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COMSA Newsletter - December 2017

## Mastersplash



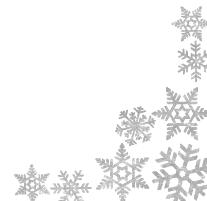
, As the year comes to an end, I am reminded of one my favorite workouts. It is a lot of this and that.

The 12 days of Christmas. It goes something like this:

- 12 X 75 Every 4th one is IM (1:30/1:50)
- 11 X 50 Free (50/1:15)
- 10 X 25 Stroke (:30/:45)
- 9 X 50 Kick, stroke/free (make the free HARD) (1:00/1:20)
- 8 X 75 Free descend 1-4, 5-8 (1:15/1:30)
- 7 X 50 Paddles, buoy, fins (drop one toy per 50)
- 6 X 25 Sprint (:30/:45)
- 5 X 50 Free peloton (each swimmer does a 50)
- 4 X 75 IM (50 stroke/25 Free) (1:30/1:50)
- 3 X 50 Easy Kick
- 2 X 25 Double arm backstroke
- 1 X 50 Easy

I hope you enjoy you the rest of 2017 and look forward to all the fun in 2018.

Cheers,  
Kelly Davis  
COMSA Newsletter Coordinator



### Dorothy Donnelly Service Award

Brian Hoyt has been selected as one of the award recipients

Members of U.S. Masters Swimming don't confine their participation to the pool. There are many volunteer opportunities for their talent, expertise, and generosity. USMS recognizes the

commitment of those who give back with the Dorothy Donnelly Service Award, named to honor one of USMS's outstanding volunteers. The award recognizes those whose contributions stand out in service to local, regional, and national programs. Up to 15 people are selected each year and nominations come from Local Masters Swimming Committees (LMSC), clubs, and individuals. This year Brian Hoyt has been selected as one of the award recipients.

Brian is the consummate swimmer's advocate. In pursuing ideas and issues within the Colorado LMSC, Brian first considerations are always, 'how will this affect the swimmer', and 'how can this attract new swimmers.' Brian's volunteerism is exemplary beginning as the Vice Chair of the Colorado LMSC Board and quickly elevated to the Chairperson position to fill an unexpected resignation.

As the head coach of the Thornton Masters Club, Brian has expanded that workout group to over 70 swimmers and helped initiate a new program within Colorado entitled "Be Our Guest" to bring swimmers from all LMSC clubs together for a joint workout and opportunity to meet one another. "Be Our Guest" consists of a workout with a number on deck coaches, followed by breakfast and plenty of time to meet and greet. The event is highly anticipated and has helped create a new spirit for Colorado Masters Swimming.

Brian has also been one of the driving forces behind hosting an LMSC annual competition outside of the Denver Metro area to provide greater competitive opportunities for swimmers from the Western slopes. The meet was considered a huge success and is now part of the LMSC regular schedule.

Since 2011 Brian has been attending the USMS national convention where he is a member of the Rules Committee. Brian has a positive impact on all facets of the Colorado LMSC and is a constant advocate for making Masters Swimming the best it can be.

#### About U.S. Masters Swimming

U.S. Masters Swimming, founded in 1970, is a membership-operated national governing body that promotes health, wellness, fitness, and competition for adults through swimming. It does so by partnering with more than 1,500 adult swim programs across the country; promoting information via the bimonthly member magazine, SWIMMER, monthly e-newsletters, STREAMLINES, and website, usms.org; and by sanctioning and promoting pool, open water, and virtual events and competitions. More than 60,000 adults are registered members of U.S. Masters Swimming.

## 2018 Winter Classic



The USMS Fitness Series starts with the Winter Fitness Challenge, which runs from Feb. 15-28, and is perfect for anyone who's setting a New Year's resolution of getting into better shape. The event is a 30-minute swim, done in any manner desired.

If you're just getting into swimming, or back to it after a long time away from the pool, swimming for 30 minutes is a solid fitness goal. We provide a six-week training plan for three different ability levels, for swimmers to train on their own or with their local USMS club.

[Continue for additional details](#)

## Congratulations Colorado

Congratulations Colorado, we went more Postal than ever for the USMS 3000 & 6000 yd National Championship ePostals this year! We had over 20 swimmers participate at the COMSA Sponsored Swims at Northridge on October 22nd and October 29th ! We even had a Postal Swimmer from Michigan come to participate. We would like to give a huge thank you to Doug Garcia and the Loveland Master's Team for Hosting the 3000 & 6000 USMS National ePostal Championships this year! This is the first time a Colorado Team has hosted. You make us all proud! Thank you to all who participated. We look forward to seeing how Colorado went Postal compared to the rest of the country once results are out! ([Photo Gallery of October ePostals](#))

It's time to get excited for the ONE HOUR ePostal National Championship Colorado Distance swimmers. Challenge yourselves by seeing how far you can swim in one hour and build your 2018 base by participating. This year's Swim will be hosted by Indy Aquatic Masters. COMSA will be sponsoring the swim so you can suffer together as a group on Sunday Morning, January 14th, at Northridge Rec Center Starting 7 am. We will have 2 waves, one at 7 am and one at 8 am!

Please e-mail [nicolevanderpoel@msn.com](mailto:nicolevanderpoel@msn.com) to reserve your lane. Challenge yourselves and your teammates to participate and let's show the Country how Colorado Goes Postal! If you are unable to make that date, please ask your Masters Coaches to set up their own Postal Swim. Of course you all will receive your very own brand New Colorado Goes Postal Swim Cap!

Happy Training!  
Nicole Vanderpoel, Long Distance Pool Chair



## Divide and Conquer: Break Your Swim Down to Make the Most of Practice

Splitting your swim into manageable chunks helps you maintain focus

Terry Heggy | December 4, 2017

Swimming well requires concentration on technique, but it's difficult to continually think about every little detail required for optimal performance. Here are some ways to mentally divide your swims into manageable chunks to maintain focus.

### Long Division

Technique [drills](#) are fabulous for learning to perform strokes correctly, but it's easy to fall back into old bad habits when you're in the middle of a long and tedious set. Dividing each swim into a set of fourths is one way to keep your mind engaged in proper stroke execution.

### Magnificent Medley Long Division

The obvious example of swimming in fourths is the individual medley. Changing strokes on every quarter forces you to pay attention to what you're doing, while simultaneously rotating through a variety of muscle movements. Consider throwing some IMs into any long sets of 100s or 200s.

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### Upcoming Events

December 9, 2017

DAC Short Course Meters

Championship

Denver, CO

[Meet Details](#)

### Ongoing Events

### SAVE THE DATE

January 20, 2018

Colorado Swimming Hall of Fame

Free Lunch by Brothers BBQ after the  
meet

Additional details coming soon.

April 13-15, 201

COMSA Masters Short Course

Championships

VMAC - Thornton, CO

[Details](#)

Registration open December 15, 2017

## CMS Apparel

Colorado Masters apparel is now available through the Swim Team Store website. Long and short sleeve tee shirts and hoodies are available in black or white. Shorts and swim suits are in black only. Colors are all shown in black, the white choice is available once item is clicked on. All

items have the Colorado Masters Swimming logo from this year as seen above. Purchase your apparel now and have items shipped directly to you.



<http://www.thelifeguardstore.com/lgsteams/productcart/pc/viewCategories.asp?idCategory=2980&idAffiliate=677>

username: colorado  
password: masters

## Local and National Swimming Links

[USMS Open Water Swimming Connection](#)

### Breadbasket Zone

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