



Greetings!

Don't fret about those extra calories you're eating this month. COMSA has a ton of activities planned for 2022 which will help you burn them off.

- We are bringing back LMSC practices at different host pools around our region. Please read more below, including Katie Glenn's experience at dropping in to swim with another team.
- In-person swim meets are ramping back up.
- USMS has revamped the One Hour Postal as the [2022 1-Hour Virtual Championship](#).

So go ahead reach for the extra sugar cookie on your way to the pool, you've earned it.

Heather Melrose
COMSA Secretary

Upcoming Events

11th Annual Colorado Hall of Fame Pentathlon and Ironman Swim

- January 15, Warm-up 8 am, Meet begins at 9 am
- George Washington High School, 655 South Monaco Parkway, Denver, CO
- Due to a technical problem on the USMS side, sanctioning is still pending, but hard copy of the meet entry form can be found [here](#). A link for ClubAssistant will be available on the COMSA website as soon as possible.

Loveland Polansky Meet - Save the Date!

- January 29
- Loveland, CO

Colorado State Meet - Save the Date!

- March 25-27
- Veterans Memorial Aquatic Center (VMAC), Thornton, CO

For a listing of events around the country, you can always check out USMS's [Calendar of Events](#).

Coming Back in 2022 - COMSA Practices

A few years ago, COMSA, in conjunction with generous local workout groups, would help host a practice, open to all COMSA swimmers, at a different pool each month. As our New Year's Resolution, we are bringing that back for 2022. Starting in January, we would love to have a different team pick which day and time works in their schedule to open their practice up for all COMSA members. We hope that this provides a great opportunity to socialize again, even if you aren't up to the challenge of a meet just yet.

A SignUpGenius link will be provided in the January newsletter. Team reps and coaches, please start thinking about which month you would like your new best friends to come for a swimming visit. Then come January, select that month and fill in which day and time you would like to host. After practice food can be provided with COMSA funds.

Katie Glenn Shares Her Experience with Practicing as a Drop in Swimmer

I currently serve as the Club Development Coordinator for COMSA. I had the privilege and honor of swimming with the Foothills Masters Swim Team (FMST) throughout most of October as a drop-in swimmer. The community that Stephanie Bunevich and her coaches and swimmers built is really special. Having been a part of the USMS community since 1999, I've experienced first-hand great masters programs and FMST is definitely one of the best! Let me tell you a little bit about my experience and some tips if you ever get to drop-in on other masters groups.

I'm sure I am not alone in feeling somewhat intimidated to drop-in with another team – new people,

coaches, workouts and all the unknowns. I almost bailed because I didn't want to ruin the lane dynamic or disrupt the lane by adding someone new. Boy am I glad I went and got over those silly fears! FMST was so welcoming and embraced me with open arms. Lucky for me, I swam with some really cool people who challenged and pushed me in each workout – thank you to my lanemates Mike, Tim and Maggie and coaches Stephanie and Mark!! Plus I learned what a “chunk” and a “stack” are! Thank you Coach Stephanie for teaching me something new and Coach Mark for all of those fast 100s!!!

As a fellow masters coach, I'm accustomed to having drop-in swimmers. I rarely get the chance to personally drop-in with other programs. I'm sure glad I got the chance to swim with FMST! Can't wait to see them at State in March!

If you have the chance to drop-in with other masters programs, here are my top tips to have a great experience:

- Let the coach know you are coming in advance so you know what to expect from the workout and if there are any facility-specific regulations.
- Introduce yourself to the coach before the workout. They will be able to give you insider tips on how the workout is run and what to expect.
- Ask if there is anything you might do to help get things ready (lane lines, clocks, flags, covers, etc.).
- Introduce yourself to your lanemates and get to know them! Masters swimmers are some of the most interesting individuals on the planet!
- Observe the lane culture before immediately assuming it is like your “home” program. You want to blend in.
- Swim the set as given, or as your lane has decided to alter it (it is masters swimming after all!). Remember, you're a guest at the workout.
- Be sure to thank the coach for the workout! And if you have the foresight, maybe even give a thank you gift (team cap, Starbucks gift card etc.).

Adult Learn to Swim (ALTS) Grant Application

October 14 - December 15

[Apply Here](#)



ALTS Grants can help you start or continue a program to teach adult swimming lessons at your club by helping to pay for pool time, lifeguard, or instructor fees. Grant recipients also receive one free tuition for an ALTS Instructor Certification course. The maximum grant award is \$5000, and recent grants have ranged from \$250-\$4000.

Is Your Team Ready to Host a Meet?

COMSA will pay for your sanction fees and help finance additional costs. If you need help setting up a meet, the COMSA Board is here for you! For help with sanctions, contact [Richard Hess](#). For help with ClubAssistant, contact [Andrew LeVasseur](#). For help with a grant to pay for costs, contact [Susan Nolte](#). Need help with officials, contact [Pete Schwenker](#).

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