



Greetings!

When I promised a monthly newsletter back in February, I had no idea that March was going to be like this. With pools, gyms and rec centers shuttered across much of our region, many of us have been cut off access to our stress-relieving activity - swimming. With that in mind, I am going to attempt to keep this newsletter light and airy, while giving you ideas on how to spend your time while out of the water. I am purposely avoiding using the Virus-Who-Must-Not-Be-Named because I feel like we could all use a bit of a break from talking about it... That's an homage for you Harry Potter fans out there.

The COMSA Board would like to welcome aboard two new members to our volunteer team: Hannah and Laura Nelson. Hannah is our new Awards Chair and Laura is our new Webmaster. Laura has been busy working on learning the ropes of a new webpage system which will work hand in hand with Club Assistant. That new COMSA webpage should be rolling out soon! If you have news or content for our webmaster you may use the same email address to contact Laura as you have used in the past, [webmaster@comsa.org](mailto:webmaster@comsa.org).

I look forward to seeing you on deck,  
Heather Melrose  
[comastersnewsletter@gmail.com](mailto:comastersnewsletter@gmail.com)

## Upcoming Events

So, this section will be a little thin this month. We are certainly hopeful that the following will be able to take place:

### **Off Piste Aquatic Members Swim Camp**

Vail Racquet Club, Vail, CO

Thursday, June 11th through Sunday, June 14th

[Registration & Information](#)

## Reading Suggestions

As we all look for things to do while we are out of the water and practicing social distancing, I've come up with a few swimming-oriented reading suggestions:

**Gold in the Water** by PH Mullen - A story of swimmers and training partners working towards the Sydney 2000 Olympic Games. It's been years since I read this book and what still stands out in my memory is the training differences between Tom Wilkens and Tom Dolan, thoroughbred vs. work horse.

**Swimming to Antarctica: Tales of a Long-Distance Swimmer** by Lynne Cox - Long distance swimming phenom and USMS swimmer Lynne Cox gives an autobiographical tale of her different swimming exploits. Reading about the different open water swims which she has accomplished, and the list is long, may put you in the right frame of mind when open water season starts in the near future. What better way to implement social distancing than open water swimming!

**Gold Medal Fitness: A Revolutionary 5-week Program** by Dara Torres - In this book, Dara details the dynamic stretching routine that she used in her run up to Sydney 2008. If you're looking for a

way to improve your flexibility, a home workout that can be done without fancy equipment, or a way to pass the next five weeks while your kids are out of school, this is a great read and a great resource.

Note: I do not receive any endorsements for these products or anything else for that matter. I'm just trying to help our membership fill a void.

## Call Out for National Awards

USMS has ten (10!) national awards and they are looking for nominations by July 1st. These are:

**Coach of the Year** - For a registered coach who demonstrates excellence in five areas: club and individual accomplishments, publications, contributions to U.S. Masters Swimming and the LMSC, letters of support, and long-term contributions to Masters Swimming

**Dorothy Donnelly Service Award** - For USMS registered individuals whose volunteer service has contributed to the growth, improvement, or success of U.S. Masters Swimming locally, regionally, and/or nationally.

**Kerry O'Brien Coaches Award** - For USMS coaches who are building our membership in communities throughout our country

**Club of the Year** - For USMS clubs that develop programs that draw people in, support their swimmers, and set standards for other clubs to follow.

**June Krauser Communications Award** - For USMS-registered individual or group, whose work in communications has contributed to the growth, improvement, or success of U.S. Masters Swimming locally, regionally, or nationally.

**Long Distance National Champion Award** - For a USMS registered individual or group who has made significant contributions to the success and promotion of USMS Long Distance National Championship events.

**National Championship Meets Award** - For an individual who makes significant contributions to USMS National Championship meets.

**Fitness Award**

**Open Water Service Award**

**Officials Excellence Award**

For more information, nomination forms, and lists of past recipients, click [here](#).

## 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 Safety 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](mailto:chris_nolte@comcast.net) for further information.

## Annual COMSA Meeting

The Annual COMSA Meeting was supposed to be held during the State Meet. Since that meet has been cancelled, we will be sending out a request for votes electronically this year. We are working on developing a way to get this to you soon.

Slated for the 2020 Board are:

Chair - Chris Nolte

Vice Chair - Terry Heggy

Registrar - Marcia Anziano

Secretary - Heather Melrose

Treasurer - Susan Nolte

Representatives at Large - Nicole Vanderpoel & Katie Glenn

Keep an eye out for that email to vote!

## It's Official!

Did you know that backstroke does not have an official kick? This is true in both USA and USMS Swimming. You can choose to kick with a flutter, breaststroke or dolphin kick. Rule 101.4 in the [USA Swimming 2020 Rulebook](#) states simply that "the swimmer must push off on his back and continue swimming on the back throughout the race." You must have some part of your head surface prior to the 15 m mark, but what kick you choose to use is entirely of your own discretion. You are allowed to turn past vertical towards the breast prior to the turn as long as you initiate an immediate single arm pull or continuous simultaneous double arm pull to initiate the turn. Don't do a Statue of Liberty or soldier pose prior to the turn! If you initiate your turn only to find that you've flipped over too soon, move that arm(s) very slowly as you kick hard for the wall.

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### Swimming Links

United States Masters Swimming [USMS](#)

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Website

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