



Hello Katie,

As we near the end of 2024, get ready for a few opportunities to still race and compete before 2025! Check the [COMSA website](#) for all upcoming events! Be sure to check out the [Records page](#) to see the recent achievements of COMSA swimmers over the last year!

Today marks the first day of USMS registration for 2025! If you are a CMS member, see more information below about registering with Rocky Mountain Regional Masters, as CMS is no longer. At the USMS Convention, a fee increase of \$5 passed bringing the annual membership cost to \$75 for the year. This is designed to put USMS on the path to a balanced budget in the next few years.

Happy Swimming!  
Katie Glenn  
COMSA Secretary

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## Upcoming Events **SAVE THE DATE**

Thru Nov 15, 2024 - [USMS 3000/6000 Virtual Championships](#), Virtual  
Thru Mar 31, 2025 [COSA Virtual Swim - World's Largest Lakes](#), Virtual  
Nov 2, 2024 - [Nash Splash](#), Broomfield  
Dec 7-8, 2024 - [Pikes Peak December Dash](#), Colorado Springs  
January 18, 2025 - Colorado Swimming Hall of Fame Meet, Denver  
January 25, 2025 - Polansky Sweetheart Meet, Loveland  
April 4-6, 2025 - COMSA 2025 State Meet, VMAC, Thornton  
April 24-27, 2025 - 2025 USMS Spring Nationals

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

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## **Important 2025 USMS Registration Information**



As you go to renew your USMS membership, please note the Colorado Masters Swim Club (CMS) has gone away, and the new club Rocky Mountain Regional Masters (RMRM) will be the new club for many COMSA swimmers. If you were previously a member of a CMS workout group, that



***RMRM Workout Groups***  
Jeffco Aquatic Masters (AJAM)\*  
Aurora Masters (AM)\*  
Aspen Masters Group (ASP)

name will remain the same. When you go to renew, if you were previously a CMS member, your renewal information will indicate RMRM, but your workout group will remain the same as 2024. You do not have to be associated with a workout group to be a part of the RMRM club.

This club name transition was made to be more inclusive of the two states we represent, Colorado and Wyoming. RMRM will be the club name many COMSA swimmers will swim under at Spring and Summer USMS Nationals.

Boulder Aquatic Masters (BAMCO)\*  
Bee Gees (BG)\*  
COSA Swimming Masters (COSAM)\*  
Crazy 8 (CRZ8)  
Durango Masters Swimming (DGO)  
University of Denver Masters (DU)  
FAST Masters (FAST1)\*  
Foothills Masters Swim Team (FMST)\*  
Club Greenwood (GREEN)\*  
Highlands Ranch Masters Swimming (HRMS)\*  
Lafayette Masters Swimming (LMS)\*  
Loveland Masters (LOV)\*  
Montrose Masters Group (MMG)\*  
Pikes Peak Masters Swimming (PPMS)\*  
Pueblo Masters Swimming (PUEB)\*  
SQUID Swim Team (SQD)\*  
South Suburban Finaddicts (SSUB)  
Thornton Masters (THOR)\*  
Team Sopris (SOPR)\*  
Swimming Simply (SSIMP)  
Wyoming Masters Swimming Club (WMSC)

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## Three Drills to Improve Your Freestyle Catch

### Improve your Catch to Improve your Stroke

If you've been working on your freestyle technique for a while, you've likely been thinking about your freestyle catch. The catch is perhaps the most important aspect of the freestyle stroke, as that's where you generate most of your propulsive power from.

As a long-time Masters Swimming coach, I've used many drills over the years to help swimmers learn to better engage their forearms and hands to improve their catch. But these three drills are the top ones I'd recommend to any swimmer looking to improve their catch.

#### Drill One: People-Paddle Scull

Sculling is a special type of drill in which you don't perform a full stroke; rather, you keep your arms under water so as to focus your energies on a specific area of the stroke. The people-paddle scull helps you do this with an approach that's similar to the doggy paddle. To perform this scull, execute a stroke with a typical catch underwater, but rather than recovering your arms over the water, drive your hand back in front of you through the water like you do with doggie paddle. You should keep your face mostly submerged, though, more like you would when swimming regular freestyle rather than using the head-up position that's favored when doggie-paddling.

This drill helps you learn how to feel the water and how to quickly engage your forearms against the water at the start of each freestyle pull. It can be a powerful tool for gaining efficiency and strength with each stroke.

#### Drill Two: Y Scull

Very similar to the people paddle, a Y scull helps you understand how to move water with your forearms and palms. Put your arms put in front of you together in a streamline. Keep your elbows straight, then, sweep your hands apart until they form a Y shape – you'll hit the right position when your hands are about shoulder width apart out in front of your head. Then, catch the water and bring your hands back together towards your centerline. Keep those elbows straight the entire time, as this will help you feel pressure from the

water against the whole length of your forearms.

## Drill Three: Side Scull

The last and most difficult-to-master drill is a side scull. Side sculling can be done with or without a pull buoy – adding a pull buoy might make it easier if your legs feel like they're sinking.

Get into a streamline position and roll onto one side. Stretch your lower arm above your head, keeping your elbow straight. Then, move that hand back and forth so you can feel the water pressing against your forearms.

It's that simple, and yet challenging to get just right. Keep practicing until you can really feel the water moving against your forearm, then flip to the other side.

Throw a few 50s of these drills into every practice to help keep your catch sharp. Remember, a good catch means more power from each freestyle stroke.

And that translates to more speed with less effort.

by: Abbie Fish

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### 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 2025 club/workout group registration fees for all clubs/workout groups with a 2024 membership of 10 or more swimmers.

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

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