



# MasterSplash

## *Introducing the New 2004 Board of Directors*

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At the 2004 Annual Meeting held at the State Meet, the membership elected a new Board of Directors for Colorado Masters Swimming. First of all, we want to thank Cindy Hawkinson for serving the past two years as Chairperson of the organization. Cindy served on the board for over 10 years prior to being Chairperson, as Vice Chairperson and Secretary. Cindy has done an outstanding job and she won't be far away. She will remain with the Board, serving as Past Chairperson. She will also be heading up the Chatfield efforts again this year.

Marcia Anziano has been elected to the position of Chairperson. Marcia has served on the board the past two years as Vice Chairperson and as Secretary for the year prior to that. Marcia has been involved in Masters Swimming for the past 9 years, and with Colorado for the past 6 years. She swims with the D.U. Aquaholics and enjoys the competitive aspects that Masters swimming offers. Marcia also serves as the Breadbasket Zone Representative and is an active member of the Zone Committee.

Serving as Vice Chairper-

son will be Heather Hagadorn. Heather began working out with the DU masters team in September, 1995, after a nine year hiatus from college swimming, and became a COMSA member sometime after that. Heather had been a competitive triathlete since 1987 and was looking to build her swimming skills back to their college level. After swimming in the Masters Program her swimming strength has improved and triathlons have become a lower priority. In an effort to help get the DU Masters team more involved in COMSA, she became the DU Team Representative

### Special points of interest:

- Team & Individual Results from the State Championships
- "And the Award Goes to....."
- Open Water Season is Just Around the Corner
- Donald Trump in a Speedo?

## *Team Competition is Tight at the State Meet*

Congratulations to DU Aquaholics for winning their second State Championship! In the large team division, Inverness took second place and Boulder took third place.

In the medium division,

Aurora Masters took top honors. Durango Masters were second and Rally Rays were third.

Competition in the small team division was fierce, with only 11 points separating the top three teams. In

first place was Highlands Ranch; only two points behind was South Suburban; and right in their bubbles was Snow Mountain.

Complete individual as well as team results can be found on the website.

## 2004 Board of Directors



**Colorado Masters Swimming  
Association**

in the summer of 2003, then accepted an appointment to the Board as Secretary in the Fall of 2003. Heather wants to continue to participate in Masters swimming because of close friendships and support systems with teammates and the strong camaraderie of the competitors. She says that she will remain in swimming as long as it is fun, and she wants to help promote and keep a fun and healthy atmosphere at the local, state and national level.

The new Secretary, and new member to the Board is Kathy Garnier, who swims locally with the Inverness Masters. Kathy has been in Master's swimming for 15 years. She briefly served as the team rep for North Jeffco (now JAM) in the early 90's. Most recently, Kathy has served on her children's summer club (Ken Caryl Swim Club) steering committee primarily responsible for automation, including registration, swimmer database and meet management. She also served as meet director for the annual Ken Caryl Invite, hosting over 600 swimmers. Kathy is excited to get involved with COMSA and is looking forward to helping out with all of the swimming activities made available to us through USMS.

A veteran to the Board is Susan Nolte who also

swims for the Inverness Masters. She will continue to serve as Treasurer. Susan has been involved in Masters Swimming for twenty years. In 1986, her husband Chris was elected Vice President and she took over as records chairperson. Unfortunately, they ended up moving to Walnut Creek California for six years, and had to give up their responsibilities here in Colorado. After moving back in 1992, Susan was recruited to be treasurer and has been involved ever since. Susan is also involved with youth swimming, having two daughters that swim, and has served as a stroke and turn judge for the past six summers at their meets.

The lone male member of the Executive Board is Highlands Ranch Masters swimmer, John Hughes. Those of you who know John know that he can hold his own among this group of women. John will be serving the Colorado Masters community as Registrar. John has been in Masters Swimming in one way or another since his first state meet at Meyers Pool in 1978. After a long career in medicine and serving in the Navy, John's most recent action was to author the Swim Training and High Altitude Training chapters in the SEAL Team Physical Fitness Manual in 1997. He reentered competitive swimming here in Colorado

when he turned 40 (now 10 years ago). He continues to have a keen interest in human performance that he applies in the course of his medical practice in occupational medicine and rehabilitation.

The Board of Directors includes the following Committee Chairs. Continuing in their positions are: Nicole Vanderpoel Long Distance/Open Water Chairperson; Deanna Johnson, Officials Chairperson; Chris Nolte, Awards Chairperson; Mark Plummer, Top Ten Chairperson; Laura Smith, Fitness Chairperson; Terry Heggy, Webmaster and Ellen Campbell, Newsletter Editor. New to the group is Kim Crouch, Sanctions Chairperson.

We want to thank Jack Buchannan, who as served the board for the past 12 years as Registrar. Also Jack Truby, long time Awards Chairperson and Rob Nasser, our prior webmaster need to be thanked for the time that they have devoted to the organization.

The new board looks forward to working with the organization. Meetings are held quarterly and we hope to see many of the team reps in attendance. We want your input. This is your organization and your input is valuable. We look forward to seeing you at our next meeting.

COMSA is your organization. We value your input. We look forward to hearing from you or seeing you at our next meeting.



## Coach Trump

By Laura Smith  
Fitness Coordinator

A recent issue of Newsweek has an article featuring Donald Trump, and his philosophy of what it takes to be successful. Although I hate to visualize him in a Speedo, I think that his work ethics exceeds the realm of business and is very applicable to personal success in the pool.

1. *Mr. Trump believes that you have to love what you're doing.*

If you don't sincerely take pleasure in the endeavor, you will never be fully successful. I was an age group swimmer, and saw many, many of my peers who had a great amount of natural talent, but no desire to utilize it. Their parents put pressure on them to swim, but their hearts weren't in it. Natural ability only goes so far. These swimmers plateaued, got frustrated, and quit. If you love what you do, there is never failure...only an opportunity to do better next time.

2. *You cannot stop. If there is a concrete wall in front of you, you have to go through it. You can never, ever give up or even think in terms of giving up.*

By the time we are Masters, we have all had numerous injuries, disappointing meets, and frustrating workouts. Set

backs are inevitable. There are always reasons and excuses not to perform or to give up easily—true champions are those who ignore obstacles and see challenges.

3. *Confidence is a very important thing. But confidence isn't something you just develop by saying "I'm going to do this or that." You really have to believe it.*

Confidence is different than arrogance. It is knowing that you have committed to something with everything you have physically, emotionally, and mentally...and that you're going to reap the benefits.

4. *I love pitting people against each other. My whole life is based on that. It brings out the best in people and the worst in people. If the worst comes out, you don't want them working for you.*

Strong competition makes you a strong swimmer. We have all seen swimmers perform far beyond their ability to beat a nemesis or conquer a goal. I have seen fellow swimmers who are my direct competition be genuinely happy for me when I have swam well---and my respect for these has grown immeasurably. I have also seen poor losers who pout, are negative, and throw blame around the pool after they have had a poor

performance. These are the swimmers that obviously do not love the sport, have no confidence, and are cancerous to be around. Support others in their victories and yours will come.

5. *You have to remain cool under fire and let criticism roll off you.*

Don't stress and put too much pressure on yourself to perform. The best races are the ones you feel relaxed and smooth...almost effortless. You can channel your nervous energy and use it to your advantage, but don't let nerves get the best of you. By the time you're standing on the block, there is no more training, technique work, or conditioning you can do to help you succeed in the race. At that point, it turns into a mental game. Those who can remain calm, focused and relaxed are the ones who will be hitting the wall first! Allow construction criticism to make you better. Listen to coaches who are trying to help. None of us have the perfect stroke technique...we can all become more efficient.

Although we will probably never see Donald Trump at the side of the pool, whistle around his neck and clipboard in hand, I think we can all learn from his philosophies of what makes a person successful.



*"Nothing beats a good swim after a hard day. Suits optional."*

**"Confidence is knowing that you have committed to something with everything you have physically, emotionally, and mentally..."**



*You have to remain cool under fire and let criticism roll off you.*

## *Coach of the Year—Cathy Drozda*

Cathy Drozda, Thornton Masters, is the 2004 Colorado Masters Swimming Association Coach of the Year. Cathy has been involved in Masters Swimming as both a swimmer and a coach for many years. Her swimmers expressed their appreciation for her dedication to the team and her individualized help and encouragement. In 2003, Cathy competed in the National Championships and brought several

of her swimmers along as



well—many for their first

time. She has a passion for swimming that is evident in her quest for excellence in both her coaching as well as her own competitive swimming. Having coached nearly all levels of swimming, Cathy enjoys Masters swimming the most. She enjoys the team friendships and helping people accomplish what they never thought possible. Congratulations Cathy!

## *Lt. Governor's Cup—Cindy Hawkinson*



Cindy Hawkinson has been involved in Masters Swimming both locally and nationally for the last ten years. She has served on the COMSA Board as Chairperson, Vice Chairperson, Secretary and now as Past Chairperson. During her time as President, Cindy developed strong communication throughout

the COMSA membership. She visited many teams and clubs and gave presentations to several triathlon groups on the benefits of COMSA membership. COMSA membership grew to an all time high under her direction. She is currently the triathlon liason between USA Triathlon and United States Masters

Swimming. She has worked tirelessly over the past two years organizing our lake swimming opportunities at Chatfield.

Congratulations Cindy! And thank you for all you do!



## *Lt. Governor's Cup—Jack Buchanan*

Jack Buchanan is one of the Founding Fathers of Colorado Masters Swimming Association. Jack has served as registrar for the past 12 years, seeing growth in Colorado swimming go from less than 500 to over 1700 registered swimmers. Prior to serving

as registrar, Jack served in numerous Board positions and as the Breadbasket Zone Rep. On the National level, Jack and his wife received an Outstanding Service Award for their many years of service and enthusiasm for Masters Swimming.

Congratulations and Thank You Jack!



## Individual High Point Winners at State Meet

The following swimmers tallied the most points within their respective age groups and took home top honors at the Colorado Short Course State Championships. They also took home a logoed, nalgene water bottle to honor their accomplishment.

*Congratulations High Point Winners!*

- |  |                                      |
|--|--------------------------------------|
| 20-24 Jenn Jennings<br>Josh Cliff-Tuttle     | 55-59 Lydia Young<br>Quincy Ellis    |
| 25-29 Kristin Greenleaf<br>Jess Schwartzkopf | 60-64 Eilleen Croissant<br>Mel Dykes |
| 30-34 Lori Deacon<br>Dave Ross               | 65-69 Jane Oberg<br>Ken Heller       |
| 35-39 Heather Hagadorn<br>Mark Allison       | 70-74 Ruth Hurtzberg<br>David Bishop |
| 40-44 Kim Crouch<br>Edward Melanson          | 75-79 Francis Holmes<br>James Hart   |
| 45-49 Kathy Drozda<br>Bill Bracket           | 80-84 John Wrenn                     |
| 50-54 Judy Laney<br>Will Reeves              |                                      |



# 1<sup>st</sup> Annual Highlands Ranch Long Course Masters Invitational Saturday, June 5<sup>th</sup>, 2004

## Meet Information

Sanctioned by USMS - #32-04-08-S

**FACILITY** Lowry Swimming Pool – 6 Lane, 50 Meter Pool.

5 Lanes may be used for competition and 1 lane for continuous warm-up/warm-down.

Take I-25 North to Denver, Merge onto I-225 N toward I-70/LIMON, Take the CO-30/6TH AVE exit- exit number 9, Turn LEFT onto E 6TH AVE/CO-30. Continue to follow E 6TH AVE, Turn RIGHT onto BEELER ST, Stay straight to go onto YOSEMITE ST, Turn LEFT onto E 10TH PL, Turn RIGHT onto XANTHIA ST – 845 Xanthia. (May also be renamed to 775 Akron Way)

**TIMES** Saturday, June 5<sup>th</sup>, 2004 7:30AM Warm-Up - 8:30AM Start

**AGE GROUPS** 19-24, 25-29, 30-34, 35-39, 40-44,.....100+ No awards at this meet.

**ELIGIBILITY** Only current USMS registered members with a USMS 2004 Registration Card.

**ENTRIES** Entry forms accompanied by entry fees and a copy of your USMS card, are DUE (Not just postmarked) in the hands of the Entry Coordinator by Saturday, May 29<sup>th</sup>, 2004 at 5:00PM. Send entries to: Matt Beck / HRA, 8801 S. Broadway, Highlands Ranch, CO 80126. Contact Information: Phone – (303) 471-8942 E-mail (Preferred) – [texbeck25@aol.com](mailto:texbeck25@aol.com). Flat Fee of \$15.00 for up to 5 events. **Make Checks payable to Highlands Ranch Masters.**

**RULES** Rules to be enforced per the 2004 USMS Rule Book

### EVENTS

Women	Men	Event	Women	Men	Event
1	2	400 Free	15	16	200 Ind. Medley
3	4	50 Butterfly	17	18	50 Breaststroke
5	6	100 Backstroke	19	20	100 Freestyle
7	8	200 Breaststroke	21	22	200 Butterfly
9	10	50 Freestyle	23	24	50 Backstroke
11	12	100 Butterfly	25	26	100 Breaststroke
13	14	200 Backstroke	27	28	200 Freestyle

In the interest of time, men's and women's events may be combined to swim in the same heat in any event.

## The Gravel Pond Opens Soon!

By Cindy Hawkinson

Can it be that the 2004 Chatfield Gravel Pond Swimming Season is almost upon us? 2003 was extremely successful year for Chatfield swimming thanks to all the volunteers who helped man the check-in table as well as those who enjoyed the water as part of your open water swim training.

Chatfield is the only venue in Denver to allow open water swimming and I sincerely thank Jim Smith, our contact at the State Park office of Chatfield, who continues to support our efforts and swims.

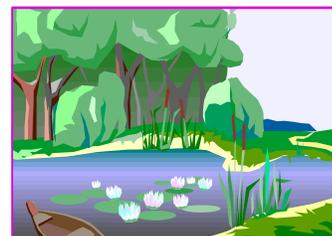
This year's schedule is the same as last year -- Monday, Wednesday and Sat-

urday swims. The times will be the same Monday and Wednesday 4:30 to 7:00pm and Saturday 7:30 – 10:00 am. We start swimming May 15<sup>th</sup> (brrrr....bring your wetsuits) and we end on September 25<sup>th</sup>.

We will again need volunteers to help with check-in. Those who helped out last year (Thank you!!) know it is a simple but necessary part of giving back to your sport. If we don't have the check-in volunteers, we don't swim.

If you enjoy swimming at the gravel pond, please email me at [cinswims@earthlink.net](mailto:cinswims@earthlink.net) to volunteer to help this year.

Just be sure to put 'Chatfield Swimming' in the subject line. I'll be working on the volunteer calendar here in the next month. If you have specific days you'd like to help let me know what they are and I'll 'ink you in'.



You must be a 2004 registered COMSA swimmer to swim in the Gravel Pond.

## Chatfield Gravel Pond

Mondays and Wednesday  
4:30 – 7:00 p.m.  
Saturdays from 7:30 –  
10:00 a.m.  
Begins May 15th  
Last day to swim is Sep-  
tember 25<sup>th</sup>.

You must be a 2004 USMS registered swimmer to swim in the Gravel Pond. Please check in with the volunteer before entering the water.

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 need them again this year!

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.



The Gravel Pond...as close to an ocean as you'll get in Denver.

## Can You Go the Distance?

### By Nicole Vanderpoel Long Distance Chair

Colorado Masters Swimmers, can you go the distance? Of course you can! Congratulations to all of you who were able to “go the distance” by successfully completing the One Hour Postal in January and the TAM 1650 in February. We had a lot of fun and would especially like to thank Terry Heggy and The Ridge Pool for hosting both events. What a treat to swim in such a beautiful facility! For those of you who missed the Postal swims, don't worry. There are more opportunities ahead. The 2004 USMS 5K and 10K National Postal Championships are just around the corner.

This year's 5K and 10K are sponsored by St. Louis Area Masters Swimming, and must be completed between May 15<sup>th</sup> and September 30<sup>th</sup>, 2004. For further information, look on the Long Distance Link at USMS.org. We hope to provide a few opportunities this summer to complete both the 5K and the 10K outside at Lowry, so be sure to check your e-mail for further details. You are always welcome to complete a Postal on your own. However, it is always more fun to swim with fellow distance enthusiasts.

Enough on pool swimming. Springtime is upon us. The days are getting longer and the sun just seems to shine more brightly against our

beautiful, blue, Colorado sky. I can hardly wait to feel the sun's warmth on my back, and the cool water sting my skin! The time to get ready for open water swimming is NOW! In addition to Triathlons, there will be some locally sponsored Open Water Swims this summer. Some entry forms are available in this newsletter or check the COMSA website. We are also very pleased to announce that the 6<sup>th</sup> Annual Wingshadow Horsetooth Iron-Distance (2.4 miles) and 10K is now a COMSA sanctioned event and will be held on Sunday, August 15<sup>th</sup> at Horsetooth Reservoir. See you at the lakes!



## Open Water Swimming Tips

What can you do to get ready for open water swimming now? The following are some open water swimming tips which may help:

1. Challenge yourself to a **long distance swim in a pool** a few times a month (anywhere from an 800 meter or 1,000 yd. to a mile) in addition to your regular swimming schedule. Get used to swimming a longer distance in a relaxed atmosphere.

2. Once you are comfortable with a longer swim, **practice “sighting” every 5 to 10 strokes**. You must be able to sight properly in order to navigate effectively. **Sighting requires greater flexibility** in your abdomen and back because you will be using a “dolphin” like motion to lift your head and shoulders up above the water line, and then dive your head back into the water. (If you aren't already strengthening your abs by doing crunches or core strength-

ening, you should be. It will greatly help your open water efforts.) Remember, you must pull through your sighting to keep forward momentum through the water. If you sight correctly, you will be less likely to swallow water. Under no circumstances, should you stop your stroke, lift your head, and then restart your stroke! As you lift your head above the water line, one hand and forearm should be catching the water and pulling downward. Your other arm should be

“Sighting requires greater flexibility in your abdomen and back because you will be using a dolphin motion to lift your head.”

## *Open Water Swimming Tips continued from Nicole*



“Think of the Start as an event in itself, especially if you start out of the water. Relax and focus on finding your space.”

recovering out of the water. Therefore, one arm is in the water while sighting and one arm is out of the water. This will provide your body with greater balance and control. During this time, your feet should be close together while trying to keep your hips high in order to reduce drag. You do not have to kick very hard. Finally, your hand should dive back into the water with your head. This will raise your hips and feet back up to horizontal. A good open water swimmer is skillful and aggressive yet graceful with his/her sighting, with virtually no break in stroke rhythm.

3. Think of the **Start as an event in itself**, especially if you start out of the water. Understand that it will be

over soon and you will have smooth sailing once you find your space. Try to relax and focus on finding your space in the water. If it is crowded, then you will have to swim with your head above the water (similar to sighting) in the beginning. Expect to swim at a faster pace the first 200 to 300 yards, then relax, catch your breath and pace yourself for the long swim ahead.

4. **Practice breathing on both sides.** This will help you navigate more effectively.

5. **Count your strokes!** Hopefully, you are familiar with your stroke count. It will help relax you in the water if you start counting your strokes. It is comfort-

ing to know how far you have traveled from the point at which you started counting.

6. Once Chatfield opens, **practice swimming in open water** at least once a week. You don't have to go far. Just familiarize yourself with sighting and swimming in a Reservoir.

7. Most importantly, try to remember to have fun out there. Focus on the positives! **Relax, enjoy the beauty of the scenery** and be proud of your efforts.

Don't forget to check your e-mail or the COMSA website for details on Postal and Open Water swims. Hope to see you at Chatfield!



**RattleSnake Triathlon Series**

[www.RattleSnakeTri.com](http://www.RattleSnakeTri.com)

**June 12<sup>th</sup> & August 29th**

## USMS Olympic Training Center Camp

### By Kim Crouch Rays Swimming

As a kid, I always wanted to go to camp. I finally got to go at age 42 and what a great camp it was! It was the annual USMS swimming camp at the Olympic Training Center in Colorado Springs. Attending the camp were 12 USMS swimmers and a USMS coaching staff including a physical therapist and a sports psychologist. The USS staff put us through the paces and Rowdy Gaines inspired us all to go for it! We covered every aspect of swimming, learned a lot, had loads of fun and made great friends.

I was excited and nervous as I drove down to the Springs. I was excited to learn about my body and how I should train, but I was nervous to meet a whole group of new people. All of my anxiety was quickly put to rest when I met everyone. The swimmers and staff were all awesome! Our group hit it off so well and so quickly that it was fun from the start. The swimmers were: Andrea Block, Nadine Day, Sue Halfacre, Mary Sweat, Laura Winslow, Brant Allen, Adam Craun, Keith Hoffman, Matt Kanzler, Paul Trevisan, and Bill

Volckening. The USMS coaching staff was: Mike Collins, Scott Williams, Bob Bruce, Randy Nutt, Steve Thompson, Scott Boyle and Nancy Ridout.

We hit the ground running that first day and pushed hard all day every day until



we left. We were in the pool twice a day, but the swimming was not physically hard. We did some sets here and there, but mostly we worked on body position, technique, body position, technique and did I mention body position? All four strokes were video taped as were starts and turns. We were also video taped swimming one stroke in the flume. I chose breaststroke even though I was worried I might go backwards during the glide – happily I did not. The tapes were analyzed by the USMS coaches and the USS staff. The USS staff used a cool computer program to put us side by side with a national team mem-

ber to compare our strokes – in my case Tara Kirk and Ed Moses. My flume video was really interesting because any turbulence in the water shows where you are creating drag. I have a lot of work to do on body position during my breaststroke glide. I'm excited about that – glide better, swim less, faster time - yahoo! I have already greatly improved my streamline off of the walls. As a Masters Swimmer with limited training time I really wanted to find the best way to train to get faster. I'm convinced that working on body position, technique, streamlining, starts and turns is a very important way to spend time in the water. Larger gains can be made improving these things than can be attained by swimming more yardage – and it is more fun!

We had lots of seminars when we weren't swimming – stroke clinics, starts, turns, race strategies, biomechanics, taper tips, nutrition, psychology, strength training (core stability!), flexibility training plus information about the various tests we did. We did a lactate threshold test, land strength test, water strength test, nutrition, flexibility and range of motion assessments. We

For each camp, six men and six women are selected from a pool of applicants. Kim Crouch from Rally Rays was selected and participated in the 2004 Camp last February. Her story tells of the tremendous experience.

"The campers all worked hard, played hard, had a great time and made wonderful new friends. To me, that's what Masters Swimming is all about!"

Swimmers who apply should have a USMS ranking in the Top Ten in the past two years and should be reasonably conditioned for the experience.





## *Evergreen Masters Annual Golf Tournament*

*The Greater Evergreen Masters Swimming, Golf, & Chowder Society*

*Requests the honor of your participation in its*

*Annual Golf Tournament, Summer Cotillion and Garden Party*

*Sunday, July 18, 2004. First Tee Time – 11 AM*

*Evergreen Golf Course on Upper Bear Creek at the Lake.*

*Cotillion to follow at 4:30 'till ---.*

*(Cotillion only participants are welcome).*

*Tee times available for the first 36 golfers.*

*In remembrance of COMSA's Ambassador of Good Will and Grand Pooh Bah of fun golf, Bill Koerber, the tournament will be a Scramble (full body contact) format.*

*Reservations with \$70 fee by June 30, 2004*

*includes green fee, cart, food and prizes*

*Cotillion only fee \$25*

Name \_\_\_\_\_ Handicap \_\_\_\_\_ (Your best guess for seeding)

Phone \_\_\_\_\_ (We'll call with your tee time)

*Send your reservation and check to:*

*John Tobin, 2528 Medinah Dr., Evergreen CO 80439*

*303-674-7083*

## *USMS Camp cont.*

(continued from page 9)

were busy from 6AM to 10:30PM every day. It was very intense, but so worth it. We crammed a lot into those few days.

The camp was a wonderful experience. I learned a lot about swimming and training,



got fired up about swimming breaststroke again and confirmed that I'm doing a lot of things right in my training. The campers all worked hard, played hard, had a great time and made wonderful new friends. To me, that's what Masters Swimming is all about!

## *2002-2003 Relay All-Americans*

Congratulations to the following Rocky Mountain Masters who achieved All-American honors in the Relay events during the 2002-2003 Short Course Season!

William Abbott  
Richard Abrahams  
Sheila Arrendondo  
Holden Bank  
Bill Brackett  
Bill Burson  
Jeff Cummings  
David Dodge  
C Gadd-Siegel  
Kathy Garnier  
Mike Gonzales  
Richard Hess  
James Lilley  
Katie Luellen  
Paul McCormick  
Rob Nasser  
Anna Pettis-Scott  
Collette Sappey  
Carl Selles  
John Smith  
Paul Smith  
Susan Von Der Lippe  
Stuart Waterbury  
Thomas Whatley



## *Welcome to Our New Team Name*

At the Annual Meeting held at the State Meet in March, Rocky Mountain Masters team members voted to change our national team name to

### **Colorado Masters.**

The new name will take effect in January 2005.

Only our name will change. The Rocky Mountain Masters tradition of team spirit, sportsmanship, and fast swimming will continue throughout the United States Masters Swimming arena!

The COMSA Board is now looking for ideas on a team logo to be used on caps, suits, and other national team apparel. Are you creative and artistic? If so, please submit your ideas to the COMSA Board.



Colorado Masters Swimming Association

# 2nd Annual Potluck Picnic and Team Rep Meeting



**Wednesday, July 7th at 5:00pm**

**Fox Run Picnic Ground**

**Chatfield State Park**

**Grills and non alcoholic beverages provided. Please bring a dish to share and whatever you would like to grill.**



## Colorado Masters Swimming Association

COMSA  
P.O. Box 260523  
Highlands Ranch, CO  
80163

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Email: [marfer@attbi.com](mailto:marfer@attbi.com)  
Email: [johnstuarthughes@msn.com](mailto:johnstuarthughes@msn.com)

**Friends, Fitness, &  
Competition**





Friends, Fitness, & Competition

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Email: [mayer@att.net](mailto:mayer@att.net)

Phone: 303.355.5330

80126

Highlands Ranch, CO

P.O. Box 260263

COMSA

Colorado Masters Swimming  
Association

## Colorado Open Water Swim Challenge Series

### Gravel Ponds at Chatfield

1/2 mile – 1 mile – 2 mile swims

COMSA Sanction #'s pending

Wednesday, June 30 <sup>th</sup>	6:00 pm	1/2 mile swim
Late July (date to be determined)	9:30 am	1 mile swim
Saturday, August 28 <sup>th</sup>	9:30 am	2 mile swim

Wet suit & non wet suit men and women in the following age groups:

19-24; 25-34; 35-44; 45-54; 55+.

All series participants will receive an event souvenir during their first event. Subsequent events participants will receive event caps. Winners and Runners Up in each division will receive medals. Overall Series winners, wet suit and non wet suit, will be awarded.

Entry Forms are available at [www.comsa.org](http://www.comsa.org).

**Sponsored by Colorado Athletic Club and Inverness Masters**  
**For more information contact Ellen Campbell at 303.790.7777 ext. 199**