

Cindy's Chatterings

Happy New Year to you all! I do hope the holiday season was enjoyable to everyone and that you each had an opportunity to spend time with family and friends as well with the pool!

There is a lot to cover in this issue so please pay attention! We've got some new additions I'd like to highlight here. You'll notice an article entitled 'From the Grass Roots'. John Hughes has addressed an interesting subject. He wants to hear from you, so let him know what you think. Next, we've got some fun. There is a page in this issue entitled 'Entries'. Look it over closely. What was the meet and what year was it?? There is a prize waiting for the first person to email or call Jack Buchannan (jack_peg@vail.net) with the correct answer. Hint: Many of these swimmers are still swimming today. Finally, you'll notice an article I've written about parachutes. It was quite an experience. Let me know what you think.

Meets, meets, meets. By now many of us have participated in the Highlands Ranch meet which was held on January 4th. I trust you had some great times or at least found out how much work you need to do this year. Included in this newsletter are several meet entry forms. The Boulder Pentathlon is on February 1. If you've never done this before, plan to make it an annual event. It is great fun and a challenge to do five events in such a short time. It is not too early to be thinking about the state meet which is April 11, 12, and 13. The entry form is included here. Thinking about the state meet causes me to think about nominations for Coach of the Year and the Lt. Governor's Cup awards. Those applications are also included in this issue. Has your coach done some amazing things for your stroke and for your team? Let us know about it. Right on the heels of the state meet is the USMS Short Course Nationals. Be thinking about going; it is in Tempe, Arizona this year. We've got a committee working together to make this is a great experience for the tried & true as well as the newbies.

Now for those of you who don't like to compete and will never see the pool from the top of starting blocks we got a few things for you too. The USMS Fitness Committee has several ways to check your fitness level. Look for the Article entitled 'Designation USA'. It highlights the virtual swims, the 30 minute swims, and the Check-Off Challenge. All are great ways to add fun and challenge to your workouts. The One-Hour Postal Swim is also another way to check yourself. COMSA is hosting lanes on January 18th at DU for those interested in swimming in this event. This is on a first come, first served basis so check it out.

Remember, if you can't find what your looking for in this issue, check out our website at www.comsa.org or the USMS national website at www.usms.org.

Happy Swimming,

Cindy

e-communications by Steve McDanal

Just to get everybody up to speed, I will briefly explain the COMSA Executive Board's policy with respect to the web site and the list server. The web site addresses two populations, the COMSA membership and those non-members who wish to learn more about our organization. Two main benefits for members are the advance notice of meets and the results thereof. Of course there are many other features such as links to other swim sites, a list of the board members along with their responsibilities, email addresses and phone numbers, minutes of the meetings going back a year, etc.

There is also a link to the Colorado Forum contained on the USMS web site. For example, anybody interested in discussing or arranging for out-of-state meets should drop in there. A third popular section of the web site is a listing of teams and contacts. If your team is not COMSA registered, you can still be listed in this section. There are three requirements. First, your team must consist of at least three members who are COMSA registered. Second, your team needs to have a workout schedule and a contact person, and third, your group must be willing to accept new members.

Also there is a section containing email addresses of all members, arranged alphabetically by last name. These same (well, not exactly the same) emails are also contained on the Yahoo list server. This list is used by the board to broadcast reminders of meets, changes or cancellations, and special announcements. The use of the list is kept to a minimum, typically about four broadcasts per month. For members wishing to use this service, three criteria must be met. First, the announcement must be of interest to a large portion of the membership; second, it must be swimming (COMSA) related; and third, it must be approved by the executive committee.

Privacy and spam are always issues when talking about email. The Yahoo site does not make available your email to others, so your address is not available to other Yahoo subscribers or spammers. Yahoo does in fact include some advertising in the broadcasts. If you wish to unsubscribe, there is a path at the bottom of each message that will drop you from the list. For many swimmers, the list may be unimportant, however, if you wish to keep current on meets and, especially the summer Chatfield schedule, you should remain on the list.

If you wish to write about fitness, workouts, nutrition, team activities, any special event of interest to swimmers, the Mastersplash newsletter is for you. It is best suited for longer articles and photographs. Please contact the editor, Cindy Hawkinson for more information. The web site also has a section for current and past newsletters.

As you can see, there are a number of ways that the COMSA Executive Board has to pass masters information on to the members. The best way for members to pass information back to the board is via a team rep at the regular meetings. That enables everybody present to discuss your ideas. Failing that, please send email to the board with your suggestions.

From the Grass Roots by John Hughes – Article 1

As your COMSA secretary, I feel that all members need an opportunity to hear some of what goes on with the board – beyond the simple minutes, if you will. I have found my first year of being secretary to be full of revelations and surprises. The people who come together to make masters swimming work are a remarkably diverse group, and swimmers themselves have a wide array of reasons to swim. As a result of this, the board has a constant discussion about why our members swim and what we need to do for them. This is an important issue and goes way beyond a simple survey. To begin the communication process, I have proposed to author a regular feature that begs for the name “From the Grass Roots”. The column will work like a forum, and I will serve as editor.

Open Water Training

This past May at an open water race in Hawaii, I recognized rather clearly that to do better in big water that I needed to swim more often in at least open water even if not rough water. My stroke efficiency wasn't, my sighting technique attracted rescue attempts from course safety officials, and I nearly killed myself trying to run up out of the water at the finish! So, I joined the group at Chatfield for some summer training and made a goal to do a 3-mile swim at the end of the summer.

Dennis West is the organizer and driving force behind summer swimming at Chatfield. He is an accomplished triathlete and open-water swimmer, and as a pool swimmer until this year I initially did not know Dennis well. I was immediately struck by his zeal and enthusiasm for the sport! Not surprisingly, the group of swimmers grew quite large and all had good training and a great day. But, a nagging problem emerged over the summer - a problem that involved discussions about insurance, expectations for rescue, and verification of COMSA membership at each training session. I would like to say that we have solved all of these problems, but then there would be nothing to report from the grass roots.

In spite of the obstacles, Dennis was wildly successful in keeping the program going all summer long and in having his meet during September. I got to do my 3-mile swim and see the direct benefit of specific training for open water. And, this brought me to know many of the COMSA members who do not go to pool meets.

Now for the bad news that any health professional with sports medicine experience will quickly tell you – and this will happen someday during open water training. I will give you a “for instance” - there is a somewhat deconditioned and nervous 37 year old man who takes Zantac and who has a family history of heart disease, and he has come to swim at Chatfield. He gets to the sandbar in the quarry after a struggling headwind swim of about 300 meters in an ill-fitted wetsuit. With his heart beating rapidly and after his exertion, he has become quite hot. He pulled at the uncomfortable wetsuit and a rush of cold water streams down his neck and chest causing him to have a heart arrhythmia – he becomes unconscious and drowns in the shallow water of the sandbar.

That incident would probably not shut Chatfield open water training down – but this one might... a wonderful and well loved woman has survived breast cancer, and with the joy of remission, pledges to do the Danskin Triathlon. She has never swum much before and comes to Chatfield with a friend who promises to “stay right with her”... After her drowning, her loving children sue for negligence for COMSA's not having safety monitors during training sessions.

Now, this should solicit some comment on the topic of open water training. My e-mail is johnstuarthughes@msn.com.

Excerpts from ASCA

“Shoulder Problems in Competitive Swimming” presented by Scott A. Rodeo, M.D.

At some point in their swimming endeavors, most swimmers will experience some kind of shoulder pain. For most, it is mild muscle soreness due to a hard week of workouts. But for many, it's a pain that persists after 3 days of relative rest, classic Swimmer's Shoulder, or shoulder impingement.

Swimmers are prone to this classic shoulder impingement because they continually subject their rotator cuff tendons to high stress levels. As a result of this repetitive irritation and overuse, a chronic strain of the tendons occurs, which then creates a thickening and fibrosis. The thickening of these tissues decreases the distance between the rotator cuff and the overlying structures, such as the acromion. As a result, a painful compression occurs during movements of the arm. A classic impingement position is forward elevation mixed with internal rotation, the exact position of the hand entry in freestyle and butterfly.

Muscle fatigue, shoulder laxity, poor stroke mechanics, weak core strength, poor posture, and strength imbalances all can lead to shoulder impingement. Specific to swimmers are muscle imbalance between the internal and external rotators, weakness of the posterior cuff, serratus anterior, lower trapezius, and rhomboids, as well as a tight pectoralis minor.

Stroke improvement, stretching and strengthening are the best ways to prevent and treat Swimmer's Shoulder.

Ways to Improve your Stroke

1. Swim with a coach. A coach will give you feedback as you log your yardage.
2. Take a private lesson. A picture is worth a thousand words. Many coaches use video analysis in their workouts or are available for private lessons.
3. Attend a USMS sponsored swim clinic. The COMSA clinic in February will offer underwater video analysis of two of your strokes.

Ways to Stretch

Be sure to stretch your pectoral muscles, posterior capsule, posterior rotator cuff, and latissimus. Avoid excessive anterior pelvic tilt and lumbar lordosis. Two good stretches are shown below.

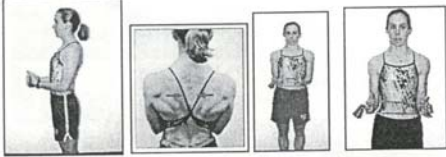
Ways to Strengthen

Your strength program should focus on the serratus anterior, rhomboids, lower trapezius and the subscapularis. Also key is your core: low back, abdomen, and pelvis. Be conscious of your everyday posture. Stay tall with your shoulders down and back. A few strengthening exercises are shown below.

If you begin to experience shoulder pain, reduce your workload for three days. If the pain does not decrease, take three days completely off of swimming and other activities that aggravate your pain. If pain still persists, contact your doctor or physical therapist.

1

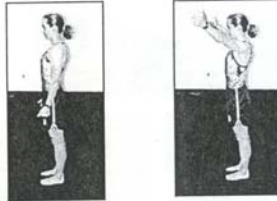
External rotation exercise with Theraband



Goal is 3 sets of 2 minutes each, 30 seconds between sets

2

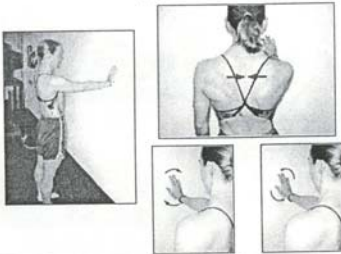
Supraspinatus Exercise (Full Can Scaption)



Goal is 3 sets of 2 minutes each, 30 seconds between sets
Progress to no more than 5 lbs.

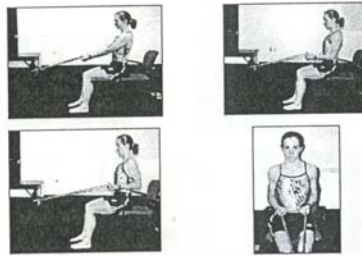
3

Scapular Muscle and Rotator Cuff Strengthening (Ball on the Wall)



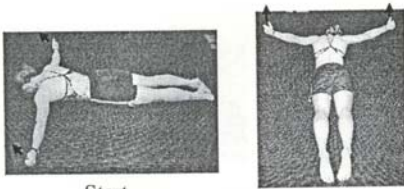
4

Scapular Muscle Strengthening (Rows)



5

Scapular Muscle Strengthening (Hitch Hiker)



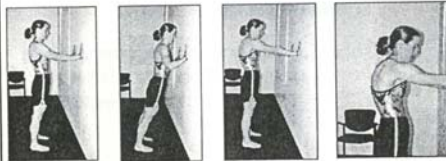
Start

Finish

Hold position 1-2 seconds. Start with no weight. 2 minutes x 3 sets

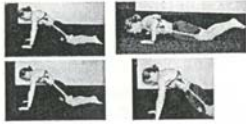
6A

Scapular Muscle Strengthening (Push Ups with a Plus)



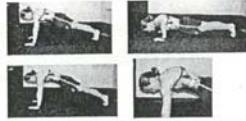
6B

Scapular Muscle Strengthening (Push Ups with a Plus)



Progress to push-ups on the knees

Then progress to normal push-ups



7

Abdominal muscles (dead bug)



Keep back flat on floor. Start with legs only, then do arms also.

8

Low back and abdomen (quadruped)



Left arm, right leg



Right arm, left leg



Wrong position-keep back flat

Stretching Exercises



Hamstrings



Upper trapezius

2

Stretching Exercises



Upper trapezius

Hold stretch for 30 seconds, rest 15 sec., then repeat

Future Directions

Relationship between shoulder pain and specific physical characteristics:

- posture
- laxity
- scapular motion
- rib cage kinematics
- low back, pelvic abnormalities

Hotel for State

Group Rates at **La Quinta**

1975 S. Colorado Blvd

303-758-8886

\$59.00 night – 2 double beds

includes breakfast

Mention: Colorado Masters Swimming to receive the discount.

**2nd ANNUAL
COMSA SWIMMER'S CLINIC
COMING IN FEBRUARY**

Don't miss this year's COMSA Swimmer's Clinic! Local coaches will present the latest of techniques and drills for the 4 competitive strokes and their respective starts and turns. Participants will have the opportunity to view and have critiqued their freestyle stroke as well as a stroke of their choice with both underwater and above water videotaping. The clinic is tentatively scheduled at Colorado Athletic Club, Saturday, February 22nd from 10:30am-1:30pm. There will be a 30 minute break for lunch on your own. Look for further details and date confirmation at www.comsa.org. Contact Ellen Campbell by phone at 720.895.0956 or via e-mail at ellentomt@cs.com for registration and additional information. The clinic is open to all COMSA registered swimmers for \$30. Space is limited to 36 swimmers, so register early!

COMSA FEE SCHEDULE

This schedule lists prices for all goods and services offered by COMSA.

Individual Registration (includes USMS membership)	\$ 30.00
Team Registration (includes USMS Rule Book)	\$ 15.00
Sanctioned or Recognized Meets	\$ 20.00
Duplicate Cards	\$ 5.00
USMS Rule Book	\$ 10.00
USMS Window Decals (4)	\$ 1.00
Advertising in Newsletter	
* Business Card Size	\$ 10.00
* ¼ Page	\$ 25.00
* 1/2 page	\$ 50.00
* Full Page	\$100.00

2002 Rocky Mountain Top Ten – Long Course Meters

Women

Karen Cardwell	24	50	BRST	39.59
Karen Cardwell	24	100	BRST	1:28.36
Collette H Sappey	38	50	FREE	27.65
Heather Hagadorn	37	200	FREE	2:23.22
Collette H Sappey	38	50	BACK	33.09
Laura Smith	36	200	BACK	2:42.91
Collette H Sappey	38	50	FLY	30.89
Linda M Lebsack	56	1500	FREE	26:29.03
Linda M Lebsack	56	100	FLY	1:55.24

Men

David Hughes	28	50	FLY	26.02
Rob Nasser	33	800	FREE	10:11.96
Corey Parker	30	100	BACK	1:12.24
Richard Pease	37	800	FREE	9:29.55
Richard Pease	37	1500	FREE	18:11.06
Richard Pease	37	100	FLY	1:00.58
Richard Pease	37	200	FLY	2:14.73
Richard Pease	37	200	IM	2:22.67
Paul Smith	43	50	FREE	25.73
James Lilley	42	100	FREE	58.03
Andrew D Sappey	42	400	FREE	4:35.20
Edward L Melanson	40	800	FREE	9:51.39
Paul Smith	43	50	FLY	27.12
John Hughes	49	400	FREE	4:40.89
John Hughes	49	100	BACK	1:11.79
Jamie Louie	45	200	BRST	2:55.08
Lee MacDonald	50	100	FREE	1:00.71
Lee MacDonald	50	50	BRST	34.14
Lee MacDonald	50	100	BRST	1:15.34
Lee MacDonald	50	200	BRST	2:50.45
Lee MacDonald	50	200	IM	2:30.02
Richard Abrahams	57	50	FREE	25.53
Richard Abrahams	57	100	FREE	58.23
Paul McCormick	55	200	FREE	2:18.30
Paul McCormick	55	400	FREE	4:58.86
Paul McCormick	55	800	FREE	10:20.91
Kent Carney	55	200	BACK	2:58.97
William A Abbott	56	50	BRST	36.96
Richard Abrahams	57	50	FLY	27.43
Richard Abrahams	57	100	FLY	1:04.07
William A Abbott	56	100	FLY	1:11.12
Kent Carney	55	200	FLY	3:25.58
Kent Carney	55	400	IM	6:34.25
Richard Olden	60	50	BRST	39.02
Richard Olden	60	200	BRST	3:20.14
Bill King	69	200	FREE	2:55.20
Bill King	69	400	FREE	6:11.85
Bill King	69	800	FREE	13:06.65
Bob Patten	68	50	BRST	40.76
Bob Patten	68	100	BRST	1:27.82
Bob Patten	68	200	BRST	3:15.99
Bob Patten	68	50	FLY	35.70
Jack Truby	78	50	FREE	36.65
Jack Truby	78	100	FREE	1:31.65
Jack Truby	78	50	BACK	45.90
Jack Truby	78	200	BACK	3:58.58

**ARE YOU SWIMMING AT THE
USMS SHORT COURSE NATIONALS IN MAY??**

**DO YOU NEED A
HOTEL ROOM??**

We have booked rooms for Nationals at the Country Inn and Suites. Rooms are \$49 for standard, and \$59 for a suite which includes a refrigerator and microwave. It also includes a continental breakfast in the mornings. The hotel is on the shuttle route and is located about 2 miles from the pool.

If anyone is interested in a room, please contact Chris Nolte at (303) 470-1660 to have your name added to the list

ATTENTION!!
You have just received your permanent USMS ID number!

USMS has started using a permanent ID to identify you. This will help USMS keep track of its members as it collects its history as well as maintaining accurate statistics about itself. In order for this to work, you will need to receive only one ID ever.

The registration number consists of a part that will change and a part that will not. Everything in front of the hyphen can change and the characters after the hyphen are your permanent ID. The registration number looks like:

LLYX-DDDDD

LL is your LMSC number (same as before).

Y is the registration year (same as before).

X is an character that changes from year to year or if you transfer and is calculated from the rest of the registration number (new).

DDDDD is the permanent ID (can now contain letters as well as numbers).

When you reregister, either next year or ten years from now, or transfer please inform the registrar of this number so you won't receive a duplicate number. If you loose your number make sure you tell the registrar that you were once a member. If you receive a duplicate, USMS will likely catch it and then have to reissue a card with the correct ID.

Swimming with Parachutes??? By Cindy Hawkinson, COMSA President

Yes, it really can be done. I visited the Highlands Ranch Masters Team on the Friday after Thanksgiving to see what the hullabaloo was about. I'd heard from a few of you who swim at The Ranch you were swimming with 'chutes and I just HAD to try it.

Coach Matt Beck welcomed me to the practice and informed me that the parachutes would be used at the end of practice. After what I thought was a never-ending warm-up (6x5x100s), we embarked upon the main set which actually was quite fun. It was a series of a short kick set, a sprint set and a breathing-exercise set...three times. THEN, we put the parachutes on. I, over in the slow lane, was given a small yellow one. The really fast guys (you know them by John, Rob, Judy, Bob and a few others) put on the big blue ones. Then Matt tells us to swim seven 25s fast on 30. YEAH RIIGGGHHTTT! I was actually getting about 6-7 seconds rest so I think all the metered pool swimming I've done for the last year has actually helped me in the yard pools. We were then instructed to take off the parachutes and do three 25 sprints from the blocks. Boy oh boy, could I feel a difference.

Matt explained that I was swimming with my elbows for the first few. (I didn't know you could actually do that, but I was!) I needed to feel the stroke with my whole arm to get me through the water properly. Once I incorporated his suggestions into my stroke, I could feel the water. That's what I'd heard from those Highland Ranch team members. Comments like 'I can actually feel the water' and 'I can feel my whole stroke now'. Matt uses parachutes as a resistance training tool. Remember years ago when you would swim with stretch cords, full cotton sweats, long-sleeved t-shirts, or even tennis shoes? Well, the parachutes work in the same way without compromising the swimmer's body position. You will get the resistance without causing your body to float or sink.

It was a great experience for me. I learned something new. What about other teams out there? Have you a new training tool or a new set? Let me know. I'd love to come try out what you are doing and see how it works. I'll write it up in the newsletter and perhaps we can all learn from each other.

Greetings LMSC Chairman, Registrars and Editors -

Below you will find the Statement from USMS explaining the \$5 increase in USMS Membership dues.

Your Dues at Work

United States Masters Swimming is a dynamic, growing organization, dedicated to providing the highest level of service for its members. During the last decade, we have experienced a substantial increase in services for our members. These services include communications information and resources, such as the USMS web site and the USMS National Publication, SWIM Magazine - plus liability and secondary accident insurance coverage for individuals, clubs, officials, and meet hosts, toll-free access to the National Office, coaching resources and programs, and free, web-based publications. Continued support for these services requires a necessary financial commitment, and it has been 12 years since USMS last increased dues.

Therefore, delegates at the annual USMS convention held in Dallas September 11-15, approved a dues increase of \$5 per swimmer effective for 2003 member registrations. This change applies to full-year and partial-year dues, and it represents only the USMS portion of membership dues. Each LMSC's total annual dues include local and national dues, which are combined into one registration fee. Since LMSCs determine their own local dues, there will be variances in total registration fees between LMSCs. Any local dues increases would be determined by and communicated from the LMSCs, and reflected in the total fee.

The matter was given careful consideration, and the resolution was unanimous. USMS is perhaps the best kept secret in adult fitness, and it also continues to be the best bargain. We appreciate your understanding as USMS renews its commitment to offering a program that will continue to benefit you and provide great enjoyment.

Hope all is well with you and your LMSC!

Tracy

Tracy Grilli, National Office Administrator

United States Masters Swimming

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Welcome 2003 by checking out the new Fitness events presented by the USMS Fitness Committee. The first one is a collection of virtual swims created by Master's teams throughout the United States. Use your practice or lap yardage, converted to miles, to conquer Waterways all over the country, including some you might never want to actually swim. There will be a description of each swim along with photos and a chart. Some have distance choices. A swim in your state may already be in the bank of swims or be planned for the near future. Collect your swims and send them in at the end of the year for a personalized certificate. A shirt with the logo above is also available. It's easy to log your yardage every time you swim and it is beneficial to your fitness program to know how much you are swimming.

The Committee's second swim is a 30-minute postal swim. This is a non-competitive way to swim for 30 minutes and

compare your time with the rest of the country. Do the swim as many times as you wish and send in your best time by the end of 2003. This event will not start until January but feel free to try a 30 Minute Swim on your own in 2002 as preparation for the Hour Swim in January. The third event ran this year and will be repeated in next year. The "Check-Off Challenge" gives you a chance to try all the recognized swimming events, anywhere, anytime. Check them off on a custom t-shirt. All the information you need for these events will be on www.USMS.org/fitness/ by mid-December.

Richalieisms Submitted Jack Buchannan

Richalie Ball was a great asset to Masters swimming. She is now gone but her optimistic attitude remains. Here's what we remember.....

1. Introduce yourself to someone new each day.
2. Compliment a fellow masters swimmer.
3. Laugh when you are taking yourself too seriously.
4. Wear something "fun" today.
5. Stop to gaze at the stars; marvel at the beauty of a sunflower, snowflake, or the freshness of windswept air.
6. Smile when you get on the starting block.
7. Make someone feel better about themselves, or their day.
8. Be unafraid to love.
9. Thank your timer.
10. Accept your losses with an optimism that tomorrow will be better.
11. Swim "out of your head" when the gun goes off.
12. Make major decisions only when your heart, gut, and mind are aligned.
13. Give something back to our sport.
14. Go for the brass ring; be spontaneous.
15. Make sure you keep the child alive within you.
16. Remember, "there is no finish time".

COMSA Registered Teams as of 1/4/03

Air Force Masters
Aurora Masters
Boulder Aquatic Masters
Boulder Y Masters
Castle Rock Masters
Club Monaco
CSST Masters
Dawgs
Delta County Masters
Denver Athletic Club
Durango Masters
Estes Park Masters
Evergreen Masters
Fort Collins Club
Glenwood Springs Masters
Grand Junction Dolphins
Grand Valley Wave SC
Greeley Guppies Masters
Greenwood Athletic Club
Highlands Ranch Masters
Jeffco YMCA Masters
Miramont Swimming
Montrose Marlins
Parker Masters
Peterson Masters
Pikes Peak YMCA
Pueblo Masters
Rally Rays
South Suburban
Squid Swim Team
Summit County SC
Team CWW
Team Vortex
Total Fitness Swim
Total Performance
University of Denver
Vail Swimming
Wheat Ridge Stingrays

COACH OF THE YEAR AND LT. GOVERNOR'S CUP AWARDS – Jack Truby

It is that time of year again. Be thinking about your nominations for Coach of the Year and Lt. Governor's Cup awards. Below you will find information about these awards and following is an application to submit your nominations. Be sure to check space for what you are nominating for – Coach of the Year or Lt. Governor's Cup. You may also submit them to Jack Truby at yoyot@aol.com.

A CHANGE IN CRITERIA FOR COACH OF THE YEAR

This year's Coach of the Year Award will be made on the basis of the criteria shown on the Nomination Form that accompanies this article. The strength of the letters will be considered in combination with the size of the team.

CRITERIA FOR NOMINATION

Lt. Governor's Cup

One male and one female will be chosen by a committee of past recipients
Nominees must be members of COMSA
Selection is based on contribution to Masters Swimming and COMSA-not swimming skill

COMSA Coach of the Year

Nominee must be a member of COMSA
Nominee must have been a participant for at least one year
Selection is based on contributions made to the team with respect to camaraderie, technical advice, motivation and support of team members and the highest percentage of team members that send in nomination forms.

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