



Master Splash

The Molly Bloom Again Sprint Pentathlon

Celebrate Life...Celebrate Health...Celebrate Swimming by registering for the one of the first dual-sanctioned meets in the United States

Inside This Issue

Notes from the Chair 3

Upcoming Events

 Meets . . . 2, 9 & 14

 Postal Swims 4

 Fitness 6

Training & Technique . . . 5-7

Event Recaps 10-12

Swim Briefs 13

Consolidated Entry Form . . . 15

Nicole Vanderpoel

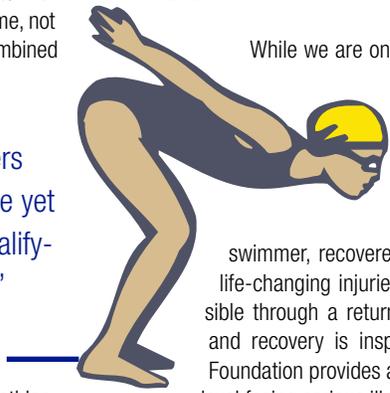
In this Olympic year, we have witnessed the power that lies within both the young and “seasoned” (if you will) swimmers through this glorious sport. In fact, Colorado is home to one of the youngest (age 13) and oldest (age 41) USA Olympic Trial participants! With that said, we are thrilled to present Colorado’s first opportunity for swimmers age 13 and older to compete with each other in the same heats seeded by time, not age, at one of the first USMS/USA combined open meets in the country.

“Molly Bloom meet organizers wanted to provide a competitive yet welcoming environment for qualifying swimmers of any age.”

At the 2008 Bloom Again Sprint Pentathlon (Manual High School pool), 8 & unders compete on Friday night, October 10, 9 & 10 and 11 & 12 age groups compete the morning of Saturday October 11 while those 13+ swim that afternoon. USA and USMS registered swimmers are **both** eligible; masters must meet a qualifying time standard to compete in the “open session.”

Thanks to United States Masters Swimming, we can continue our passion for competitive swimming, maintain and even improve our physical and mental health and get even faster. Many of you have seen some of our most distinguished USMS swimmers compete in USA sanctioned meets. However, these swimmers have been a “rare sighting” among a sea of youth.

Molly Bloom meet organizers wanted to provide a competitive yet welcoming environment for qualifying swimmers of any age. USMS meet participants will be doing more than swimming, though. They’ll also be role models of great sportsmanship and proof that you can always challenge yourself and improve at any age. Let’s set an example to the rest of the country: swimming is a LIFE SPORT and we are all in this together!



While we are on the subject of physical and mental health, it’s only fitting that our first USMS/USA Open Meet is in honor of Molly Bloom and her foundation. Molly, a competitive swimmer, recovered from life-threatening and life-changing injuries sooner than thought possible through a return to the water. Her survival and recovery is inspirational. The Molly Bloom Foundation provides assistance to athletes of any level facing serious illness or injury, enabling them to return to sport to re-establish their independence and self-confidence. Participating in a sport empowers individuals with disabilities to become better community members and leaders!

We highly encourage USMS and USA swimmers to participate on Sunday, October 11 in the Molly Bloom Again Sprint Pentathlon and show support for youth, health and life! The entry form is available in this issue and at www.COMSA.org. COMSA wishes to thank Rich LeDuc for serve at event host and for his efforts towards promoting and encourage swimmers of all ages to be the best they can be.

2008 Bloom Again Sprint Pentathlon

October 10–11, 2008

SPONSORS: Colorado Rapids Swim Team (CRST)
The Denver Athletic Club (DAC)

LOCATION: Manual High School
1700 E. 28th, Denver, CO 80205-4502

SANCTION #: 32-08-14-S

PURPOSE: *To raise money for Bloom Again: The Molly Bloom Foundation*

FACILITIES: 6 Lane, 25 yard pool; separate shallow end for continuous warm-up/down.

TIMING: Colorado Time System, with back-up timers and HY-TEK MEET MANAGER software. Touch pads on both ends.

RULES: Current USA Swimming and Colorado Swimming Rules shall govern the meet. Swimmers are limited to five (5) individual entries per day. In order to be eligible for an award, a swimmer must complete five (5) individual events (one of which is an IM). The Meet Referee will be the final authority for the conduct of the meet and reserves the right to combine events.

USA

ELIGIBILITY: Age of swimmer is determined as of October 10, 2008. Open to all swimmers holding a 2008 USA Swimming membership card who are also members of clubs who belong to the Suburban League. Any swimmers who appear on the CSI exceptions report without registration must come to the meet prepared to show their card or they will be deck registered before they can enter the water. A surcharge for deck registration will also apply; \$27 for year-round and \$14 for seasonal will be added to the normal USA Swimming Registration fee. All deck entries must present proof of current registration. No exhibition swimming will be permitted. Entries will be accepted for swimmers in Sessions 1 and 2 until the 4-hour rule is reached.

Masters

ELIGIBILITY: Current USMS registered members with a USMS card are eligible to compete in **Session 3** events. **Age of swimmer is determined as of October 11, 2008.**

AWARDS: High Score for each age group and gender

PARTICIPANTS: Each participant receives a commemorative T-shirt.

SCORING: Individual, High Point Awards for Boys and Girls in 8 & Under, 9–10, 11–12, 13–14, and Open

ENTRIES: FOR USA Swimmers and High School Teams, COMPUTER DISK IS THE ENTRY METHOD OF PREFERENCE. Each team is responsible for the accuracy of the entries on the disk.

ENTRY

DEADLINE: Entries and entry fees must be received by no later than 6 p.m. on Friday, October 3, 2008

ENTRY FEES: \$5 Swimmer Surcharge \$25 (one fee for all events regardless of number of events) **\$30 Total**

LATE ENTRIES: \$10 Swimmer Surcharge \$30 (one fee for all events regardless of number of events) **\$40 Total**

CHECKS: Make Checks payable to: The Molly Bloom Foundation

TIMERS: To be staffed by participating teams. Assignments will be emailed on Monday, October 6.

Entry Chair & Meet Director: Rich LeDuc or designee rleduc@denverathleticclub.org (720)931-6712

Meet Referee: Linda Eaton (303)680-0254 or Linda_Eaton@email.msn.com

WARM-UP

PROCEDURE: Current CSI Warm-up/Warm-down procedures will be followed, including 3-point entry into the water for all warm-up/warm-down activities. Continuous warm-up or warm-down throughout the meet will be available.

PROGRAMS: \$5—Did we mention this is a fund raiser?

CONCESSIONS: Sponsored by Manual High School

Schedule of Swimming Events: Saturday, October 11, 2008 Session 3

Tentative Warm Up: 1–2 p.m. Tentative Session Start: 2:15 p.m.

Girls	Division	Event	Boys
37	13-14	50 Fly	38
39	Open	50 Fly	40
41	13-14	50 Back	42
43	Open	50 Back	44
45	13-14	50 Breast	46
47	Open	50 Breast	48
49	13-14	50 Free	50
51	Open	50 Free	52
53	13-14	100 IM	54
55	Open	100 IM	56
57	13-14	200 IM	58
59	Open	200 IM	60

If the number of entries does not provide adequate rest between events, a situation which shall be determined by the Meet Referee, there will be at least one break during Session 3.

Please see www.comsa.org for 8+ under and 9+10 for information.

Notes from the Chair



Newsletter editor Rebecca Friedlander and COMSA Chairperson Heather Hagadorn take a breather between events at LC Nationals in Mt. Hood, OR.

A **HUGE** thank you goes out to Ellen Campbell for doing such a great job with our newsletters over the past several years. Ellen has hung up her pen to dry, yet she is still keeping her toes wet with COMSA by coaching, volunteering and participating in events. Stepping in to take over is Rebecca Friedlander, an accomplished writer and swimmer. Visit some of Rebecca's work and learn more about her at <http://www.offthedeck.net>.

As I write this, it is a beautiful Sunday afternoon in August. The heat has lifted at last and some rain, in measurable amounts (to the extreme of floods), has finally fallen at my house in Denver.

The Olympics are on and the pool times at the Water Cube in Beijing continue to be so great—amazingly fast. Kind of like summer, it's a great season but it seems to go so fast.

We had lots and lots of fast summer-swims in Colorado. There was a record of three pool meets offered this summer for COMSA swimmers, as well as the annual Horsetooth Reservoir swims in August and two separate Prospect Lake swims, in June and July. A non-COMSA open water swim series also took place at the Cherry Creek Reservoir. This has to be the biggest summer of local competition events for masters in years (if not ever), and all of the open water swims also

included USS swimmers. . .parents and their kids could swim together if they wanted to!

To top it all off, COMSA also organized two dates at the Lowry pool in Denver, for the 5K and 10K USMS postal championships.

As summer begins to wind down, many people go into maintenance mode and try not to "lose it" as the holidays and New Year approach. Or if you thought you never "had it" in the first place, you probably just don't want to feel worse!

Something to think about is working to improve your stroke at a clinic, or attending some meets to keep the strength and speed. Visit <http://www.usms.org/comp/calendar.php> to see if there's anything posted in an area near somewhere you'll be visiting sometime soon.

I hope you all had a great summer and best wishes for a wonderful holiday season and New Year!

Heather Hagadorn,
COMSA Chair

COMSA BOARD OF DIRECTORS

Heather Hagadorn
Chairperson
heatherlh@msn.com

Will Amos
Vice Chairperson
Records Chairperson
will.amos@comcast.net

Marcia Anziano
Registrar & Safety Chairperson
marfer@att.net

Kathy Garnier
Secretary
K_garnier@msn.com

Susan Nolte
Treasurer
Susan_nolte@comcast.net

Kim Crouch
Webmaster
webmaster@comsa.org

Rebecca Friedlander
Newsletter Editor
rfriedlander@gmail.com

Nicole Vanderpoel
Long Distance Pool Events
Liason to CSI
nicolevanderpoel@msn.com

Jeff Magouirk
Long Distance Open Water
swimwithfishes@earthlink.net

Morgan Edwards
Fitness Chairperson
Coaches Chairperson
morgan944@aol.com

Mark Plummer
Top Ten Chairperson
mplummer65@msn.com

Brian Tsuchiya
Sanctions Chairperson
brian@StartupGuru.com

Chris Nolte
Awards Chairperson
Chris_nolte@comcast.net

Pete Schwenker
Officials Chairperson
petes@mcguckin.com

Colorado Continues to Go Postal in 2008

An update on recent postal swim and upcoming events

Nicole Vanderpoel

Congratulations Colorado! You continue to improve through your participation and efforts in the USMS National Postal Series! Your show of support for United States Masters Swimming and for Long Distance swimming has earned respect across the country. The following are some highlights of Colorado Master's progress so far this year:

1. Colorado Masters took 3rd place in the Medium Team division of the **One Hour National Postal Championships** (sponsored by YMCA Indy Swim Fit in January), with only 38 swimmers, in terms of total distance swum! This is without ANY altitude adjustment! Thank you so much One Hour Postal Swimmers for your participation and achievement—congratulations and keep up the good work!

2. COMSA provided two opportunities this summer to participate in the **USMS National 5K and 10K National Championships** sponsored by Central Oregon Masters Aquatics. Both swims were a huge success! Swimming the 5K and 10K in a long course meter pool is required; fortunately COMSA sponsored both swims at Lowry. We also wish to thank Eric Craven of ACES Swim Team for the use of this facility. There were seven hearty participants on the cool, misty, cloudy morning of June 8 and another hearty nine participants on the very sunny Saturday, July 5. If you were unable to join us and wish to participate in either the 5K or 10K Postal Championship, there's still time. You just need access to a 50 meter long course pool, a very good friend who will count/verify for you, and the will to do it before September 15.

3. The third and final Long Distance Postal series of 2008 is the **USMS 3000 yard & 6,000 yard Postal National Championships**. These Postals must be swum in a 25 yard pool between September 15 and November 15, 2008. This year's 3,000 and 6,000 yard Postal swim is sponsored by the Swim Louisville Masters. You can find information and entry forms at www.usms.org under 2008 Long Distance Championship. COMSA would like to thank HRCA

Masters in advance for hosting two opportunities to swim these postals at the Northridge Rec Center in Highlands Ranch on Sunday morning, October 5 from 7–9 a.m. and Sunday morning, November 2 from 7–9 a.m.

Please e-mail Nicolevanderpoel@msn.com to reserve a lane for both



dates. We'd like to have all participants arrive and be ready to swim by 7 a.m. However, let me know if you need to arrive later—we will run a few heats until each swimmer has finished. In addition please indicate the distance you will be swimming on which date.

You need to bring a copy of your 2008 USMS registration card, a stop watch, a check or cash for the nominal fee to the host team, a counter/verifier and a good attitude! Entry forms and split sheet are provided but you can bring your own as well.

Thank you and Congratulations Colorado on a great long distance year and keep up the good work. Participate in the 3,000 and 6,000 yard National Championship!

In addition to being a distinguished Masters swimmer, Nicole remains very busy thanks to a variety of posts in the swim world! Not only is she a swim mom to three age group swimmers, twins age 15 and a 12 year old, Nicole is the assistant coach of the Rock Canyon High School Girls swim team and head coach of the Wildcat Ridge Tigersharks summer league swim team, a group she co-founded in 1998. Her work for

COMSA includes serving as vice chair from 2005–2008 and the Long Distance chair from 2004 to present.

Reasons to Go Postal

Last year we surveyed Colorado Masters Postal participants on: "Why would you participate in a National Postal Championship?" Here are some of the answers; please email additional responses to nicolevanderpoel@msn.com.

1. You get a really cool COLORADO GOES POSTAL cap!
2. You love to challenge yourself!
3. You really like to do flip turns and want to do them over and over again.
4. You are preparing for a triathlon and want to see how long it will take you.
5. You want to burn a lot of calories.
6. You love to swim and want a good workout.
7. You like to compete on a National level without leaving your home state.

Drilling for Gold

Kevin DeForrest pens the introductory piece to the newest addition to *Master Splash*—“Drill Point,” a regular feature where coaches explain the hows and whys of drills

Kevin DeForrest

I just watched Michael Phelps win his eighth gold medal in the 2008 Olympic Game—seven world records, eight gold medals. WOW! Anybody who saw it, and let's face it, pretty much everybody saw it, had to know that they were witnessing a once in a lifetime achievement. Any *swimmer* who saw it knows even more intimately just how impressive his week in Beijing was.

Throughout his career, I've been most impressed with Phelps as a person; a son, a brother, a teammate, a grateful and appreciative pupil and a world class ambassador. After that, and to me that's what matters most, I'm also pretty impressed with his swimming technique—in a word, flawless (except, maybe, that half stroke on the end of the 100 fly. But I guess that worked out pretty good too). Starts, turns, finishes and everything in between, honed to near perfection over a period of many, many years and who knows how many difficult moments.

Although he stands alone atop the podium of “most decorated Olympian ever,” Phelps was not alone in the pool of technical proficiency. Throughout these games, those of us who care enough to really watch and appreciate what unfolds in the water, had the opportunity to witness GREAT swimming by a host of competitors from all over the world—fast, powerful and graceful. Fast and powerful perhaps, precisely because it is so graceful.

My contemporaries (read: “old folks like me”) are astonished at how “different” the sport is today than it was in 1960, or 70, or 80, or even 1990 for that matter. And yes, the outward and obvious manifestations of timeless and universal principles are different. It does, in other words, look different. But the principles themselves remain. The goal, remember is really pretty simple—swim faster!

What are the timeless and universal principles to which we must adhere in order to swim faster? Principle number one is as simple as it gets. Propulsive force (thrust) minus resistance equals

speed. Over the years we have come to a better understanding of how we create thrust and reduce resistance. And, the way that each of the strokes is performed today reflects that understanding and allows us to accomplish both objectives simultaneously. We, in other words, know how to generate power and cut friction at the same time.

Reducing negative resistance in the water is extremely critical because water is a very “thick” medium to move through. Increased propulsive force exponentially increases the resistance we encounter. One of the primary ways we reduce resistance is through body alignment, including the position of the head, shoulders, hips, hands and feet. We must present a clean surface to the water (especially *at the surface of the water* where tension and resistance is the greatest) in order to move through it effectively. We do that through proper alignment.

Fortunately, that same alignment puts us in a position to generate more forward thrust. Every activity that humans undertake for speed, power and/or grace must necessarily rotate around some center point or central axis. The principle of rotation and acceleration can be applied to any and every physical activity. In swimming, we rotate on a long (head-to-toe) axis in freestyle and backstroke and on a short (right hip to left hip) axis in breaststroke and butterfly. (That's a little bit of an oversimplification because in fact there are numerous oblique axes that we rotate on as well). The center or core (the axis itself) moves the least and the slowest and, as the movement extends outward toward the extremities, the speed and distance of movement increases. There is, in other words, a smooth and continuous acceleration of movement that culminates in the hands and feet. The continuum, when it is at its best, is precise. We rotate and accelerate smoothly and gracefully and, in so doing, tap into the full potential of power that lies at the core of a well-aligned body.

The thrust in swimming is created, primarily, through the employment of hydrodynamic lift. Lift occurs when we shape our limbs (arms and legs)

and adjust the pitch of our hands and feet at various points in the stroke. When I was young, we called this ability to shape limbs and pitch hands “feel for the water.” Some people had it and some didn't. Those who had it were generally not listening to their coaches and employing principles of lift before anyone really knew that they should be. (Again, to speak of “lift,” as the force that moves us forward is a bit of an oversimplification. Lift and drag in combination create a resultant force which is translated into our bodies because our bodies are attached to our arms and legs). We don't pull our arms through the water. We position our arms and pull our bodies through the water. We FLY through the water. The positioning of arms and legs and the pitch of hands and feet, when we are swimming properly, is a well synchronized occurrence allowing us to increase power, reduce resistance and tap into the core all at the same time.

It seems to me that these are the three things we need to think about and do, if we want to learn to swim more effectively: (1) Increase Thrust and Decrease Resistance through proper body alignment; (2) Rotate and Accelerate; and (3) FEEL the phenomena of Flight. Any and every drill we do should be designed to do one, two or even all three of these things. We drill to learn and to improve our technical proficiency. I believe that somewhere between 20% and 40% of all of our training should be devoted to improving technical proficiency. (It really ought to be an ever-present goal—100% of the time).

And I believe that we should do that on a macro level rather than allowing ourselves to get bogged down in the minutia of stroke mechanics. The devil is in the details, which is not to say that we don't have to confront that devil sometimes. But, by and large, I think we should think BIG. Does it FEEL right, am I generating greater power, reducing resistance, flying, taking fewer strokes or swimming faster? If I am doing any, or even all of these things, it's probably good.

Drilling for Gold Continues on page 6

Drilling for Gold Continuing from page 5

Stroke drills can and should be employed during warm-up, as active rest between hard sets or even hard repeats, in the middle of a repeat at somewhat higher levels of speed, during warm down and just about any other time you can think of. And they should always be done mindfully and meaningfully. If you don't know the point of a drill, you should ask and if you don't have any one to ask, or don't receive a satisfactory answer than you should enjoy some inquisitive time trying to figure out what could be the point, does it offer anything to you on a macro level. And, if it still doesn't make any sense then you should keep your eye on this column, "Drill Point," which will be a regular feature of this newsletter from now on. Stroke drills can and should serve the purpose of making us better/faster/smarter/more effective swimmers. I can't say for certain, but if I had to place a bet I'd wager that Michael Phelps spent more than a few long, hard, pensive and preparatory hours drilling for gold.

Have a favorite drill but don't know why you're supposed to do it? Send a description of it to the editor at rfriedlander@gmail.com along with your suggestion of a coach who can supply the explanation.

Safety Tips for Pool Meets & 2009 Registration Information

With the advent of the short course meters season, here's a list of reminders for safety during warm up for competition:

Marcia Anziano COMSA Registrar

- All entries into the pool during warm ups are to be feet-first.
- Enter warm-up lanes at the end of the lane; entry from the side of the pool is not allowed.
- No diving or jumping into the warm-up lanes.
- No backstroke starts in warm-up lanes.
- Sprint lane(s) will be made available for starts during warm ups.
- Exit sprint lanes at the far end of the lane.
- No hand paddles are allowed during warm ups.
- Kick boards and pull buoys MAY be allowed at the discretion of the meet director.

Opportunities for a Challenge

Whether working out for health or competition, both types of swimmers can benefit from fun USMS Fitness Challenges

Marcia Anziano, COMSA Registrar

Often workouts get boring, it's hard to come up with new ideas, or swimmers lose focus or interest. And, while some swimmers compete in open water, pool events or triathlons, many of our members swim just for fun, fitness and camaraderie. To keep swimmers of all levels motivated in the pool, the USMS National Fitness Committee sponsors two fun challenge-events every year

One of these events, "Go The Distance," is free for USMS members. You can enter it at any point in the year—swimmers who log their workouts could even join today by sending in their distances for 2008 to date! To participate, simply send in your distance totals at the end of each month, which are tracked on the USMS web site. In addition, fun facts about the event and information about participants is available on the web. When you reach milestones such as 50, 100, 150, etc. miles, you can purchase caps, patches, and other items marking your distance. At the end of the year you can purchase personalized items with your exact mileage for the year. Check out this event at <http://www.usms.org/fitness/content/gothedistance>.

For swimmers who want to try new events but without pressure, there's the "Check Off Challenge." This event has a new theme each year; this year's is: "From Block to the Wall, Swim them All." Participants typically enter this event in January, order the t-shirt, and then start swimming. Each pool event is listed on the shirt; once you swim it, you "check it off," simple as that. You can swim the events in workout—no judges, timers, pressure! Coaches, you might consider getting your group to join the fun and include these events in your workouts, and use the Check Off Challenge to encourage swimmers to try something new. This event can be found at <http://www.usms.org/fitness/content/checkoff>. Although it's too late for 2008, watch for the 2009 event announcements after the New Year.

Make a New Year's resolution to challenge yourself in 2009 by seeing how many miles you can swim in a year or by swimming new events!

Marcia Anziano - Chairperson of the USMS Fitness Committee; Registrar and Safety Chair for Colorado Masters Swimming Association (COMSA); Head Coach DU Masters Swimming; Assistant Coach Inverness Masters Swimming.

The Tabata Protocol

Increase Aerobic and Anaerobic Fitness, Burn Fat, Lose Weight and Swim Faster

Morgan Edwards

Impossible you say? Not only true, but it could take a little as four minutes per day if you're already working out.

The Tabata Protocol was developed by Izumi Tabata, Ph.D., a researcher for the National Institute of Fitness and Sports of Japan in conjunction with the Japanese National Speed Skating Team. The Protocol isn't new; the study that supports the original research has been around for over a decade. Some of you may remember that a USMS swimmer received publicity a while back when he used this training method to prepare for Short Course Nationals. He won the 50y breast at age 49. Not an easy feat to win at Nationals when you're at the top of your age group. He felt the Tabata Protocol was his training edge.

What is it?

The Tabata Protocol is a set of six to eight 20-second "100-percent all-out sprints" with 10 seconds rest between each sprint. It should be preceded by a five-minute warm up and five-minute cool down. Do the math—that's 14 minutes! (If you're adding this set to a workout, it's only four minutes because you wouldn't need to add the warm up or cool down time). While you can apply the Tabata Protocol to most any exercise, it adapts well to swimming as a 25 will take

about 20 seconds for most swimmers. If you're a fast 25 freestyler, add a turn to increase the swim to about 20 seconds. To sum, you can swim 8x25's "all out" with 10 seconds rest and to reap the benefits of this training methodology.

What does it do?

The original study showed that after six weeks of one eight-rep set five days a week maximum aerobic capacity improved by 14-percent and maximum anaerobic capacity by 28-percent. Remember, the study group was in-shape speed skaters; study subjects were not a bunch of detrained couch potatoes who would have benefited from *any* type of workout. My understanding is that no other training was done by the subjects during the study. Baseline data shows that traditional interval training working at sub-max effort typically produces aerobic capacity improvement of about 10-percent and zero anaerobic capacity improvement over a similar time period.

What else can it do?

Other studies have shown that this pattern of short, high intensity interval training can increase your metabolism for extended periods after you finish working out. Most USMS swimmers who train on a consistent basis already are a beneficiary of this outcome. Using this training method should intensify the effects of your current workout providing improved muscle tone and weight loss though.

Is that all?

Not quite. There is a training principle known as "specificity." If you want to improve your performance in an event you need to train in that event. We all know that if you want to swim breaststroke in a meet and do well, then you need to swim breaststroke in practice—you can't just swim freestyle; likewise for back and fly.

However, in this case it goes a little farther. Here's the lesson for Masters swimmers: if you want to swim fast, you probably need to swim faster during practice than you're doing now. We're often consumed by how many yards we did in workout, to then be perplexed when our meet times don't match our expectations even though we are putting in the yards every week. Tabata's research combined with the specificity training principle suggests that if you want to do well in a sprint event like a 50, you need to do training swims with the same intensity and effort that is required in a meet.

Most of us swim hard in workouts, but many masters swimmers do not "go all out" in workouts on a consistent basis, if ever. We may save that for our taper for an important meet, and even then we may not do swims that are equivalent in intensity to our meet performances. When we do "all out" sprints, it's often with significant rest between swims. Remember the Tabata study subjects had a significant increase in the anaerobic conditioning and that's the system you are calling on when you sprint. So this training method should really help your sprint times especially if you are well conditioned now (likely aerobic conditioning), but have had difficulty sprinting.

Can you find four minutes for an additional set at the end your workout? If so, try the Tabata Protocol. The benefits could be significant for you—not only for your meet performance but also for your general health and fitness.



Morgan swims with Inverness masters, and coaches for both the ACES (USA swimming) and Stroh Ranch Dolphins (Mountain Hi Swim League). A former DU swimmer in the 1960s, Morgan has been swimming in masters meets since 1971. Want more information on the Tabata Protocol? Email Morgan at morgan944@aol.com. Morgan is the current COMSA Coaches and Fitness Chair.



Tips from the Registrar

Marcia Anziano

At this time of the year, all readers who receive this newsletter are current USMS/COMSA members for 2008. But 2009 is quickly approaching; keep in mind that you will be able to register online for USMS/COMSA for 2009 beginning in November.

Links are provided on the registration page of the COMSA web site, www.comsa.org.

You can register as a member of one of the clubs under COMSA, or you can register as Unattached. It is not necessary to be a competitive swimmer to register with one of the clubs.

Many swimmers are familiar with their local workout group name, and confuse this with the registered clubs. If you register for one of the clubs, you will be given a list of valid workout groups belonging to that club and can pick your workout group from that list. If you register as Unattached, workout groups are not included as part of your registration.

Links on these same pages also allow you to reprint your own card, or to retrieve your USMS number. This is a great feature, giving you immediate access to your card.

Pictures from left to top right and bottom:

Thanks to a larger-than-average team, our bright yellow caps were easily spotted on the blocks in Austin this past spring at Short Course Nationals. Swimmers line up during warm up to practice their start at the 2008 LC Nationals held in Oregon. Stan Benson of CMS (l) meets his doppelgänger at Mt. Hood, Stan Benson the USMS referee.

The DAC Short Course Meters Championships

December 6–7, 2008

Sanction #: 32-08-13-S

Facility: The Denver Athletic Club
1325 Glenarm Place
Denver, CO 80204
8 Lanes x 25 Meter pool.

Timing: Automatic, Colorado Time System 5 with touch pads, with back-ups and Hy-tek Meet Manager Software.

Times: Saturday: Warm-up for the 1,500 will be from 7 a.m.–7:50 a.m.

Event 1, the 1,500 free starts at 8 am.

Warm-up for remaining events (2–6) will tentatively be from 10 a.m.–10:50 a.m.
The meet tentatively starts at 11 a.m.

Specific warm-up and start times will be posted once the number of entries in the 1,500 Free has been determined.

Sunday: Warm-up will be from 7 a.m.–8:20 a.m.

The meet starts at 8:30 am.

Age Groups: 18–24, 25–29, 30–34, 35–39, 40–44, ... 100+

Eligibility: Only current USA/USMS registered members with a USA/USMS card

Entries: Entries are due by Friday, November 28 at 6 p.m.

Entry fee will be \$25 for up to five events.

Make checks payable to the Denver Athletic Club

Team Manager Entry File is preferred

Consolidated Entry forms must be accompanied by entry fees and a copy of USMS card. Psych Sheets will be posted on the DAC website at www.denverathleticclub.org, under the Swim Team section, by December 3

Send entries to:

Rich LeDuc leduc@denverathleticclub.org
2029 Fairfax St.
Denver, CO 80207
(720) 931-6712

Late Entries: Late entries will be accepted provided the following requirements are both met:

1) LATE ENTRIES ARE RECEIVED AT LEAST 30 MINUTES PRIOR TO THE START OF THE SESSION.

2) THE LATE ENTRY DOES NOT CREATE AN ADDITIONAL HEAT.

Rules: Rules to be enforced per the 2008 USA/USMS Rule Book

Saturday Morning Events 1–6 Sunday Morning Events 7–12

1 **1,500 FREE	10 100 BREAST
2 200 IM	11 200 FLY
3 100 BACK	12 400 IM
4 200 BREAST	13 50 FREE
5 50 FLY	14 200 BACK
6 400 FREE	15 50 BREAST
7 200 FREE	16 100 FLY
8 100 IM	17 100 FREE
9 50 BACK	18 800 FREE

ALL EVENTS WILL BE COMBINED AND SEEDED ACCORDING TO ENTRY TIME

This meet will feature both USA and USMS Athletes

**The 1,500 free starts at 8 a.m. Once the number of participants has been determined, specific warm up time for the remaining events will be posted in the DAC website under Swim Team.

DAC Short Course Meters Championships

A second dual-sanctioned meet in Colorado for 2008

Nicole Vanderpoel

Once Again, Colorado is on the cutting edge when it comes to swimming! We have another opportunity to Celebrate Life...Celebrate Health...Celebrate Swimming in the form of a Short Course Meters Championship featuring both USA Swimming and USMS registered athletes!

The Denver Athletic Club and Rich LeDuc host the second opportunity in 2008 for 13 & older USA and USMS registered swimmers to compete side by side and be seeded according to entry time! This meet is slated for December 6-7 at the Denver Athletic Club on December.

This is another tremendous opportunity for Colorado to celebrate our sport of swimming and the far reaching benefits that it provides throughout our lives as we age. Young and seasoned athletes can support each other while they share the same passion, discipline, goals and even fears. In doing so, we can learn and grow together through sport—what a wonderful way to spend your time!

Horsetooth 10K

A fascinating “swimmer’s eye” view of the infamous open water distance event

Jeff Magouirk

The tenth swimming of the Horsetooth 10K Open Water Swim occurred on August 10. Nearly 60 swimmers ventured into the mountain reservoir, nestled in the foot hills of the Rocky Mountains just west of the Fort Collins.

This swim is unique in many ways. First, it is a nearly a straight swim—no buoys to turn around, which is rare in open water events, particularly at the 10K distance. Second, the swim can’t be accomplished without a support craft. These crafts can be kayaks, canoes or an inflatable, but are necessary per swimmer. Third, Horsetooth is swum at 5,700 feet above sea level. While that air is not quite rare at this elevation, swimmers coming from lower elevations will feel this swim in ways they may not if oxygen was more plentiful.

This year’s event appealed to a wide age range. The youngest competitor was 19 years of age; the oldest 68. This 51 year age-range says a great deal about swimming being a lifelong sport and activity. Most competitors were from Colorado, but other participants arrived from California, Iowa, Massachusetts, New Mexico, Utah, Germany and even India.

The fastest overall swimmer was Susan Vincent, with a time of 2:26.50. This was her second time; she dropped nearly 9 minutes from her 2007 swim. The second fastest person was Thomas

Taylor who, in his third Horsetooth swim, clocked in at 2:29.40. Congrats to both of them!

The event started in the water at the south end of the reservoir. The chatter overheard was relaxed banter of people who are about to enjoy a grand adventure: “See you at the end,” “Follow me,” “I will stay with you for the first 5 meters,” and so on. After ensuring swimmers were behind an imaginary start line, the air horn blew close to 7 a.m. Off we went, looking like a school of large salmon fighting upstream to spawn.

Finding your support craft is the first milestone in this swim. Larmier County, the administrator of Horsetooth Reservoir, allows for power boat traffic while the swim is progress, so support craft add to swimmer visibility. Besides navigating for their swimmer, support craft staff also carries water, candy bars and other nutritional needs for their swimmer. Extra personal flotation devices are onboard as well in case the swimmer needs to be pulled from the water by Larmier County Dive and Rescue, who



Jeff Magouirk poses at DU in his Bee Gees team suit during the State meet this past March.

are on hand from start to finish.

Event directors provide paddlers for some participants; these volunteers are very welcome and much appreciated. Other paddlers are family members and friends of the swimmers. I know from my experience both as a swimmer and a paddler that this is job not to be taken lightly!

In 2006, I paddled for Rebecca Friedlander (newsletter editor). Her welfare was my primary reason for being there, as I wanted to make sure she completed the 6+ miles, but I was also able to take in the beauty of being in this mountain reservoir at this time of day. My wife has paddled for me three out of the four times I have swam this event. She says, “Being in a kayak with a cup of coffee at that time in the morning with the sun peeking over the jagged bluffs is one of the finer experiences of life.”

While waiting for the school of swimmers, veter-

“This swim is unique in many ways. First, it is a nearly a straight swim—no buoys to turn around, which is rare in open water events, particularly at the 10K distance. Second, the swim can’t be accomplished without a support craft.”

an paddlers ease the worries of the rookie paddlers. Rookies are typically worried about finding their swimmer. Not to worry though, all paddlers shout out swimmer numbers then ease off, matching their swimmer's pace. Paddlers seem to enjoy doing their part and many come back year after year to volunteer. Being a paddler is very import and rewarding; without them the event could not occur. As a swimmer, I'd like to thank each and every one!

Horsetooth veterans Scott Hoftiezer and Joe Bakel each completed their ninth race by 10 a.m., to match George Thornton's nine-peat. This means Scott, Joe and George have swam over 55 miles in Horsetooth waters. T.J. Scholand finished his eighth swim, to be greeted by family and friend at the finish. Tom McEhinney completed his fifth swim. Terry Heggy, Dan Arnold and I each completed our fourth round. Liz Albritton-McDonald, the third female finisher, completed the course in her fastest time. She and Jennifer DiCarlo both completed their third 10Ks this year.

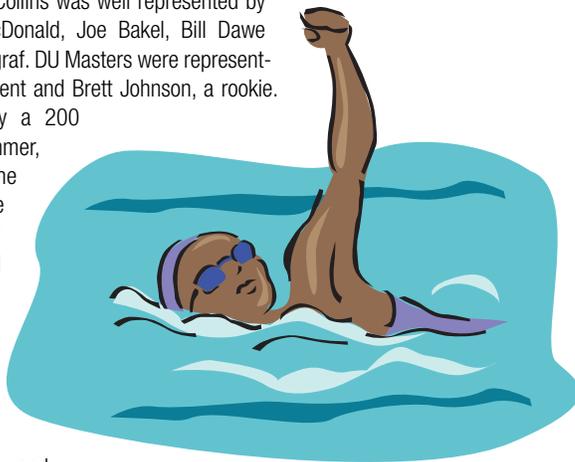
The rookies in the event did very well. Michael Cox finished third overall with a time of 2:31.9. Katie Chmielecki, a bride to be in September, was the second women finisher. Lee Fergurson finished with a time of 2:38.10, and Karen Zentgraf, the second oldest competitor swam across the finish line in a time of 4:35.30. Congrats to all.

A number of COMSA swimmers showed up for the swim. Fort Collins was well represented by Liz Albritton-McDonald, Joe Bakel, Bill Dawe and Karen Zentgraf. DU Masters were represented by Sara Vincent and Brett Johnson, a rookie. Although mainly a 200 and 500 swimmer, Brett said he wanted to "give this a try." Yellow and black polka-dotted suited Bee Gees included Michael Cox, Jeff Magouirk, Tom McEhinney and rookies Al Ramizer and Erin Maloney. A note about Tom: we found out that he has an interesting way to take in nutrition. Like most swimmers, he packs water, but he also Payday candy bars. Tom asked his paddler Richard Hess

to un-wrap the bars and dunk them in the water before handing them to him!

Overall, the event was run very well as it always has been. Joe Bakel and George Thornton should be given high praise for executing such an undertaking. Many of us will look forward to swimming it next year.

Jeff was born in Colorado Springs in 1961. Just a few of his notable swims include a successful Catalina 21 mile crossing in 2005 and four Horsetooth 10K swims. Married for almost 20 years now, Jeff and his wife have two sons. Currently, Jeff is planning what will be a successful crossing of the English Channel for 2011 after coming close during a 14-hour attempt in 2006. Jeff is the current COMSA open water long distance chair.



The 2008 CMS Long Course National Team

Stan Benson
 Thom Burgess
 Steve Cattles
 George Downs
 Kim Eden
 Rebecca Friedlander
 Jennifer Gerson
 Dave Gray
 Heather Hagadorn
 Ruth Hertzberg
 Mark Johnston
 "Eney" Jones
 Heather Keaten
 Scott Ko
 Linda Lebsack
 Tracey Loper
 Jamie Louie
 Mike Mann
 Dave McCarty
 Ellie Najjar
 Bob Patten
 Winnie Prall
 Karen Rosener
 Tom Rosinki
 Janet Sachs
 Greg Scott
 Tim Varnier
 Margie Yoder
 Lydia Young

2008 Long Course Nationals

CMS was the "little team that could" in Mt. Hood

The temperatures may have been hot (above 100 degrees Friday-Saturday; Sunday "cooled off" to mid-90s), but the Colorado Masters swimmers were cool in the revamped pool this past August. Recently completed renovations including raising the deck to create a deeper pool and installing lane ropes impervious to waves (just don't run into them—they'll eat you alive) have turned the Mt. Hood Community College outdoor 50m facility into a FAST pool.

Thirty swimmers, representing a variety of workout groups spanning Colorado, united as one team for a strong showing among mega-teams who swept the overall standings. (Honestly, *at least* three of those bright green "OREG" caps could be spotted *per* heat. In fact, OREG's score nearly *tripled* that of second place finisher Pacific Northwest Aquatics.) CMS placed 7th in the overall team division, as well as 6th and 8th in the women's and men's divisions respectively.

Although diverse in age, (fun fact: the mother-daughter pair of Ellie Najjar and Janet Sachs is this year's example of how swimming often runs in the family!) experience and "specialty," the CMS team bonded over the long weekend while sitting in the shade on the hill over looking the pool and during 13 relays. Team cohesion remained strong over the four days as members counted and took splits for each other, and even volunteered to stand by ready to swim despite the blazing heat, such as Steve Cattles did, in case a last-minute relay leg sub was needed.

CMS racked up PRs and medals as the days passed; Mike Mann's world record in the 50-54 200 IM (2:20.02) as well as Schuyler Smith's blistering free relay split (23.89) and subsequent 40-44 50 victory certainly were highlights among the CMS outstanding swims though! (And yes, those *are* long course times!). Full results of the meet can be viewed at www.usms.org.



Greg, Schuyler and Mark (l-r) try to cool off in the shade during 103 temperatures during events.

Kudos also must be extended to the organizers who did a terrific job of running a smooth event while remaining close to the projected timelines. Just a few of the "above and beyond" perks include providing a bell per lane for the distance events, sensors on the blocks to capture reaction time, and interesting opportunities such as free trials of an electrical-impulse recovery system and a chance to view the Team USA LAZR suit (it feels like paper!) at the Kast-a-way vendor booth. Once again, Long Course Nationals was a great mix of fast swimming and fun. See you in Indianapolis!



Which CMS swimmer matched her pedicure to our team cap? The first person to email Rebecca at rlfriedlander@gmail.com with the correct answer wins a COMSA-themed prize!

Swim Briefs

News from the pools of Colorado

In Memoriam

As many of you may know by now, **Liz Stock** died on May 27 of this year. Born on Feb. 6, 1937, the Denver, Colorado native “always loved the water and liked to win those medals at masters meets,” recalls childhood friend Chery, (who married Liz’s brother William). “Liz had a canvas bag full of medals and never missed her favorite swim meet, the Senior Games.” Although she did not grow up swimming competitively, Liz, or “Lizard” as she was known by friends in college, made up for lost time as a Jeffco Aquatic Masters, swimming in meets around the world and by participating in COMSA board meetings and serving as the state meet director at Meyers pool.

After working as a grade school teacher and then for the City and County of Denver, Liz enjoyed a retirement filled with her passions—swimming, travel and knitting baby blankets to give to families who couldn’t afford one. Chery notes that Liz’s fighting spirit prevailed until the end. “Following her five-month battle with lung cancer Liz had fallen into a coma. William had just finished signing the paperwork to transport her to a hospice, a move she was determined not to make. But Liz must have heard the nurse say that they would have to transport her quickly due to her condition because Liz passed away just 20 minutes later, before she could be moved.”

Due to arthritis Liz had two knee replacements. Therefore, contributing to the St. Dominic Church Elevator Fund was a cause dear to her heart. If you would like to make a memoriam in her name, Chery and William Stock will ensure donations reach this fund. Please contact them at: 1696 S. Welch Court, Lakewood, 80228. Phone: (303) 985-3629.



Can you identify this swimmer from a shot taken at SC Nats this past spring? Extra points if you also know the event!

Notes from the Lanes

Here’s the latest news from **Aurora Masters**: Pier Point, the team’s summertime home, was the backdrop as 9News interviewed former Aurora Masters coach **Andy Niemann** on July 7. Niemann is the head coach of the MACS age-group team. His young swimmer, Bonnie Brandon, reached the semifinals of the 200 backstroke at Olympic Trials. Niemann and his wife Catherine have much to celebrate this summer, as they welcomed baby girl Eve Marie Niemann into the world on June 2. **Michael Furnier** and wife **Ewa** are the proud parents of Marianna Michelle (Many) Furnier, born on June 12.

Do you have news items or images to share in *Swim Briefs*?

Send the information and pictures to Master Splash newsletter editor Rebecca at rlfriedlander@gmail.com. Submissions printed on a first-come, first-served basis.

2nd Kevin B. Nash Memorial Swim Meet

November 1, 2008

Hosted by Bee Gee Swimming
32-08-12-S Colorado Masters Swimming Association sanction

Join us at the Northglenn High School for the meet. The proceeds of the meet help fund a scholarship for master swimmers-associated high school seniors. The proceeds from last year's meet went to four Colorado Masters children.

Northglenn Senior High School is located at 601 W. 100th Pl.
Northglenn, CO 80260-6003

Facility: 10 lane, 25 yard pool
8 lanes to be used for competition, 2 for warmup/warmdown
Electronic timing w/touchpads

For meet information please contact Jeff Magouirk at
swimwithfishes@earthlink.net.

Please send your entry: Will Amos
5296 Hamilton Ave.
Castle Rock, CO 80104
(303) 204-9862
will.amos@comcast.net

Entries: Please have entries in by Wednesday, October 22.

\$25 per swimmer, up to 5 events
Deck entries will be accepted for a \$5 fee

Use the Consolidated Meet Entry Card available at: www.comsa.org and in this issue

Schedule: First warm up begins at 1:30 p.m.

1000 Freestyle begins at 2:30 p.m.

Second warm up begins at 3 p.m.

Second meet session begins at 4 p.m.

Events: (Odd/Women; Even/Men)

Events may be combined gender at discretion of meet director

1/2 1000 yard Freestyle
200 yard medley relay
3/4 50 yard Butterfly
5/6 100 yard Backstroke
7/8 200 yard Breaststroke
9/10 200 yard Freestyle
11/12 100 yard Butterfly
13/14 200 yad Backstroke
15/16 50 yard Breaststroke
17/18 500 yard Freestyle
19/20 100 yard IM
21/22 200 yard Butterfly
23/24 50 yard Backstroke – Kevin Swim
25/26 100 yard Breaststroke
27/28 50 yard Freestyle
29/30 400 yard IM
31/32 100 yard Freestyle
33/34 200 yard IM
200 yard Free Relay

Trim around outside heavy line, fill out & fold in the middle

COLORADO LOCAL MASTERS SWIMMING COMMITTEE — CONSOLIDATED ENTRY CARD

Swimmer's Name _____ Age: _____ Male: _____ Female _____

USMS # _____ Birthdate / / Phone () _____

Event #	FREE (Submitted Time)	Event #	BACK (Submitted Time)	Event #	BREAST (Submitted Time)	Event #	FLY (Submitted Time)	Event #	I.M. (Submitted Time)
	50 : .		50 : .		50 : .		50 : .		100 : .
	100 : .		100 : .		100 : .		100 : .		200 : .
	200 : .		200 : .		200 : .		200 : .		400 : .
	400/500 : .	MEET NAME & DATE: _____ CLUB IF NOT COLORADO: _____ TEAM NAME: _____ SIGNATURE REQUIRED ON BACK				MEET FEES # of Events X \$ _____ = \$ _____ Surcharge = \$ _____ TOTAL = \$ _____			
	800/1000 : .								
	1500/1650 : .								
T-shirt Size (if applicable): S M L XL XXL									

fold here ---- fold here

PLEASE READ CAREFULLY: Late or incomplete entries (no fee, incomplete entry card, incomplete entry data, no copy of USMS Registration Card), or entries postmarked after the due date MAY BE REJECTED.

ALL Masters swimmers will be required to send a photocopy of their USMS Registration Card along with their entry card. ALL Masters swimmers may be asked to show their USMS card, if requested, at the meet. THERE WILL BE NO EXCEPTIONS.

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Please Sign AND Date: _____

Street Address: _____

City, State, Zip: _____

Make checks payable to and mail to the address specified on the Meet Information Sheet.

Dreading the switch to indoor training after spending the summer outside?

Beat fall doldrums by participating in any or all of these terrific events! Details on each event can be found inside this issue.

- 3,000 & 6,000 Postal National Championships...Sept.15-Nov. 15
Swim these Postals at HRCA on Oct. 5 or Nov. 2!
- Molly Bloom Again Sprint Pentathlon...Oct. 10-11
- 2nd Kevin B. Nash Memorial Swim Meet...Nov. 1
- Go the Distance USMS mileage challenge
Enroll any time at: www.usms.org/fitness/content/gothedistance
- DAC Short Course Meters Championships...Dec. 6-7

Have you visited www.Comsa.org? The latest news, sanctioned event information, registration forms, meet results, state records, the USMS national swim times database, local workout group listings including their contact person, COMSA administrative information, newsletter archive, links to other swim websites and USMS.org—it's all right there! To sign up for updates and alerts via e-mail follow the instructions on the bottom of the page. Webmaster Kim Crouch welcomes your feedback and contributions. Contact her at: webmaster@comsa.org.

Colorado Masters Swimming Association:
Friends, Fitness, Competition!

COMSA
P.O. Box 102167
Denver, CO 80250-2167

Visit us on the web!
www.comsa.org