

## Cindy's Chatterings

Summertime, summertime, sum-sum-summertime! The summer season here in Colorado means we all head outside and do other things rather than stay indoors in a chlorine-filled, stuffy, black-lined bottom indoor pool. Many of you have discovered that the Chatfield Gravel Pond is a great place to do just that. Never tried open water swimming? The thought of swimming more than 25 yards or meters without a wall to push off from scares you to death? Come on out and give it a try. There's lots of us who can help you and will be glad to 'hold your hand' if you're a bit nervous the first time. Look for the swim schedule in this Newsletter.

It's a Party! Save Wednesday, July 9<sup>th</sup>, to join your swimming buddies at Chatfield's Fox Run Picnic Area for a potluck summer social. Show up early and get a workout in at the Gravel Pond. We'll be discussing the Fall and Winter Meet Schedule.

Nationals this year was in Tempe, Arizona. Boy, was it hot! Personally, I swam better than I ever have before and was thrilled to be in the presence of some incredible swimmers. Some who swam record-breaking swims, some who accomplished personal bests like me. If you've never gone to a National Meet, you must give a try. It is inspiring. Look for the article 'How Did You Do at Nationals?' Your fellow swimmers relay their stories for your reading enjoyment. Speaking of Nationals, Long Course Nationals this year is at Rutgers University in New Jersey. August 13-17 are the dates. Check it out [www.usms.org](http://www.usms.org) for an entry form. If you plan on going, let John Tobin know at 303-674-7083. He's organizing relays.

As of this writing, there are no meets scheduled for the summer. Why not? The answer is simple, no one wants to host a meet. Do you? Let us know. Contact Erika Landis at [erikalandis@yahoo.com](mailto:erikalandis@yahoo.com) and she'll get you all the information you need. Look for the Evergreen Meet and the new Wheatridge Meet entry forms (both in the Fall) in the back of this newsletter.

New Teams! COMSA has more teams registered than ever before and that means we've got more swimmers swimming than ever before. Welcome to our newest teams – Foothills Masters and Poseidon Masters. Contact information for these teams is found at [www.comsa.org](http://www.comsa.org).

What two swimmers met and fell in love swimming? Find out later in this issue.

Shoulder problems? What swimmer hasn't experienced annoying pain at least once? Find out what John Hughes has to say about the Rotator Cuff Blues.

Lost and Found: Do you have any awards won by Rocky Mountain Masters? We're trying to gather all the banners, trophies and plaques won at National Meets into one location. If you've got something in your garage or basement, let me know at [cinswims@earthlink.net](mailto:cinswims@earthlink.net).

Remember, if you can't find what you are looking for in this issue; check out our website at [www.comsa.org](http://www.comsa.org) or the USMS national website at [www.usms.org](http://www.usms.org).

Happy Swimming,  
Cindy

### **From the Grass Roots by John Hughes – Article 3**

#### Rotator Cuff Blues

With a rainy and wet May reluctantly turning over into June, at least on the calendar – open water swimming and triathlon is back at Chatfield. The water temperature is middle to high 60s and quickly getting warmer. I like being in the wetsuit; I cannot work too hard because I can't get a full breath or kick properly – yet I jet along so much faster than without a wetsuit. My neck chafe mark forces me to roll properly and take long arm strokes; it is great to be back! I am breathing to the left, and slowly I feel a familiar sharp pain build up in my right shoulder...

This spring I have seen a serious case cluster of shoulder strains, bursa inflammations, and frank tears of tendons of the rotator cuff. Swimmers are prone to this condition, particularly freestyle swimmers. But, it seems like this spring has brought a cluster of shoulder injuries.

The shoulder joint is unique in the body – providing both flexibility and stability. It is a floating ball and socket articulation where the ball and socket part is the stable part, and the float provides for flexibility. How does the float work? The only bony connection the whole arm has to the rest of the body is through the clavicle! The majority of stresses from and to the arms is transmitted through the glenohumeral joint (the ball and socket part) that floats across the thorax aided by the rolling and sliding action of bursae that are fluid-filled sacs like little half empty water balloons rolled between your hands. This whole apparatus is directed by a dynamic balance of muscles that originate plump and red along the thorax, scapula, and neck – thinning down to white ropey tendons that traverse various points around the scapula, glenohumeral joint, and the top part of the humerus bone. How amazing that our bodies can direct the arm gracefully by pulling on some of the tendons, relaxing others, acting to center the forces running through the arm like the springs surrounding a trampoline.

The problem is that some of these tendons run through tight spaces. With repetition and force, friction can damage the tendon faster than the repair process can keep up with. The tendon swells and has even less space to move smoothly in an already tight space... and pain receptors begin to tell you about it.

Of course you can take anti-inflammatories like naproxyn, ibuprofen, and many others, and even have your orthopedic surgeon shoot some steroid into the subacromial space between the shoulder joint and an overhanging shelf of bone that protrudes forward from the rest of the scapula – these measures may shrink the tendons and bursae for a while. But these measures won't address the underlying cause of the problem.

The first step is to have a coach look at your stroke and determine if you are doing something injurious. Then, the coach can make corrections and this may solve the whole problem. A common observation is that freestylers have a favorite breathing side and the opposite shoulder gets stressed out by stabilizing the head and neck during breathing – try breathing to the opposite side! Also, if you do a lot of training and you concentrate on freestyle, your coach can get you to do some other strokes. Backstroke is a particularly good choice because the shoulder moves differently than in freestyle yet the similarities allow the swimmer to maintain good fitness for freestyle swimming and racing. Of course the seriously injured (and mentally deranged) can always resort to breaststroke; there is very little stress on the shoulder with this stroke.

The next step is to adjust weight training to stabilize the shoulder, and stretching to (carefully!) increase certain points of shoulder mobility. An orthopedic surgeon and swimmer named Ron Karnaugh and a number of other sports medical people have written some really good articles on this in Swim magazine. Chiropractic or osteopathic sports evaluation of the cervical and thoracic spine regions is also helpful at this stage; they can loosen and mobilize jammed facet joints, ribs, and coordinate this mobilization treatment with your exercise program. On the exercise program side, have a physical therapist assess your shoulder musculature and suggest adjustments to your weight and stretching program.

But, the problem may not go away. An x-ray may show a spur extending down into the joint or an abnormal configuration of the acromion. This is time to know a good orthopedic surgeon with sports medicine training and skill with arthroscopic surgery.

I am back at Chatfield - my right shoulder starts hurting more and it really stings when I loom up to sight down the lake to those distant willow clumps that look like a supine woman's breasts... and I start breathing to my right and (oh, my God!) I slow down a little. The pain slowly subsides as I approach the far end of the gravel pond.

# IT'S A PARTY!!

Come down to Chatfield on Wednesday, July 9, 2003.

From 4:30 – 7:00 you can get a great workout in at the Gravel Pond. Then, hop on over to the Fox Run picnic area and join all your swimming buddies for a picnic.

For those who have no desire to swim in the Pond, come on down anyway and enjoy a summer evening outdoors at the Lake. There is a lot to do—take a walk, a bike ride, play horseshoes or volleyball (you need to bring your own equipment for that) or just hang out and relax.

Around 8:00 we'll be discussing the Fall and Winter Meet Schedule. Got ideas or opinions, let us know!

COMSA will provide the paper products, plastic wear, soft drinks and juice, and insect repellent.

Everyone bring a dish to share.  
There are barbeque grills available.

The Fox Run picnic area is located just before you get to the Gravel Pond as you enter the Park from the Wadsworth Blvd. side. There is a sign.

Let us know you're coming by replying to the survey on the COMSA website ([www.comsa.org](http://www.comsa.org)).

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## **CHATFIELD GRAVEL POND**

*Mondays and Wednesday 4:30 – 7:00 p.m.  
Saturdays from 7:30 – 10:00 a.m.  
Last day to swim is September 27<sup>th</sup>.*

Starting from the western-most beach it is approximately 300 yards to the sandbar; all the way across is approximately 900 yards. Please swim on the west side of the pond.

Check-in volunteers – we still need them!  
Contact Cindy at [cinswims@earthlink.net](mailto:cinswims@earthlink.net)

### **Remember:**

**The State Park has granted us permission to use the Pond during these times. Please don't abuse the privilege by starting your swim at 6:55 p.m. or 9:55 a.m**

**HOW DID YOU DO AT NATIONALS?  
So you say you missed Nationals this year?  
Here's what your fellow swimmers had to say about it.**

**Jeff Commings:**

My first masters nationals is unlikely to be equaled in the near future. It was everything I expected, and more. Well, I didn't expect the 100-plus-degree heat, but thankfully the lobby of the aquatic center provided a hospitable environment every day. My top three highlights of the meet were: 1) seeing Roque Santos, who I used to do battle with in the 100 breast many years ago. The years haven't worn him down yet! 2) Talking briefly with Richard Schroeder, who was one of the reasons I became a breaststroker. If I'm swimming half as fast as him when I'm in my 40s, I'll be a very happy man. 3) Breaking the national record in the 100 breast. I knew what the record was, but I didn't think my training was worthy of a 56-anything. So it was complete shock to see 55.99. I wish I could have seen what it looked like, but it was more fun swimming it!

Thanks to Paul Smith for two years of persistence, and to Laura Smith for my new nickname, "the kicker of the asses!"

**Donna Ryman:**

I would call Sheila Arredondo "my hero." She was fabulous! I didn't think the heat was so bad, just drank a lot of water and stayed out of the sun. I still have marks on my back. My flight was fine, full though and I'm glad I arrived at the airport in plenty of time.

My times: Nothing was a "personal best" but some were about equal or even better than I have done in the past two to three years. So I'd say that even the short preparation at Inverness helped me.

**Jack & Peggy Buchannan:**

We went to Tucson in the middle of nationals for a graduation in 103 degrees heat and had to put on clothes and walk a mile.

**Holly Jenkins:**

It was my first Nationals and I had such a great experience! I am moving to Northern California next week but I must say that my experience swimming Masters in Colorado will NEVER be forgotten! I swim for Cathy Drozda in Thornton (the best coach as far as I'm concerned). I won the Women's 35-39 100 and 200 Back and swam very close to my best times ever in my life! The pool in Tempe was awesome! The 100 degree temps were pretty grueling especially for the spectators! I'm glad I was swimming and not playing soccer or something in the heat! Our flights were all great, the hotel was great. Chris Nolte did an excellent job of organizing all of that as well as putting relays together! I think the whole meet was a huge success and I will always be grateful to Rocky Mountain Masters for making my 1st nationals so memorable. I WILL MISS YOU ALL!

**David Dodge:**

I live in Santa Fe New Mexico and because we are not very organized here and don't have the numbers of swimmers you have in Colo. I swam with you guys in Colo. I had my best times in 10 years in 6 events and was thrilled to be asked to join a few of your best swimmers in the Denver area (a guy named Rich Abrams - and Bill Abbott and Paul McDonald) in a few relays.... sure enough we won two gold medals...far surpassed my expectations !!! I was thrilled... am on my way to Virginia to compete in the Sr. Olympics.

**Tori Trees Smith:**

Yes, I went to nationals - had a great time seeing old friends and faces (ha,ha) The weather was sooooo hot, but we still managed to have a good time. I swam just relays - swam ok - glad to swim with the Rocky Mountain Masters - first time - everyone was really nice - it's nice to swim with a big team. It's always nice to swim at sea level even if it's just for a 50.

**Richard Olden:**

I got two 2<sup>nd</sup> places in the 50 and 100 breast. My best showing at the Short Course Nationals. Got a 7<sup>th</sup> and two 8ths. That was an 'also ran'. Did a 2:26 in the 200 free; my best ever since I'm not a freestyler. It was a great meet! Best ever. Age - 60.

**Nicole Vanderpoel:**

I had set a personal goal for me of placing top ten in 3 individual events and me did achieve this goal. 6th in the 1650 with a time of 20.12, 7th in the 200 Fly at 2:35 (PR) and 10th in the 400 IM at 5:19(PR). The 400 IM and 200 Fly were first time Nationals events. My 500 Free was decent with 5:51 at 12th place, 200 Back with 2:35 and 50 Fly were also fun events to swim. At any rate, I was quite pleased with my results. I think it was a great challenge to stay hydrated,

rested and cool. But the announcer was so awesome at reminding us all to drink fluids and stay in the shade that it really helped.

It is always a thrill to be in the water with such exceptional swimmers and people from all over the country. We all share so many of the same interests and passions. By far the most fun I had was swimming in my 35 plus medley relay with Melanie Dullea, Laura Smith and Susan Nolte at 7:00 pm Saturday, when the sun was setting and the pool was lit. It was such a beautiful night and I was there with all my wonderful swimming buddies. What could be better? (I actually had my best 50 Free in that relay.)

**Nassim Usman:**

Achieved PRs in all four events, however I have not raced for 25 years except for the state meet 3 weeks ago! 50 Fly, 28.16 (first race, no rhythm), 100 Fly, 1:02.06 (~ 4 seconds faster than state), 100 Free 56.93 (1.6 seconds faster than state) and 50 Free (relay) 25.14, swam next to National Record RMM swimmers and with a former Olympian, Tori Smith.

Had a great time and the heat was OK as long as you didn't have to be there for more than 3 hours in a row.

**Steve Cattles:**

How I cut six minutes off my 1000 yard freestyle at short course nationals. When I went into this race, I had no idea of how I was going to swim. This was only my second 1000 that I had ever swum, and my first one was at the state meet last month and it didn't go well at all. On May 11th, right before I left for nationals, my coach Richard Hess was watching me swim and he told me that when I swam my body was not straight in the water. My hips were lower than my upper body and when I swam I was swimming against too much resistance. Rich told me to look straight down in the water when I swam for this would keep my hips up in the water. Another swimmer from our group, Tom Mcalhaney told me that along with pressing my head into the water, I should also slow down my arm recovery by doing a modified catch up drill. This would help me pause my arms in the water where I would grip more water. After much practice, my 1000 felt so easy that for the first time I actually felt like a swimmer.

**Linda Lesback:**

I think I swam my best 400 IM ever although I honestly don't remember what I did 20 years ago and I know I never did it at nationals. Also my best 1650 since Nationals in 2001, which was the next-to-last time I swam it at sea level. Plane bummer. I had bought my ticket in February and when I showed up at 5:10 p.m. for my 6:30 flight home was told that it was boarding and I had missed it. United claimed it had "auto-notified" me of the changed departure time. I think that means they leave a message on your home phone that your kids erase, or an e-mail disguised as a Viagra ad. I cooled my jets in the chilly Phoenix airport for three hours.

**Ken Claussen:**

Although my 1650 - 18:02.76 at age 42 was a personal best ever, my favorite story of the meet is Cecilia (Cee Cee) Gadd-Siegel 31 RMM/DU swimming the 500 yard freestyle for the *first time ever in any competition* (she false started and DQ'd at state) goes a 5:15.13 and wins the 30-34 age group to become the national champion. Of course I take credit for this myself as I suggested to Cee Cee, after she kicked my ass in a Mid-Distance training set last fall, that maybe she should try swimming the 500 in competition, and well the rest is history. Anyway those mid-distance sets must have been tough because RMM/DU had three women in the top ten in the age 30-34 age group including Stacy Tobey 34 - 5th with a 5:29.99 and Teri Moen 34 - 6th @ 5:32.20.

**Bill Abbott:**

Tom Whately, after a layoff of several years had incredible meet. I don't recall any of his times, but he placed real high. I believe this was his first Nationals in 5 or 6 years.

**Marcia Anziano:**

Looking back on Nationals a few weeks later makes it seem less of a disaster than it seemed at the time. I can remember the fast sprints on the relays (the 4 fastest 50's of my life) and somehow overcome the disappointment of the slower distance races and the two disqualifications for the IM's. That is what happens when one ventures out of their comfort zone. It does tell me that I might need to check out the Rule Book before next year! But I had a great time, made new friends and came home with a tan and a new fashion suit. What more could one ask for?

**David Gray:**

I did, I matched my times I did in college. I swam a couple life time best times, and if I was 45 which I turn in a month I would have broken the national record in the 200 breast by 8 seconds. My best showing was a forth place, very competitive in my age group with two or three Olympic past medalist. It was a great meet!

## **JAM Road Trip** by Steve McDanal

We left individually, by twos, threes, and by fours. Half of us took I-70, the other half went south through Gunnison. One couple left on Friday and stayed overnight with kin in Gunnison, others visited family along the way in Florence.

The goal -- Delta Spring Fling, or bust.

We, the Jeffco Aquatic Masters swimmers, coach, friends and family, all managed to rendezvous at the 'Camp Robber' restaurant (the staff was quite impressed that we called in reservations from Denver) in Montrose Saturday evening. After many hours on the road, we were treated to great eats and the best company. (It pays to have a team member who grew up in the area and knows good spots)

Sunday morning found us together once again warming up at the Bill Heddles rec center in Delta. I grabbed a chair and settled in for a pleasant morning. For my third time at this meet, I was feeling right at home.

As in past years, it was a most enjoyable meet. The water temperature was just right, the meet started on time, moved fast and was finished before noon. My chair went mostly unused -- I was either swimming, urging on teammates, meeting new friends or talking to old ones. After our last event (100 fly for some of us -- and still out of breath from the previous event), it felt great to soak in the large jacuzzi. Then off to lunch and brag about good times and splits OR explain bad times due to bad starts, missed turns and goggles falling off. There was talk about the weather report but we all decided that we probably had adequate time for side trips.

With a belly full of good vittles, I chose to return over Loveland pass to avoid traffic and enjoy the scenery. Several others stayed an extra night in Glenwood to soak in the hot springs, and another bunch went to Ouray to soak in the hot springs down there. Our coach and her family went back to the rec center to let her kids burn off extra energy. Everybody made it back with time to spare before the blizzard of '03 hit.

All in all, eight swimmers, our coach, family and friends had a blast. The combination of a beautiful drive, companionship, and of course the wonderful hospitality of the Delta team and a truly fine swimming facility made for a fantastic weekend. We anticipate another road trip next year. Thank you Delta.

## WHAT HAPPENS WHEN YOU START SWIMMING ON A MASTERS TEAM? By Chris Nolte

I have been involved with Masters swimming more than 20 years and Susan has been along for the ride most of that 20 years. We have enjoyed good times, met many interesting people (*including each other*), and experienced fun and adventures along the way. Below are just some of those experiences.

- Went to my first Nationals in 82 on my Motorcycle with another swimmer from Boulder. Two days on the road are hard to shake off before the 1650 free.
- Met Jack Buchannan for the first time setting up relays and making arrangements for Nationals. The guy scared the crap out of me - who was that guy. Little did I know that I would someday be setting up those relays at nationals.
- Met this incredibly fast swimmer in my lane while swimming in Fort Collins at CSU. She was the only swimmer I could not lap in practice. I finally got to meet and spend time with her for the first time at the Loveland Sweetheart meet. It must have been fate as I ended up marrying her. Our honeymoon consisted of going to the 86 Nationals in Ft. Pierce, FL. I guess that's die hard masters swimmers for you. Susan burnt to a crisp in the sun and could hardly move. Good thing this honeymoon was for swimming.
- Susan survived swimming the 500 free at 10:30 at night in the 87 Nationals at Stanford, three months pregnant. With 2300 swimmers it was one large meet.
- Survived a shoot out outside the hotel at the 90 Nationals at USC.
- We both got to try and swim the Trans-Tahoe swim together a couple of times. One time, it got canceled due to snow which was a good thing because Lake Tahoe's water is about 58 degrees. Another time, we only made it half way before winds and large waves made me and another guy sea sick and we had to stop swimming. The other time we swam, it was beautiful. The water was smooth as glass, sunny, and you could see in the water for ever. It was so clear I could see the propeller of a competitors boat trying to cut me off from drafting their swimmer. It turned out I was drafting off Peter Rocca, an ex-Olympic swimmer. That made me feel good.
- Got to swim the Golden Gate Bridge swim. Susan was pregnant again and did not do the swim. There is nothing better than flipping over on your back as you swim under the bridge and look up - amazing!
- The next year at the Golden Gate swim, they did not time the tides right and of the 266 swimmers who started, only 60 finished. We spent the time fishing the 206 swimmers out of the water before they were swept out to sea. Needless to say, that was the last sanctioned Golden Gate swim. (Everyone survived with only some hypothermia).
- Since we have been back in Colorado, being involved with COMSA and Nationals has always been an adventure. Just try to set up those National relays, and keep everyone happy.
- Having been coerced into writing this piece about our years in Masters swimming by an unnamed COMSA member - now that's an adventure.

Without Masters swimming, we would not have experienced all of this, we would not have met all the wonderful people here in Colorado and nationally.

And we would not have met each other at the Loveland Sweetheart meet which will always have a special place in both of our hearts.

**Grudge Meet 2004!** By: Anonymous

"We had it first Hess!"

"We had more points McDanal!"

"What's that got to do with anything, Hess?"

And so these two traded threats over the team trophy just as they battled for first place in the state meet. In the end, the Fighting Guppies ended up with the small team trophy, but not before Jeffco Aquatic Masters had enjoyed their short lived success with a wild team celebration and 8 x 10 color glossy photos. As Hess roared off in the Guppie-mobile and McDanal stood empty-handed, words again rang out, "You guys will always be in a JAM!" And the reply, "Watch your dorsal side Guppies!"

Then, as quickly as the Guppies had received their trophy, it was discovered that it wasn't theirs either...it went to Vail! Fittingly, on Memorial Day, the Guppies relinquished the trophy. Vail is the 2003 Small Team winner for the Colorado Short Course Nationals. The trophy was delivered to Peggy Buchannan during the COMSA Executive Board retreat. Peggy assures us that the trophy will be displayed in a prominent place for all the team members to see at the pool.

Stayed tuned...or better yet, show up at the State Meet 2004. At least there small teams will be fighting for the championship.



## **SENIOR GAMES IN ST. GEORGE, UTAH** By Bill King

In case you're not aware the Huntsman World Senior Games are coming up this Oct. in St. George, Utah. They usually get about 5,000 entries of which about 150 are "mature" swimmers over the age of 50.

I have attended the last 4 meets and consider it most enjoyable and fun meet of the year. St. George is a lovely city of 40,000 just north of Las Vegas. It is the gateway to Zion and Bryce National Parks.

The pool is 8 lanes, 25 meters, depth from 4'-6" to 9'-0" with 8 place digital scoreboard, 3 separate lanes for warm up and recreational pool. It is fairly new, fast, and big windows on the south side for good warm sun. I think it is one of the best pools in the USA for a small municipality. The opening ceremony and parade of athletes is something not to miss. It will be about the only time in our lives when we have 8,000 spectators cheering us as we enter the stadium.

The phone number is 800-562-1268, website is [www.seniorgames.net](http://www.seniorgames.net) and e-mail is [hwsg@inforwest.com](mailto:hwsg@inforwest.com).

## **FINA WORLD MASTERS SWIMMING CHAMPIONSHIPS** By Bill King

RICCIONE, ITALY is the site of the next FINA World Masters Swimming Championships. The dates are scheduled from June 2 to 11th. 2004. That's next year but now is the time to start planning. Riccione is on the Adriatic Sea, 214 kilometers south of Venice. It is a world re-known tourist area and vacation area.

The pool is 10 lanes, 50 meters, 2 meters deep and similar to Santa Clara, California and outdoors. I suggest we start to think about this one. I have competed in the last 5 meets in Montreal, England, Morocco, Germany and New Zealand. These adventures have enriched our lives with such beautiful memories of places and friends. They are much more than just swim meets. It is an opportunity to meet other people of different cultures with a common cause, competitive swimming and international camaraderie. They should have over 6,000 entries. If Riccione is of interest, please contact me and I am more than willing to share any information in my file, which is now growing. My phone number is 970-453-4218

## **LT. GOVERNOR'S AWARD WINNERS**

Listed below are the winners of the Lt. Governor's Award. Each year, the committee elects a man and a woman who have generously contributed of their time to COMSA.

1983 Peggy Buchannan	Skip Mann
1984 Louise Mann	Ed Talmage
1985 Ellen A. Beavers	Don May
1986 Mary Pudim	Mike Chessnoe
1987 Karen Hogan	Jack Truby
1988 Judy Reed	Arnie Dowd
1989 Margaret Stannard	Dick STrickland
1990 Pat May	Bill King
1991 Ana-Mary Hottinger	Dave Snow
1992 Nancy Brueggeman	Jack Buchannan
1993 Ellen Atkinson	Bill Koerber
1994 Richalie Cranmer-Ball	Tim Garton
1995 Francis Holmes	John Tobin
1996 Susan Nolte	Chris Nolte
1997 Karen Loucks-Baker	George Kenry
1998 Dawn Obrecht	Bob Patten
1999 Cindy Guthrie	Dennis West
2000 Melanie Dullea	Steve McDanal
2001 Cathy Drozda	Michael Schoenecke
2002 Karen Zentgraf	Hank Zentgraf
2003 Marcia Anziano	Rich Abrahams

## **COACH OF THE YEAR WINNERS**

The following are the Coach of the Year (Lou Parker) awards, made by COMSA every year since the winter of 1986-87. Lou Parker originated this perpetuating award following his selection as the first winner and designation by the Aurora Masters Swim Club.

1986-87 - Lou Parker
1988-89 - Jack Buchannan
1988-89 - Ellen Atkinson
1989-90 - Dave Epperson
1990-91 - Al Dorsett
1991-92 - Terry Heggy
1992-93 - Jim Richey
1993-94 - Melanie Dullea
1994-95 - Russ Marsh
1995-96 - Jane Scott
1996-97 - John Levett
1997-98 - Ken Classen
1998-99 - Jaime Louie, Lani Meyer
1999-00- Greg Royther, Bill Palmer
2000-01- Tom Glass
2001-02- Ellen A. Campbell
2002-03- Richard Hess

## WINGSHADOW MEET ENTRY

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# Evergreen Fun Meet & Brunch

Sunday, October 5, 2003

## Evergreen Recreation Center.

(Take Colo. 73 south out of Evergreen toward Conifer. Turn right at the light at Buffalo Park. Turn left on Olive. Rec. Center is on the hill above the High School.)

\$13.79 Entry -- All you can swim.     \$6.21 Brunch

Warm up and registration: 8:00 a.m. till 9:00 a.m.

Deck entries for 50's, 100's and 200's (200's can be relays) of your choice of stroke. There will also be our usual 150 IM (throw out your worst stroke and swim the others in any order). In keeping with this retro theme, the 150IM was a real event until '59, and in honoring the request of distance swimmers, we are adding the 440, which has a collegiate event thru '61. However, due to the [#@!\\$%%^](#) lawyers, there will be no formal adult beverage relay.

No ribbons or awards, just swim to have fun and see how out of shape you are.

Brunch will be at the Tobin's. (Directions will be at the pool.)  
Please RSVP by calling Joanne Tobin 303-674-7083,  
by Wed., September 30, so that we can  
plan enough food for the brunch.

**First Annual Wheat Ridge Masters Meet**  
**Saturday, October 25, 2003**  
Meet Information

**LOCATION**

The Wheat Ridge Recreation Center is a new facility Located at 4005 Kipling Street. The pool is an excellent 8 lane, 25 yard, smooth as glass playland.

**TIMES**

Warm-up starts at 3:30 p.m. 500 Free starts at 4:00 p.m. 15 minute break before the 200 Mixed Relay. Late entries will be accepted up until 4:00 p.m.

**ELIGIBILITY**

Standard USMS age groups and rules will govern this meet.

**EVENTS:** (5 events plus 2 relays)

Women's	Men's	Event
1	2	500 Free
3	3	200 Mixed Medley Relay
4	5	100 Fly
6	7	50 Back
8	9	100 Breast
10	11	50 Free
12	13	200 Choice
14	15	100 Free
16	16	100 Mixed T-Shirt Relay
	<b>BREAK</b>	
17	18	100 IM
19	20	50 Breast
21	22	100 Back
23	24	50 Fly
25	26	200 Free
27	27	200 Mixed Wacky Relay

\*Men's and Women's heats will be combined if 3 or less in a heat.

\*Swimmers can sign up for up to 4 events and 2 relays.

**T-SHIRT**

Entry to meet includes a t-shirt! ☺

**ENTRIES**

Entry forms accompanied by entry fee of \$25.00 must be POSTMARKED by OCTOBER 18 or hand delivered by Monday, October 20<sup>th</sup> before the recreation center closes. Otherwise, late entries will be \$30.00.

**QUESTIONS?** Contact Sara Fleming at 720-560-2212 (9am-9pm) or wrstingrays@yahoo.com

**First Annual Wheat Ridge Masters Meet**  
**Saturday, October 25, 2003**  
 Entry Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Birthday: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: Male or Female

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Team: \_\_\_\_\_

Event #	Distance	Stroke	Time
_____	50 100 200 500	Free Back Breast Fly IM	_____
_____	50 100 200 500	Free Back Breast Fly IM	_____
_____	50 100 200 500	Free Back Breast Fly IM	_____
_____	50 100 200 500	Free Back Breast Fly IM	_____

**Relays (please check all that apply) – Will be organized on deck 3:30-4:15 p.m.**

\_\_\_\_\_ 2. 200 Mixed Medley Relay

\_\_\_\_\_ 9. 100 Mixed T-Shirt Relay

\_\_\_\_\_ 15. 200 Mixed Wacky Relay

T-SHIRTS: Please check your size: \_\_\_S \_\_\_M \_\_\_L \_\_\_XL

Make checks payable to: **Wheat Ridge Recreation Center**

**Entry Fee: \$25**

**Late/Deck Entry: \$30**

Send entries to: Attn: Sara Fleming  
 Wheat Ridge Recreation Center  
 4005 Kipling St  
 Wheat Ridge, CO 80033

**Entry Forms must be postmarked by October 18<sup>th</sup> or hand delivered by October 20<sup>th</sup> no later than 9:00 p.m.**

For More Information, contact Sara Fleming at 720-560-2212 or wrstingrays@yahoo.com

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