



Hello Katie,

Summer time is always so busy and it seems especially so this summer with the Paris Olympics and so many sporting events to watch! Of course the swimming is so exciting and as I write this update, Team USA has already racked up 15 medals - two of them gold! Torri Huske's gold medal win in the women's 100 fly is a testament to hard work and determination to overcome her 4th place finish in Tokyo! Go Team USA!!! If you want to see how the fastest swimmers in the world are using math to help them win gold, [check out this great article!](#)

COMSA's Open Water Chair Joe Bakel is happy to report that almost all of the open water events this summer are selling out! Both of the Mountain Swim Series events that took place earlier this summer (Solstice and Carter) sold out and the Horsetooth Open Water Swims are filling up at a record pace! Bottom line, if you want to compete in the open water events in Colorado, it's best to sign up early!

Also, don't miss your chance to compete in the [COMSA Open Water Championship 2.5K swim at The Castle](#), August 24, 2024. Registration closes August 21st.

If you're reading this far down into the newsletter, congratulations! You are the first to know that COMSA's 2025 State Meet is slated for April 4-6, 2025 at VMAC in Thornton! Mark your calendars and stay tuned for more information in the coming months!

Happy Swimming!
Katie Glenn
COMSA Secretary

Upcoming Events **SAVE THE DATE**

August 3, 2024 - [Willow Creek Reservoir](#), Granby, CO
August 9, 2024 - [Grown Up Swimming](#) Scott Carpenter Pool 6:30pm
August 16, 2024 - [Grown Up Swimming](#) Scott Carpenter Pool 6:30pm
August 17, 2024 - [Swim Across America Denver](#), Chatfield Reservoir
August 24, 2024 - [The Castle](#), Wellington Lake 2.5K, 5K, 10K
2.5K Race is the COMSA Open Water Championship
August 21-25, 2024 - [USMS Long Course Nationals](#), Mission Viejo, CA
[Link to hotels](#)
September 8, 2024 - [Horsetooth Open Water Swims](#), Horsetooth Reservoir
April 4-6, 2025 - COMSA 2025 State Meet, VMAC, Thornton

For a listing of events around the country, you can always check out USMS's [Calendar of Events](#).

Note From COMSA Chair Doug Garcia

Dear COMSA Swimmers,

I hope your summer is going well, and that you've been able to watch some great swimming through the Olympic Trials and this week with the Olympics.

Open Water Bragging

Once again this year, Colorado made a great showing at the Pure Pactola swim in South Dakota. 36 swimmers





out of 92 registered swimmers were from Colorado. In addition to showing up, Colorado brought home lots of awards including: **Rachel Berger** (37 from Fort Collins) who completed the 5K course in 1:19.41 and was the 3rd overall swimmer to cross the finish line, as well as **Susan von der Lippe** (59 from Loveland) who was the 4th overall swimmer to cross the finish line with a time of 1:20.58. Other Colorado swimmers both male and female, brought home age group awards for not only the 5K swim, but the 2.4 and 1.2 swims as well. [Check out all the details here.](#)

Volunteer Opportunity, USMS Convention

As a volunteer organization, we're always looking for people to help out. Coming up on September 13-15 will be the USMS national convention. This year's meeting will be held virtually, which makes participation much easier. Convention is where board of directors elections take place as well as any rules or organizational changes are voted on. COMSA is allowed a total of four delegates, currently **Kathleen Steffe** of Highlands Ranch, **Meghan Varner** of Boulder and **Dag Seymour** of Jeff Co Aquatics have volunteered to serve as delegates. **We have one additional spot to fill. If you are interested in participating, please reach out to me. The deadline for submission is August 10.**

Volunteer Opportunity, Training

In addition to the convention, each year USMS puts on a training session called Relay. This is an in-person event and will be held in Houston on October 18-20. This year's theme is entitled Community Development. Like convention, COMSA has a total of four spots. ***Right now no one from COMSA is scheduled to attend (other than yours truly).*** If you are interested in attending, please reach out to me. I will need to know of your interest by September 1.

Volunteer Opportunity, National Coaches Clinic

Held the same weekend and location as Relay, the National Coaches Clinic is where coaches can get inspired and learn new ideas for helping out their swimmers. Currently, Rob Putnam of Pike Peak Aquatics and our COMSA coach of the year, will be attending. If you are interested in attending, please reach out to me. Again, the deadline for indicating your interest is September 1.

For both the Relay and National Coaches Clinic, there are funds available to assist with travel and registration.

Swimmingly,
Doug

26 Colorado Records!



The 2024 USMS Spring Nationals was held June 20th to June 24th. Colorado Masters Swimming (CMS) had 44 swimmers attend the meet. CMS combined placed 4th for regional teams, the women placed 2nd and the men placed 5th. A total of 26 Colorado records were broken including:

The Women's 25+ 200 Free Relay of **Danielle Murphy, Morgan Greenwald, Maegan Olivos and Lyndsey Linke** set a new Open Division record with a time of 1:39.92.

The Mixed 25+ 200 Free Relay of **David Murphy, Travis Greenwald, Morgan Greenwald and Danielle Murphy** set a new Open Division record with a time of 1:29.52.

The Mixed 25+ 200 Medley Relay of **David Murphy, Travis Greenwald, Danielle Murphy and Morgan Greenwald** set a new Open Division record with a time of 1:41.30.

David Murphy set a new 25-29 50 Free record with a time of 20.15.

Danielle Murphy set a new 25-29 50 Free record with a time of 23.56.

Scott Bergstrom 25-29 200 Fly record with a time of 1:50.76

Travis Greenwald set a new 30-34 50 Breast record with a time of 25.90, 200 Fly with a time of 1:55.21, 200 Breast with a time of 2:04.17.

Dylan Bunch set a new 30-34 200 Fly record with a time of 1:57.90, 500 Free with a time of 4:33.63, 200 Free with a time of 1:41.07.

Jodi Lee set a new 45-49 400 IM record with a time of 4:49.40.

Mark Wachendorf set a new 55-59 200 Fly record with a time of 2:08.15.

Kelly Seavall set a new 55-59 200 free record with a time of 2:09.79.

Colette Sappey set a new 55-59 50 Back record with a time of 30.92.

Karina Plocek set a new 55-59 100 Free record with a time of 57.43, 50 Free with a time of 25.54, the 50 Fly with a time of 27.38

Anastasia Winslow set a new 60-64 1650 Free record with a time of 20:17.99.

Tim Lenneman set a new 60-64 200 Fly record with a time of 2:17.19.

Carolyn Wiese set a new 65-69 200 Breast record with a time of 3:16.75.

Karen Rosener set a new 70-74 100 Free record with a time of 1:12.42, the 50 Fly with a time of 39.01 and the 1000 Free with a time of 15:00.37.

Sue Bloomfield set a new 70-74 100 Breast record with a time of 1:40.62.

Congratulations to the Mile High Mermaids & Grandpa English Channel Relay Swim July 8-9, 2024



Pictured above at the start of their swim: Chris Nolte, Susan Nolte, Patrice Kennedy, (back row) Katie Jarek, Melissa Sundberg, Lisa Thilker

Six years of training in cold water and waiting for our chance to swim. One “blow out” three years ago. This was an epic adventure. The swim took 19 hours and three minutes, over 7 hours longer than our first relay in 2010. Oh boy. Those tides make a difference. A spring tide is one to be reckoned with. We were almost pulled from the channel as we were being sucked to Calais at under a minute per 100 yards and were almost to the three mile pull line. We are so grateful we made the swim and don’t have to try again in three more years! What a great team! No complaints from anyone.
Susan Nolte

Poem by Katie Jarek
with a little help from chat gpt

On July the 8th, we plunged in the sea,
The English Channel stretched before, vast and free.
With strokes strong and steady, our journey began,
Together as one, against nature’s grand plan.

The water was frigid, biting deep to the core,
Hypothermia a specter we could not ignore.
We huddled for warmth, our spirits alight,
In this dance with the sea, we’d not yield to the night.

Jellyfish floated, a perilous swarm,
We weaved through their stings, our resolve firm and warm.
Waves crashed and thundered, rain poured like tears,
In the heart of the storm, we faced all our fears.

The night closed around us, a cloak of pure black,
Yet in darkness, we found strength to never turn back.
With voices of courage, we cheered through the strain,
Guiding each other through the tempest and pain.

Nineteen hours and three minutes, the clock did proclaim,
When we touched the far shore, hearts ablaze like a flame.
Together we conquered, the Channel our prize,
In the bond of the struggle, we found true allies.



[Grown-Up Swimming Denver / Boulder](#)

Ahh, the glory days. When summer league had you swimming 25s and mystery-flavored Airheads waited for you at the finish line. What happened to those fun times? Age. Age happened. It started when you turned



Rocky Mtn Schedule

Friday, 7/19 @ Spruce

Friday, 7/26 @ Spruce

Friday, 8/9 @ Scott Carpenter

Friday, 8/16 @ Scott Carpenter



11, and those 25s were taken away forever. You had to swim 50s, 100s, and eventually even 200s.

Now, you're on the tail end of your swimming career, or perhaps you're in one of those "grown-up" careers. Not to fear—we're here to bring back the good old days. **Welcome to Grown-Up Swimming!**

We're excited to add more laid-back fun competition opportunities to the Colorado swim community this summer and many more to come. USMS members get \$5 off the registration fee.

Grown Up Swimming offers 4 rec league meets scheduled in Boulder this summer.

Teams are encouraged to form all across the Rockies. Forming a team is free and without obligation. Simply fill out the short **form a team form** on our website.

COMSA To Reimburse Club/Workout Group Registration Fees for Clubs/Workout Groups of 10+ Swimmers

COMSA's Executive Board voted and approved that COMSA pay the 2024 club/workout group registration fees for all clubs/workout groups with a 2023 membership of 10 or more swimmers.

Club/workout groups with less than 10 members, should contact the COMSA Chair for reimbursement requests.

[Visit our Website](#)



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