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Mastersplash



With winter officially beginning with the Winter Solstice on Friday, December 21, 2018. Here is a workout I enjoy during this time of the year. Just something simple and different.

Warmup:

- 500 - swim
- 5 x100 - drill

Main Set:

3 x 400

- First 400: 100 build, 200 fast, 100 medium
- Second 400: 100 slow, 50 fast, 50 slow, 50 fast, 100 slow
- Third 400: 200 build, 100 fast, 100 slow

2 x 200

- First 200: Pull (100 stroke, 100 freestyle)
- Second 200: Kick (100 stroke, 100 freestyle)

Kelly Davis
COMSA Newsletter Coordinator

COMSA GRANTS & SCHOLARSHIPS....

Attention COMSA members! COMSA is offering up to \$3,000 in grants and scholarships for current COMSA members in 2019. These grants and scholarships can be used to offset registration fees for [Adult Learn to Swim Training](#), [Coaches Certification](#), Club Relay Registration fees at [Short Course or Long Course Nationals](#) or even your [Club Registration Fee](#). [Grants](#) can also be applied for to help offset meet or open water event hosting or safety equipment that would benefit COMSA members and their participation in USMS events or practices.

Awarding of grants or scholarships is dependent on proper submission of the request and availability of funds. Grants or scholarships are considered as received. To confirm availability of funds, you may contact Susan Nolte at susan_nolte@comcast.net.

Recognize your coach or a special volunteer!

Did you know that annually COMSA recognizes coaches and volunteer members who do a lot for

COMSA?

Do you love your coach? Does he or she do a great job? Each year COMSA recognizes a special coach based on nominations received. Your group does not need to be large or have existed for a long time. So, if you have a super coach, send in a nomination for coach of the year. The coach of the year award is awarded at the state meet.

Is there a person who has done a lot for your team or COMSA membership as a whole? This person does not need to be a member of the board. So, don't be afraid to share their accomplishments. We welcome [nominations](#) for anyone that has done a lot for COMSA!

[Nominations](#) are due March 1st! So don't delay.

Quick Links

[Register Now](#)

[Clubs and Workout Groups](#)

[More About Us](#)

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Upcoming Events

December 8, 2018
DAC Meet
Denver, CO

[Meet Details and Registration](#)

SAVE THE DATE
January 26, 2019
Loveland Sweetheart Meet
Loveland, CO

Looking for Volunteers

COMSA is in the process of planning for the COMSA Short Course Championship in March 2019. We are looking for volunteers in many areas. If you are interested in volunteering please contact Vice Chair, [Terry Heggy](#).

Local and National Swimming Links

[USMS Open Water Swimming Connection](#)

Breadbasket Zone

[Iowa Masters Swimming](#)

[Minnesota Masters Swimming](#)

[Missouri Valley Masters Swimming](#)

[Nebraska Masters Swimming](#)

[Ozark Masters Swimming](#)

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