



Greetings!

Here are some exciting new developments to enjoy while we are all trying to figure out how to spend time out of the water:

COMSA has unveiled a [new website](#). Check out the all new style and layout, if you haven't seen it yet.

USMS has rolled out a new line of 50th Anniversary gear available through it's partnership with [Swim Outlet](#). Be the first on your team to sport the new logo.

Hope that you and your family are healthy,  
Heather Melrose  
Secretary and Communications Chair

## Upcoming Events

### **USMS LCM Nationals**

August 12-16, Richmond, VA

Entries will open once the event is confirmed. If you would like to check out the order of events and qualifying times, look [here](#). Swimmers are allowed to swim up to three events without making the qualifying times.

### **USMS Stroke Development Clinic**

Sunday, October 25th, Denver, CO

Updates on this stroke clinic will be posted on [USMS](#).

## Welcome the new COMSA Board Members!

The results are in! The following members will be volunteering to represent COMSA:

Chair - Christopher Nolte  
Vice Chair - Terry Heggy  
Secretary - Heather Melrose  
Treasurer - Susan Nolte  
Registrar (Membership Chair) - Marcia Anziano  
At-Large #1 - Nicole Vanderpoel  
At-Large #2 - Katie Glenn

Thank you to all who voted!

## Coach Appreciation Week

What better time to share with your coach how much you appreciate all that they do to make our lives a little fuller! The USMS Annual Coach Appreciation Week is May 4th-10th. Instead of watching that 14th cat video on youtube, send your coach a token of your appreciation: a card, email, gift certificate or [one of these great ideas](#). Then, get back to those cat videos. Or better yet, use the [USMS COVID19 Member Resources page](#) to find articles and workouts to get you through this time.

## 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.

## It's Official!

### What age group am I in?

That answer depends on whether you are swimming in a yards or meters pool.

For short course **yards** meets, the swimmer's age is determined as of the last day of the meet.

For both short course **meters** and long course meters meets, the swimmer's age is determined as of December 31 of the year of completion.

For open water events, make sure that you read that event's rule carefully to determine your age group.

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## Swimming Links

USMS

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Visit Our  
Website

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STAY CONNECTED:

