport. Swimming has also become one of the few sports where athletes of all ages can compete side by side in the same sporting event, in our case, swim meets. Colorado's very own Mark Johnston along with the help of his wife, Dana Johnston, took this concept to another level when he became the founder and Head Coach of the Swim Dogs Swim Team. Instead of parents bringing their swimmers to practice and either dropping them off or waiting on the bleachers, Mark and Dana wanted them to take the plunge right along with their kids. This team concept is one of many special elements of the Swim Dogs, where individual swimmers of all ages and families can swim together on the same swim team and even share the same daily practices based on ability. In fact, Mark and Dana have been recognized nationally by ASCA (American Swim Coaches Association) for their creative coaching methods! Swim Dogs members are composed of registered USA swimmers and USMS swimmers and currently their youngest swimmer is 5 years old and their oldest swimmer is 60 years old!



thank you for providing all the participants with a great memory and a fresh appreciation for our wonderful sport!

In keeping with their unique team concept, Swim Dogs hosted the Family Classic Meet at George Washington High School on May 1st. There were 85 swimmers, 56 kids and 24 adults, all competing for a worthy cause: the purchase and installation of an electronic scoreboard for the George Washington High School Pool. Perhaps one of the most special aspects of the Family Classic Meet was all of the support the swimmers, no matter what age, gave each other to succeed and be the best they can be. Good times were had by all as family members raced each other, swam in relays together and some swimmers were "adopted" for relays. The laughter and positive energy were contagious while the Swim Dogs raised an impressive \$2000, which was matched by an anonymous donor to make it \$4000 total!

Congratulations Mark, Dana and all the Swim Dogs on a very successful Family Classic Swim Meet and

*Families enjoy competing in the Swim Dogs Family Classic together*



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.

# 2010 USMS 3000-Yd & 6000-Yd Postal National Championship

Saturday, September 18th and Saturday, October 16th

Colorado Distance Swimmers, you've had an awesome year going Postal so far! Some of you swam the One Hour Postal in January and some of you are in the middle of completing either the 5K or 10K Postal this summer at Lowry. However, there's one last set of Postals to look forward to in order to complete the USMS National Postal Championship Year. The 3000-Yd & 6000-Yd Postal National Championships are the last in the USMS National Postal Championship Series.

This year's 3000-Yd & 6000-Yd Postal National Championships are hosted by Masters of South Texas. Both these Postals need to be swum in a 25 yard pool, between September 15th and November 15th, 2010. We are very fortunate to have COMSA sponsor two different opportunities to complete either or both swims! Mark Johnston, head coach of Swim Dogs, has graciously agreed to host both events at the George Washington High School Pool! The first date is Saturday, September 18th and the second is Saturday, October 16th. Both Postals will start at 9 am.

Great news to all swimmers, Coach Mark may have some extra counter/verifiers who double as George Washington High School Swimmers available to count for you! So, please e-mail [nicolevanderpoel@msn.com](mailto:nicolevanderpoel@msn.com) to reserve your lane AND to reserve a counter if you need one. Indicate which distance you will be swimming and on which date.

We will have a lap top on deck with which you can use the new and improved online entry system immediately after your swim! You will then be responsible for mailing or e-mailing a hard copy of your splits and your USMS Registration. Remember to indicate your team is Colorado Masters Swimmers (CMS) so we can compete nationally as a team! Clip boards, pencils, stop watches and split sheets will be provided. You will also leave with a great sense of accomplishment and your very own "Colorado Goes Postal" swim cap!



Remember, if you complete all 5 Postal National Championships, you will not only have "bragging rights" but also will receive a really cool USMS National Postal Championship Series Patch!

Train hard this summer so you can participate and Go Postal this Fall in the USMS 3000-Yd and 6000-Yd Postal National Championships. Happy Training!

# Master Splash Swim Briefs

## Swimming Around Comsa

### CMS at Nationals

COMSA's largest team, CMS, was represented by approximately 45 people who attended Spring Nationals in Atlanta, GA. Nationals took place at the Georgia Tech pool, the site of the 1996 Olympics. Several national records were broken the CMS teammates (<http://www.usms.org/comp/scnats10/results/records.pdf>), and the team was the highest scoring non-local team, placing 3rd overall. Congratulations to all the swimmers who scored points, participated on relays, made new friends and just had a great time at the meet!!

The team is expected to have a large contingency at Summer Nationals in Puerto Rico, August 9-12.

Rowdy Gaines and Rob Butcher provided a daily video recap video of the meet: <http://www.usms.org/comp/scnats10/gallery.php>. Visit the website (<http://www.usms.org/comp/scnats10/>) for meet results and more details.



### Interested in contributing to the Mastersplash?

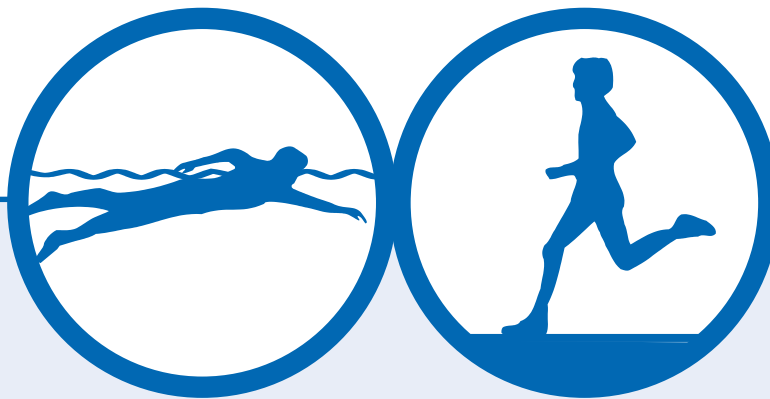
We are always looking for new contributors to write about techniques ranging from Swimming Technique and Nutrition, to firsthand accounts of swimming and practicing throughout the COMSA region. If you are interested in writing, please contact Jonathan Cain, at [JCain01@gmail.com](mailto:JCain01@gmail.com)





# Get outside and Swim

## Aquaman Swim/Run Series



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 swimseries 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](http://www.withoutlimits.com) for more information or e-mail Canace at [cgutti77@hotmail.com](mailto:cgutti77@hotmail.com).**

# The Mystery of the FLOG (from USMS website, December 2009)

## The many benefits of “The FLOG”

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/fitness-sevents> 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 USMS National Postal Championships Continuing from cover*

This year we are going to try a different entry process due to the new and improved online Postal entry process. We will have a computer available on site and you may enter your splits, pay entry fees and order t-shirts if you wish, immediately after your swim! You will then be responsible for e-mailing or scanning your split sheets to the host team, North Carolina Master's Swim Team. If you do not wish to enter on line, we ask you submit your entry, fees, split sheets etc. on your own prior to the entry deadline. Because we have such an awesome group of distance swimmers here in Colorado, we like to compete as a team as we continue to improve our results as a team and ask that you indicate your team as CMS (Colorado Masters Swimming) on your entry form.

Come on Colorado Distance Swimmers, challenge yourselves and your teammates to GO POSTAL and participate in one or both of the COMSA sponsored 5K & 10K National Postal Championship opportunities!

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

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## **Upcoming Events**

August 15th: Horsetooth Open Water Swims

October 2nd: Chatfield Gravel Pond Closes for Season