



Greetings!

[Registration](#) for the 2021 COMSA Masters Virtual Short Course Regional Swim Meet is **OPEN**. Right now the 55-59 age group is dominating in both the men's and women's age groups. Fifty percent of the registrants are from **out of state**. Are we going to let those out of staters run away with our Team Participation Awards? Signing up for just one event counts as a point towards your team's participation score.

As a COMSA member, you should also be receiving emails from USMS. In case that went straight to your junk folder, USMS sent out an email this week announcing that they are postponing Nationals. Tentative dates are:

- 2021 USMS Short Course Nationals, July 21-25, Greensboro, NC
- 2021 USMS Long Course Nationals, October 6-10, Geneva, OH

These are still tentative dates, subject to further change. UANA Pan Am Masters has been pushed to May 31-June 9, 2022.

March will be a perfect dust off the swimsuit time to see what type of work you need to put in for Greensboro in July. Fortunately, COMSA has a [Virtual Meet](#) to help out with that.

Heather Melrose
COMSA Secretary

Upcoming Events

One Hour Postal

- Jan 1 - Feb 28
- Swum in your own home pool
- See [here](#) for more details

State Meet

- Virtual Meet March 14-28, 2021
- Swim in your home pool on your own schedule
- Participate in 1-18 individual events, your choice
- Team participation Awards will be handed out for local clubs or workout groups with the highest participation. With this meet on the USMS calendar, we would LOVE to see COMSA teams in the Top 3!!
- Sign up [here](#) starting Jan 18

USMS Short Course Nationals

- July 21-25
- Greensboro, NC

USMS Long Course Nationals

- October 6-10
- Geneva, OH

Host a Swim Meet

Are you interested in hosting a real live swim meet? Swim meet sanctions are being paid by COMSA in 2021. We have also set up a grant program to help teams pay for pool rental fees. Perhaps, your local facility would allow for a small meet so that your members can get official times. Please contact [Richard Hess](#), Sanctions Chair, for more details.

Virtual State Meet Beneficiaries

USMS Swimming Saves Lives Foundation: Help adults who don't know how to swim. The USMS Swimming Saves Lives Foundation works hard to reduce these risks by serving as a financial and educational resource for programs nationwide that provide adult learn-to-swim lessons. Since 2012, SSL has awarded more than \$700,000 in grants to adult learn-to-swim providers and programs. You may make a donation to this worthy cause in the merchandise section of your on-line registration.

Swim Across America-Denver: Swim Across America is a National non-profit that hosts 21 Open Water Charity Swims, along with other pool events, to raise funds for critical cancer research & clinical trials that stay within the community in which the funds are raised!

Swim Across America-Denver's sole beneficiary is Children's Hospital Colorado Center for Cancer & Blood Disorders. Since our Inaugural Open Water Swim Event at Chatfield Reservoir in 2018, SAA-Denver has granted over \$335,000 to fund two groundbreaking cancer research projects at Children's Hospital Colorado! Our mission doesn't stop. We are looking forward to hosting many more Open Water Charity Swims & Pool Events in future years to help fund further research projects. Please join us in Making Waves in the Fight against Pediatric Cancer in Colorado. Your generous donation in the merchandise section of your on-line registration will help save Children's lives!

Colorado Mesa University Division 2 College Swimming: CMU was going to provide timers at the 2021 state meet as a fund raising effort for their team.

Colorado Mesa University is one of the fastest improving teams in the country. They are poised to make a run at a national title; however they need your help. In order to compete at the highest level they must fundraise up to 40% of their operating budget. These fundraised monies are used to support scholarships, travel expenses, and provide the gear necessary to compete and train. If you would like to make a donation to this program, you may do so in the merchandise section of your on-line registration.

Aquatic Parks Rangers of Colorado: Several of our COMSA swimmers have been using the Chatfield gravel pond, Boulder reservoir and Aurora reservoir as their open water swimming and training venues for several years, especially this past summer due to the Covid-19 pandemic. We are offering you an opportunity to donate to the Aquatic Parks Rangers that keep these open water venues open and safe for swimming in the merchandise section of your on-line registration.

Our State Park Rangers have been helping to provide safe and enjoyable recreation for visitors in Colorado since 1959. State Park rangers wear many diverse hats, and take pride in helping others discover the wonder of nature and outdoor recreation. It's not an easy job, between our varied geography, conditions, and recreational opportunities, but it's one that matters to the future of Colorado.

Postals

Start 2021 off with a nice, long swim. The first of USMS's annual five postals can be swum anytime between Jan 1 and Feb 28 - a whole extra month this year to get those entries in.

During the One Hour Postal, you swim at your normal practice facility for one hour. You can take breaks, but those are included in your swim time, so get ready to go the full hour. There are awards for the top 10 swimmers per age group and gender, as well as relay awards for the top 6 teams. You don't need to swim a second hour for your relay, simply add together the times the 3 men's or 3 women's or mixed: 2 men/2 women individual times and voila you have completed a relay.

Please see the [USMS website](#) for more details.

It's Official

Looking for something to do with your free time? You can become a USMS Stroke and Turn Official from the comfort of your own home:

1. Review the following six USA Swimming training videos: [Freestyle](#), [Backstroke](#), [Breaststroke](#), [Butterfly](#), [Individual Medley](#), and [Relays](#).
2. Take and pass (with 80% correct) the "[Certification – Stroke & Turn/Timer](#)" online test. Test results are emailed by USA Swimming. Once received, forward to the [USMS Officials Committee Chair](#).
3. Take and pass (with 80% correct) the "[USMS Officials Supplemental exam](#)" online test. The test score is shown immediately but no email is sent. Note your score and include it in your email forwarding the Stroke & Turn test score.
4. Credentials are emailed by the USMS Officials committee upon receipt of your test results.
5. Certification expires on December 31st of the 4th year of certification.

For those you who have gone through the USA Swimming certification process, you will recognize how much easier it is to become a USMS Official. Plus, recertification happens every 4years.

For information on joining the COMSA Officiating team, please contact our Officials Chair [Pete Schwenker](#).

Visit our Website