



Greetings!

Hello Colorado Masters Swimmer! Heading into a new year and a new decade, it's time to get a new energy for swimming. As part of COMSA, you can look forward to monthly emails this year to help keep you informed of all the exciting events and opportunities that are available around our region.

The COMSA Board would like to welcome aboard Katie Glenn as our new Club Development Chair. Katie held a similar position in North Texas and we are happy to have her expertise now here in Colorado. She will be reaching out to swim groups around the region, from new to very old, to try to get your information updated for the COMSA website. Give her a hand and send her an email with any updates you have for club contact info, sixfourgirl@hotmail.com. If you are looking to start up a new group, she'd love to hear from you as well.

I'm Heather Melrose, your new Communications Chair. I am very passionate about sparking a new growth of swimming interest and opportunities here in Colorado. If you have any questions about our program, please feel free to ask me, comastersnewsletter@gmail.com. I've been in this sport since 1981, as a swimmer, a coach and as an official, and I am happy to share those years of information gathering with you.

Did you know that there are some rule differences in Masters Swimming? As a current USA Swimming official, for those of you interested in that type of thing, I'll highlight a rule at the bottom of our monthly emails. I'd love to hear other ideas to help make this monthly email important for all of our members. Let's get those goggles on and swim!

I look forward to seeing you on deck soon,
Heather Melrose
comastersnewsletter@gmail.com

Upcoming Events

Denver Masters SCY Short & Sweet Meet

University of Denver Ritchie Center, El Pomar Natatorium, Denver
Sunday, March 1st
Warm Ups 8:30 am; Meet Starts 9:30 am
[Short & Sweet Registration](#)

2nd Annual Colorado Springs Masters Invitational

Pikes Peak Athletics Training Center, Colorado Springs
Saturday, March 7th
Warm Ups 8:30 am; Meet Starts 9:10 am
[CO Springs Meet Registration](#)

CO Masters State Meet

Veterans Memorial Aquatic Center, Thornton, CO
Friday, March 27th through Sunday, March 29th
Friday: Warm-ups 11:30 am; Meet Starts 12:30 pm
Sat & Sun: Warm Ups 7:30 am; Meet Starts 8:30 am
Annual COMSA Board Meeting on Saturday following 2nd Warm Up after 500 Free
[State Meet Registration](#)

Come out and join your fellow swimmers for a great weekend of swimming and camaraderie! The

current COMSA Board has been hard at work designing new meet shirts, brute squad shirts, sprint squad shirts, high point awards, team trophies and more. Every participant will get a special swim meet cap included in their registration cost. Individual events will have ribbons for places 1-10! Please make sure to include your t-shirt size during registration so that we can assure the correct number and sizes of shirts.

Off Piste Aquatic Members Swim Camp

Vail Racquet Club, Vail, CO

Thursday, June 11th through Sunday, June 14th

[Registration & Information](#)

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 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!

Volunteer Opportunities

COMSA is looking for a few good people to join our team of friendly volunteers. We are still looking to fill spots for Awards, Safety, Webmaster, and Open Water. If swimming is your passion, please consider sharing your talents with our wonderful COMSA community. Please contact Chris Nolte at chris_nolte@comcast.net for further information.

Annual COMSA Meeting

The Annual COMSA Meeting will be held during the State Meet on Saturday, March 28th. Voting on the new board will take place during this meeting. Slated for the 2020 Board are:

Chair - Chris Nolte

Past Chair - Brian Hoyt

Vice Chair - Terry Heggy

Registrar/Membership Coordinator - Marcia Anziano

Secretary - Heather Melrose

Treasurer - Susan Nolte

Representatives at Large - Nicole Vanderpoel & Katie Glenn

Please, come join us for this annual meeting following the 500 free and second warm up session on Saturday morning.

It's Official!

There has been a long standing rumor in Colorado that some Masters Swimming Rules only apply to older age groups. I've been hearing that rumor floating around since 2005. It's not true! All Masters swimmers are subject to the same officiating rules. I hope to use this section to clear up rumors and help everyone, including the self-coached, better understand our sport.

From the USA Swimming's [Rulebook 2020](#), Section: Differences Between USA Swimming and USMS Rules, p. 135, for Butterfly:

"The breaststroke kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race. Only one breaststroke kick is permitted per arm pull, except that a single breaststroke kick is permitted prior to the turn and the finish without an arm pull. After the start and after each turn, a single breaststroke kick is permitted prior to the first arm pull."

Of course, if you choose to swim butterfly with dolphin kick only, that's legal as well. Keep in mind this rule applies for USMS sanctioned events only! If you are swimming in a USA Swimming sanctioned event or a meet which is dual sanctioned USA & USMS, then you cannot use a

breaststroke kick during the butterfly.

Swimming Links

United States Masters Swimming [USMS](#)

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