

Friends, Fitness, & Competition

Master Splash

WINTER 2006
SHORT COURSE YARDS

JANUARY—MAY

Happy New Year!

Heather Hagadorn—COMSA Chairperson

COMSA would like to welcome you back to another year of new, fun and interesting challenges!

Congratulations to the first 250 members who renewed their memberships in the first few weeks of November...they all received swim caps along with their new cards.

We capped off 2005 with the DAC meet in November, with approximately 70 swimmers. Also, several swimmers from Colorado Masters participated in a Short Course Meters meet at ASU in Tempe, AZ in December.

The New Year is starting off busy, with at least one event each weekend in January: meets at Highlands Ranch, Montrose and Boulder, the One Hour Postal at DU, and the return of the Bob Bruce Swim Clinics (also at DU). Along with the clinics, Bob will also do video-only sessions for those who just want to know what they look like under water.

The Short Course Yards meets continue in February, March and April, and culminate with Nationals at Coral Springs, Florida in May. There's no break in the competition, as we prepare for Worlds with more meets lined up in June, and then we will host the 10K Open Water National Championships in Fort Collins in August.

We will continue to host more clinics and non-competitive events this year, and if you have an idea for something new and interesting, please contact your favorite Board Member and work with any one of us to coordinate the details.

COMSA has a few new volunteers who started in November. Bob Patten is the new Vice Chairperson. Will Amos is the new Records Chairperson. We also have some volunteers who switched positions. I am now the Chairperson. Marcia Anziano is now the Registrar, and is also teaming with Laura Smith to co-chair Fitness. Thank you to everyone who has given their time to help COMSA serve its 2100 members! Most of our volunteers work full time and have busy family lives, so we all appreciate ideas and help from everywhere.

Also inside this newsletter, you will find the forms to submit your nominations for the Lt. Governors cup and the Coach of the Year. If you feel someone has done an exceptional job supporting COMSA or your team please submit your nominations to Chris Nolte. Awards will be presented at the State Meet in May.

Best Wishes for a Happy New Year!

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COMSA Board of Directors

Heather Hagadorn
Chairperson
heatherlh@msn.com

Bob Patten
Vice Chairperson
rwpatten@aol.com

Marcia Anziano
Registrar
marfer@att.net

Kathy Garnier
Secretary
K_garnier@msn.com

Susan Nolte
Treasurer
chrisnolte@msn.com

Cindy Hawkinson
Past Chairperson
cinswims@earthlink.net

Mel Dyck
Webmaster
webmaster@comsa.org

Ellen Campbell
Newsletter Editor
ColoradoTriClub@comcast.net

Nicole Vanderpoel
Long Distance Chairperson
nicolevanderpoel@msn.com

Laura Smith
Fitness Chairperson
lsmith@vailresorts.com

Carrie Slover
Coaches Chairperson
carrieslover@starband.net

Mark Plummer
Top Ten Chairperson
mplummer65@msn.com

Kim Crouch
Sanctions Chairperson
kimigo@comcast.net

Chris Nolte
Awards, Records
chrisnolte@msn.com

Pete Schwenker
Officials Chairperson
petes@mcguckin.com

Gary Reese
Safety Chairperson
swimcoachreese@msn.com

Keep Your Body Moving!

Laura Smith—Fitness Chairperson

We live out in the sticks. When we were contemplating moving to Evergreen, our Real Estate Agent told us that it was a commuter town, and the further away from I-70 we were, the more we could get for our money. So, we bought WAY up the mountain, off the beaten path, after the pavement ends and the road turns to dirt. There are no apartments, condos, or duplexes. Everyone has a chunk of land. Some people tend to get very creative with their acreage. Two of our neighbors have made their own little ponds in their yards. One did it right. It has a water wheel, a pump system, and is always crystal clear and well maintained. I've seen herds of Elk going to that picturesque watering hole and spending the day there. The other neighbor, has created a scientifically perfect body of water to harbor the procreation of mosquitoes, algae, and mud. It's a stagnant pit of disgusting filth. Obviously the Board of Health doesn't frequent Clear Creek County. I drive by both of these properties anytime I leave my house. Each time, the one looks better....and the other looks worse. I started thinking about it. If the human body is composed of two thirds water...do we really want it to stagnate?! If we don't move our bodies around and get things flowing, purging, and recirculating...what's really going on inside of us?

I've been stagnate in my professional life. Going through the motions, on auto-pilot, without much thought or passion in relation to what I'm doing. In fact some days, I was worried that if my boss walked in, he'd arrest me for loitering. I've been stagnate in my social life, where it's easier just to keep doing what you're doing rather than taking a risk and starting fresh. I have a pulse, you have a pulse, we're both single. With all that in common, why would we want to break up? It's 'comfortable'. And I've been stagnant in my athletic life. Easier to keep to routine and know exactly what's coming rather than shake things up. I show up to the same workouts, go to the same lane, and swim the same speed. All of the above: pretty unsatisfying. Never a sense of accomplishment, a true sense of joy, or any pride in my actions. If I were a pond, I'd be harboring mosquitoes if I kept to this mentality.

So, before the sludge starts to form...MOVE. Flow. Circulate. Keep in motion. And, preferably, let it be forward motion! It's really that easy.

Sure, you can make exercise physiology as complicated as you'd like. The human body is amazing machine, and we still have so much to learn about it. However, you don't need to be a rocket scientist to get the jist of what universally revered Doctors and Scientists are trying to tell us. Here are some excerpts on exercise and health I pulled off the internet:

"Inactivity leads to significant increases in visceral fat, and a moderate exercise regimen can keep this potentially dangerous form of fat at bay, according to the results of the first randomized clinical trial evaluating the effects of exercise amount and intensity in sedentary overweight men and women." ; "Moderate Physical Activity Is Critical For Reducing The Risk Of Chronic Disease In Older Women" ; "Tai chi' Lowers Blood Pressure For Older Adults" ; "Regular Exercise May Protect Against Negative Effects Of Stress On Immune System".

Do you see a theme? If you Google 'Benefits of Exercise', you can spend a lifetime read-

Experience the Benefits of Exercise (from page 2)

ing articles that all relay the same message. Exercise is good. Being sedentary is bad. End of story. So why do so many people choose NOT to exercise? I'm sure there are as many excuses out there as there are sedentary people. Kids, work, weather, finances, the dog ate my suit. I'm not buying any of them. Not for a minute. Sure, there are days when a workout just isn't going to happen. But let this be the exception, not the rule.

A few years ago I had shoulder surgery. For the first few weeks afterward, I really couldn't do much of anything. I sat around, watching my body atrophy, while my husband would scoot off to workout. I'd sit by the window with my arm in a sling and watch people jogging or flash by on their bikes. I went to a few swim practices and watched from the bleachers, as everyone in the pool was becoming stronger and healthier. Quite frankly, it sucked. I didn't realize just how much I enjoyed working out, until I couldn't do it. I missed the feeling of panting, sweating, and moving! This experience, however, made me adamant about wanting to maintain a fitness level where I can always maintain a level of fitness. I don't want to ever NOT be able to do something because I just physically cannot.



Have you ever cooked bacon? When you heat the temperature up, the fat bubbles and sizzles, and can easily be drained. If you let it sit, it coagulates into a thick solid. It's enough to turn a Carnivore into a Vegetarian! When you exercise, you raise your body temperature. You start releasing toxins. Your heart rate increases, pumping more efficiently and helping the body to eliminate built up waste products. You are helping to cleanse your system and eradicate damage.

Even CARS don't start up if you let them sit for years without turning the engine over and maintaining them. Simply put, things with moving parts have moving parts for a reason! To move them! It maintains function, keeps everything lubricated, clean, and running smoothly. We all come into this world with one thing: a body. Use it. Don't let it sit and stagnate.

“We all come into this world with one thing: a body. Use it. Don't let it sit and stagnate.”





DAC Hosts Exceptional Meet

Marcia Anziano—Past Chairperson

With the absence of some of the usual meets this Fall, the DAC stepped up to the plate and hosted their meet in mid-November to help fill the gaps. Rich LeDuc, coach of the DAC Masters, put a great deal of effort into providing a quality meet for all of us. He was able to put together a format so that all the possible events were provided in order for our swimmers to have an opportunity to swim Short Course Meter times for this season. The addition of their new timing system with its three lane scoreboard made viewing and participating better than ever.



Approximately 80 swimmers competed in the Short Course Meters Meet November 18 & 19 at the Denver Athletic Club.

All swimmers who participated experienced a very well run meet with great refreshments. As usual, the DAC provided fruit, coffee, bagels, trail mix, and the always anticipated keg of beer. The 80 plus swimmers attending the meet all had very positive comments and I am sure they will return next year for this annual event. We hope to see you there, too! Big Thanks to Rich and the DAC for a great time.

2006 Registration

Renewals are underway.
If you did not receive your
renewal form in the mail,
please contact Marcia
Anziano, COMSA
Registrar, at
marfer@att.net.

Tips From the Registrar

Marcia Anziano—Registrar

It's registration time again, and here are a few things to keep in mind.

Please write legibly on all your registration materials, including your annual registration as well as meet entries. Don't forget your check made payable to COMSA.

Allow at least a two week turnaround to receive your USMS membership card. Don't wait until the last moment before an event that requires membership and send in your application. The mail is picked up once a week (twice during peak season) by the assistant registrar and then forwarded to the registrar, who in turn attempts to process the applications within the following 2 days and put them in the mail. Due to timing and individual schedules, delays may result, so plan ahead and submit your renewal forms or new applications in advance.

If you move, email the registrar with your change of address. Attempts are made to follow up on all returned mail, but to be sure that you are receiving both the national publication and the local newsletter, please keep us aware of any changes.

When signing up for a meet, always use your name **exactly** as it appears on your USMS registration card. This will help the Top Ten Chairperson, Mark Plummer, when he attempts to match your name to your USMS number when submitting times for Top Ten consideration.

Thanks!

Looking for Nominations

COACH OF THE YEAR AND LT. GOVERNOR'S CUP AWARDS

It is time to begin thinking about nominations for Coach of the Year and Lt. Governor's Cup. Below you will find information about these awards and following is an application to submit your nominations. Be sure to check the space for the award you are nominating the person for. Submit these to Chris Nolte at cnolte@servicestarus.net or mail to:

Chris Nolte
9849 S. Concord Ct.
Highlands Ranch, CO 80130

CRITERIA FOR NOMINATION

Lt. Governor's Cup

One male and one female will be chosen by a committee of past recipients

Nominees must be members of COMSA

Selection will be based on contribution to Masters Swimming and COMSA - not swimming skill

COMSA Coach of the Year

Nominee must be a member of COMSA

Nominee must have been a participant for at least one year

Selection is based on contributions made to the team with respect to camaraderie, technical advice, motivation, and support of team members

The strength of the letters will be considered along with the size of the team

NOMINATION FORM - DEADLINE MARCH 12, 2006

LT GOVERNOR'S CUP _____ OR COACH OF THE YEAR _____

Name of Nominee: _____

I nominate the above for _____ because:

Signed: _____ Team: _____

Submit before March 12, 2006 to:

Chris Nolte, 9849 S. Concord Ct., Highlands Ranch, CO 80130

E-mail: cnolte@servicestarus.net



ONE HOUR POSTAL – Jan 15, 2006

COMSA has reserved lanes for use by its members for participation in the One Hour Postal Swim held annually during the month of January. For those not familiar with a postal event, it is one where you swim the event locally and submit your results to be ranked with all others that have completed the event. This particular event is one where you swim for one hour and submit the distance that you complete. Each swimmer must have someone to record the time of each 50 split as verification of their swim.



COMSA has reserved 8 lanes at DU on Sunday, January 15, 2006, from 9:45 to 11:45 a.m. The rules allow for 2 swimmers per lane, so 32 swimmers will be able to participate at this time. This year the event is being sponsored by O*H*I*O* Masters. They are also using it as a fundraiser for the victims of Katrina; details can be found on their website www.ohiomasters.com/ohprules.htm.

Current 2006 membership in USMS is required to participate. **Please bring a copy of your USMS (COMSA) card to be included with the Postal entry.**

There is no fee for admission to DU and the use of the pool is free, COMSA has covered the charge for its members to use the lanes. Please enter the facility off of the concourse located to the North of the pool, do not enter through the Coors Fitness Center.

COMSA will be submitting the entries for all participants. O*H*I*O* Masters requests that you use the online entry system provided on their website to sign up for the event prior to swimming it at DU. When you sign up on their website, you will be given the official split sheet to be used during the event. COMSA will then collect the split sheets, copies of your USMS (COMSA) card, and your check and will mail them to the organizers.

Participants are requested to provide a recorder. If possible, arrange to record for another swimmer and you can each swim in opposite hours. To reserve a spot please contact:

Nicole Vanderpoel, Long Distance Chairperson
Email: nicolevanderpoel@msn.com
Phone: 303-792-5936

Indicate the preferred time to swim and the name of your recorder.

On the day of the swim, Please Bring

1. copy of 2006 USMS registration card
2. copy of the 2006 One Hour Postal Split Sheet/Entry Form
3. check payable to: O*H*I*O* Masters Swim Club - entry fee is \$6.00 see their website for info on both the Katrina fund and event t-shirts
4. stopwatch (optional)

See you there!

“FOCUS ON FUNDAMENTALS” SWIM CLINIC & VIDEO REVIEW FOR CLINIC ALUMNI



Back by popular demand, **Bob Bruce**, Chair of the USMS Coaches Committee, ASCA Level 5 Coach, and the 2003 USMS Coach of Year is returning to Colorado to conduct a “Focus On Fundamentals” Swim Clinic the weekend of Jan 20th thru the 22nd at the University of Denver.

The clinic is divided into **four separate 4.5 hour Stroke Clinics**. Each clinic will provide two pool sessions, a short one for underwater video and a longer one for drills and stroke work, with classroom time in between. Each clinic session will provide a detailed Biomechanics and Stroke presentation and will include analysis of the video sessions. This clinic is appropriate for all experienced masters swimming abilities, but is not for the beginner swimmer.

The fee for the clinics is \$50.00 for one session, an additional \$45.00 for each the second and third sessions and \$40.00 for the fourth. **The maximum number of swimmers per session will be 12! See below for follow-up DVD information.***

Friday, Jan 20:	5:30 pm to 10:00 pm	Freestyle Clinic
Saturday, Jan 21:	8:00 am to 12:30 pm.	Breaststroke Clinic
	1:30 pm to 6:00 p.m.	Butterfly Clinic
Sunday, Jan 22:	8:00 am to 12:30 pm	Backstroke Clinic

Clinic Alums: If you have attended one of Bob's clinics previously, you are invited to return for a small group video shoot and review. Each small refresher session will be one hour, a maximum of six swimmers at a time. The fee is \$10 per stroke (reserve multiple spots for multiple strokes) with an optional follow-up DVD.*

Sunday, Jan 22: Two sessions: 12:45 check in for 1:00 session or 1:45 check-in for 2:00 pm.

To reserve a space, please email Marcia Anziano at marfer@att.net or call with questions 303-355-5330. Payment must be received by January 15th to secure the space prior to the clinics. Mail the check, payable to COMSA, along with a copy of your 2006 USMS card to: Marcia Anziano, 4235 E. 7th Ave, Denver, CO, 80220. **Note that cancellations can only be accepted for refund if a replacement can be confirmed.**

Please be sure to bring warm clothes and a towel so that you can stay warm during the classroom session between pool sessions, fins to help you during the drill session, and water & any small snacks that you might require during the clinic time.



*Bob will be offering the additional service of sending you a DVD with detailed voice-over analysis of your stroke(s). This will be \$20.00 for one stroke, and \$5.00 for each additional stroke. Arrangements and payments for this service will be handled at the clinic, rather than through advance registration.



Upcoming Swim Meets

Kim Crouch—Sanctions Chair

January 2006 marks the beginning of a great Short Course Yards pool competition season. We start off with the Highlands Ranch meet on Saturday, January 7th.

The Montrose meet is January 14th. Entries are due Friday, January 6th or you can deck enter for an additional \$5. This is the second year for this sprint distance meet. It offers the 500 free as well.



Wrapping up the competition in January is the Boulder Pentathlon on Saturday, January 28th. Entries are due January 30th. You can deck enter for an additional \$5. The meet gives you the option of a long course or a short course pentathlon, or you can choose any events from the list of events.

Meet information for all three of these meets can be found in your last newsletter or on the COMSA website at www.comsa.org.

Inside this issue of the Master Splash you will find meet information for the Loveland Sweetheart Meet, February 25th. Entries are due February 23rd. Also in February is the Senior State Meet. Check the COMSA website for details as they become available. In March we have the Short & Sweet Meet and the Mile Hi Mile and Double Mile. Entries are due March 2nd for this March 4 & 5 meet.

The Short Course State Championships will be held April 7,8,& 9 at DU. All meet information is now posted in the “Meets” section of the website. Check it all out and enter early!

See you at the meets!

Meet Warm Ups



Ellen Campbell—Inverness Masters

As a coach, I am frequently asked by my swimmers, “What should I do for warm up at the meet?” A meet warm up is typically much longer than a warm up you would use before a swim workout. My workouts typically involve a 15 minute warm up and then a small rev up set before hitting the main set of the workout. At a swim meet, you need at least that much to be ready to race your best. Here are a few tips:

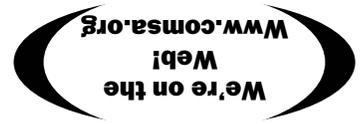
1. Arrive Early. Be able to take your time getting changed, setting up your stuff, stretching a little, and getting in a lane before it is too crowded. Remember, training aids are allowed in warm up and be sure to enter feet first.
2. Complete 800-1500 meters, depending upon your abilities and age. Be sure to mix in pulling, kicking and drills. Take some time to get off the blocks and do a few 12 1/2's for speed. Make sure your goggles are properly adjusted.
3. Always cool down after your race and loosen up a bit before your next race.

2006 Colorado Masters National Team Uniforms Order Form



Suits/Brand	Style	Price	Qty	Size	Comments
SPEEDO FSII FEMALE Navy	Full body skin	\$310.00			For Speedo Sizing:
	Hi-neck body skin	\$246.00			www.speedo.com
	Hi-neck knee skin	\$203.00			click on 'SHOP SPEEDO USA (rt. Corner)
	Bkstroke Hi-Nk Bodyskin	\$246.00			click on Men or Women
	Record Breaker	\$118.00			click on FastSkin FSII
	Record Breaker Bodyskin	\$203.00			click on the suit style
	Record Breaker Kneeskin	\$187.00			click on 'what's my size'
SPEEDO FSII MALE Navy	Brief	\$43.00			
	Full Bodyskin	\$310.00			
	Hi-Neck bodyskin	\$246.00			
	Ni-Neck Kneeskin	\$203.00			
	Bkstroke Hi-Nk Bodyskin	\$246.00			
	Jammer	\$118.00			
	Legskin	\$145.00			
SPEEDO Aquablade Navy	Female Recordbreaker	\$63.00			
	Female Kneeskin	\$71.00			
	Male Jammer	\$54.00			
	Male racer	\$34.00			
	Male Tight	\$68.00			
TYR Female Aquashift Navy/White	Fem Aeroback	\$106.00			
	Aeroback full Body	\$193.00			
	Aeroback Short John	\$163.00			
TYR Female Aquapel Navy	Fem Aeroback	\$81.00			
	Aeroback short John	\$134.00			
	Clipback	\$91.00			
	Full Body	\$166.00			
TYR Male Aquashift Navy/White	Jammer	\$103.00			
	Tight	\$129.00			
	ZipperBk Short John solid	\$177.00			
TYR Male Aquapel Navy	Compression short	\$75.00			
	Elite Racer	\$45.00			
	Full Body	\$166.00			
	Short John	\$145.00			
	Tight	\$107.00			
TYR Fusion Navy	Female Aerobk Short John	\$70.00			
	Female Aerobk Tank	\$65.00			
	Male Jammer	\$53.00			
	Male Racer	\$34.00			
	Male Tight	\$68.00			
Lycra Solid SPEEDO Navy	Female Flyback	\$51.00			Specify Size for Lycra Suits
	Female Pro Back	\$51.00			All Lycra suits will have
	Male Jammer	\$39.00			Colorado Masters Logo
	Male Racer	\$33.00			
Lycra Solid TYR Navy	Female Diamondback	\$49.00			
	Female Maxback	\$49.00			
	Male Jammer	\$37.00			
	Male Racer	\$32.00			

Name: _____ **Address:** _____ **Total Amount Due:** _____
Phone: _____ **City:** _____ **Make all checks payable to COMSA**
Email: _____ **State:** _____ **Zip:** _____ **Orders will not be processed without proper payment**



FRIENDS, FITNESS, & COMPETITION

Phone: 303.355.5330
Email: marfer@attbi.com

80163-0523
Highlands Ranch, CO
P.O. Box 260523
COMSA

Swimming Association
Colorado Masters

First Class Mail
U.S. Postage
Paid
Littleton, CO
Permit NO. 37

2006 Colorado Masters National Team Uniforms Order Form

Look sharp and show your Colorado Masters Swimming team spirit! Once again we will be ordering team apparel for the National Championships. The order form is located on the back of this page. A description of all items, pricing, and sizing comments are listed. Please mail order forms to: Marcia Anziano, 4235 East 7th Avenue, Denver, CO, 80220.

Orders are due in hand by February 15, 2006. Orders will be available for pick up at the State Meet on April 7,8,9, 2006 at the University of Denver. We will not be able to deliver any orders, so please arrange to pick up your order at this time. When ordering, please indicate the number of the items you wish to purchase under the Quantity column. When choosing your size, refer to the sizing information as indicated under the comments. Indicate the size under the Size column. Only the lycra suits will contain the team logo. It is not recommended that we logo the high performance suits. Please contact Melanie Dullea at Out of Breath Sports with any questions. Out of Breath Sports has a limited number of suits to try on, and not all styles are available.

Miscellaneous Items	Description	Price	Qty	Size	Comments
Warm Ups					
SPEEDO Team Unisex jacket	jacket w/ team name embroidery	\$50.00	_____		sizes XS to XXI
Navy/White	Pant - no embroidery	\$30.00	_____		sizes XS to XXL
T-shirts					
	All t-shirts will include second tag line on back: "2005 SCY National Champions"				
short sleeve	white with logo (front and back)	\$8.75	_____		S to XL (XXL \$1.50 extra)
long sleeve	white with logo (front and back)	\$11.75	_____		S to XL (XXL \$1.50 extra)
Navy Hat/Visor with "Colorado National Team"		\$9.75	_____		Indicate Hat or Visor under Size

Swimwear is on the previous page.