



Greetings!

We have a changing of the guard within COMSA. Thank you very much to Chris Nolte for his years of service for COMSA. While Chris resigned as Chairperson July 13, 2022, he moves into the position of Immediate Past Chairperson. Chris' leadership and dedication are greatly appreciated and we are so happy to have you as a resource for COMSA's newest Chairperson, Doug Garcia! See more about Doug below.

Good luck to COMSA swimmers competing at the USMS Long Course Nationals in Richmond, Virginia!

Happy Swimming!
Katie Glenn
COMSA Secretary

Upcoming Events

Avon Open Water Swim Meet

- Saturday and Sunday, August 13-14th
- Nottingham Lake
- Events will range from sprint to long distance races!
- Contact Meghan Hershey, Swim Program Supervisor with questions: mhershey@avon.org or 970-748-4054

2022 Swim Across America Denver

- Sunday, August 21st
- Chatfield Reservoir Main Beach
- 1/2 mile, 1 mile & 2 mile swims
- [Click here to register](#)

2022 Horsetooth Reservoir Swims

- Sunday, September 11th
- Horsetooth Reservoir
- 10K, 2.4 mile & 1.2 mile swims
- [Click here to register](#)

Boulder Aquatic Masters Boulder Reservoir Tuesday & Thursday Swims

- Join BAM for coached weekly summer open water workouts at the Boulder Reservoir.
 - June 1st - August 31st
 - Tuesday and Thursday mornings
 - 6:10 am to 7:40 am
- Technique and Critical Skill Work including: endurance, sighting, buoy turn drills, breathing strategies, starts, etc.
- Boulder Reservoir, 5565 51st St., Boulder, CO 80301
- Ample parking right by the course entry point
- [Click here for more information](#)

Chatfield Gravel Pond Saturday Swims

- Chatfield Gravel Pond Swimmers is organizing group swimming at the gravel pond from Memorial Day through Labor Day
- Saturday mornings from 7:30 am to 10:00 am
- [Click here for more information](#)

USMS 2022 Summer Nationals

- August 3-7
- Richmond, VA
- [Click here for more information](#)

USMS 2022 Open Water National Championships

- [Click here for a listing of all open water national championships](#)

Get to Know COMSA's New Chair Doug Garcia



A Northern California native, Doug Garcia has coached Loveland Masters since June 2013. Prior to moving to Northern Colorado in July 2008, Doug spent 17 years at Washington State University Masters, as a founder and head coach. In addition to coaching, Doug also has served on numerous United States Masters Swimming and open water swim committees.

Doug works full time as a marketing communications professional for the Colorado State University Department of Creative Services. Doug and his wife Mary have two

children, Gabrielle and Joel and live in Fort Collins. In his spare time, Doug likes to swim, bike, lift weights, and attempt to make furniture.

How a Tempo Trainer Can Help Your Training

This device can help you increase your speed and efficiency

You might think you should turn your arms over faster to swim faster, but that isn't always true. In fact, you might go slower. How can that be?

In your attempts to get your arms spinning, you could unintentionally allow your hands to slip through the water less efficiently. Preventing this means maintaining good propulsive contact with the water as your cadence increases. A tempo trainer is one way to develop a higher turnover while maintaining a low stroke count.

Tempo trainers—I use the FINIS Tempo Trainer Pro—are a small waterproof device that you place under your swim cap or attach to your goggle strap. It's a variable-speed electronic metronome that transmits a beep that you can hear while you're swimming.

Here are some tips for using it.

To begin, establish your base swim stroke rate after doing a warm-up. Set the time interval for each stroke, starting with a setting of one beep per second. Swim 25s of freestyle at about 75% effort, then adjust the trainer to beep faster or slower until it matches the timing of the strike of your hands as they enter the water at a comfortable pace. This setting varies from person to person, but for example, here's a swim set using a setting of every 0.94 seconds.

- Swim 21 x 25s freestyle on 20 seconds rest. As you push off the wall, have each hand enter the water in time with the trainer's beep. Count your strokes as you swim the 25. For this example, pretend your stroke count per 25 is 18.
- Swim 3 x 25s holding your original stroke count (18) at your starting pace (0.94). Then adjust the setting down by 0.02 to 0.92. Complete three more 25s using 18 strokes. Drop the setting down another 0.02 to 0.90. You'll begin to feel the challenge of maintaining the same stroke count as your arms go at a slightly faster

pace than what was comfortable earlier. If you happen to add a stroke, simply continue until you're able to swim three 25s at each setting. You can take rest between sets of 25s.

Repeat this pattern for a total of 21 x 25s (or perhaps a set time, such as 15 minutes). Your last two rounds should be hard to achieve. You might feel like you're nearing race pace. Don't give up when you think you're failing or cannot get back to your original stroke count. Your body can adapt. Keep working at it! You're showing yourself what you're capable of.

Do this set monthly and measure your improvement. If you found it wasn't difficult to hold your stroke count at the end, drop your setting by 0.04 next time because you may have started off at too slow of a pace. Over time, continue to lower the start setting to challenge yourself.

You'll have to make some technique adjustments for this set:

- Kick stronger to assist your arms and provide more lift for your torso
- Finish your pull while incorporating your back, lats, and triceps muscles
- Roll your torso, which in turn extends the reach of your arms
- Apply greater effort to generate more force within the pull phase

This fun set teaches self-awareness of your stroke while going fast. This challenge can be applied to all four strokes and is ideal for the self-coached swimmer.

by Susan Ingraham
June 30, 2022

COMSA Executive Committee Open Positions

COMSA is looking for a few good people to volunteer with the
COMSA Executive Committee:

Vice Chair
Representative-at-Large

This is a great time to give back to your sport of masters swimming!

[Link to description of positions](#)

Anyone who is interested in serving on the COMSA Board, please contact [Doug Garcia](#).

Is Your Team Ready to Host a Meet or Open Water Event?

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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