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COMSA Newsletter - June 2018

Mastersplash



Summer time is here. Flowers, sunshine, swimming pools, pic nics, and hikes, they all make me smile. I'm reminded of the poem below:

Automatically

By: Rosemary Wahtola Trommer

automatically it happens
like a grapefruit juice pucker
or a goosebump in december
there's no planning it
no stopping it
no way to hold it back
automatically it happens
i see you
(beautiful flower, crystal clear pool...what makes you smile?)
and i smile

Enjoy your summer and all things that make you smile.
Kelly Davis
COMSA Newsletter Coordinator

Welcome Chris Nolte - COMSA Chair

Please welcome COMSA's new Chair, Chris Nolte.

Chris has been involved in Masters Swimming since the early 1980's including attending 36 national meets. During that time he has volunteered with COMSA and served as Records Chair as well as Vice Chair in the mid-1980's. Chris again volunteered as top ten chair, vice chair and president in the early 1990's, including attending 2 National conventions as a delegate. He helped organize both short course and long course state meets in the 80's and 90's back when

everything was done manually. Masters swimming has been a passion his entire adult life and he is looking forward to his third stint with COMSA.

2018 USMS 5K/10K ePostal National Championships

It is time to GO POSTAL Colorado with the 2018 USMS 5K/10K ePostal National Championships

Back by popular demand Master's Swimmers, it's time for the USMS 5K/10K ePostal National Championships! This Year's 5K/10K ePostals are hosted by the Chicago Smelts Masters Swim Team. The goal is to complete a 5K and or 10K between May 15th and September 15th in a Long Course Meters Pool and submit your entries to the Host Team online and compare yourself to your fellow Master's swimmers throughout the Country without having to leave our beautiful home State of Colorado!

We are so fortunate that COMSA Sponsors our Postal Swims locally so that you can challenge yourselves and swim these Postals together! In addition, we are thrilled to offer the 5K/10K ePostal to be swum outside at Lowry Pool, 775 Akron Way, at 7 am on two Sundays, June 3rd and July 1st . If you wish to swim either, please e-mail nicolevanderpoel@msn.com to reserve your lane! Split Sheets, stop watches, clip boards will be provided. Please arrive by 6:45 am and bring a counter/verifier with you. Once you have completed your swim, you enter your results online to the host team, Chicago Smelts! Online entry & event information will be available at Lowry. Not only will you get an awesome workout, but you will also receive our very own Colorado Goes Postal Swim Cap for participating!

What are you waiting for? E-mail nicolevanderpoel@msn.com today, reserve your lane and participate in either the 5K or 10K. Let's show the rest of the Country how Colorado GOES POSTAL this Summer!



Nicole Vanderpoel, Long Distance Pool Chair

Quick Links

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Upcoming Events

June 3, 2018

2018 USMS 5K/10K ePostal National Championships

Lowry Pool, 775 Akron Way - At 7 am

Please e-mail nicolevanderpoel@msn.com to reserve your lane!

Bring a counter/verifier with you

June 17-22, 2018

Off Piste Aquatics Masters Swim Camp

Vail, Colorado

[Details and Registration](#)

July 1, 2018

2018 USMS 5K/10K ePostal National Championships

Lowry Pool, 775 Akron Way - At 7 am

Please e-mail nicolevanderpoel@msn.com to reserve your lane!

Bring a counter/verifier with you

Local and National Swimming Links

[USMS Open Water Swimming Connection](#)

Breadbasket Zone

[Iowa Masters Swimming](#)

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[Missouri Valley Masters Swimming](#)

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[Ozark Masters Swimming](#)

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