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COMSA Newsletter - May 2017

# Mastersplash



It is hard to believe that it is already the middle of May. If you are like me you wonder what season we are in. It is hard to walk out of the house with out packing for the seasons these days.

- Umbrella (Check, but have a spare in case the first one gets chewed up in the hail and/or wind.)
- Rain jacket (Check, sometimes layered with the winter coat.)
- Winter coat (Check, only when the temps are below 32 degrees.)
- Boots (Check, ready for snow, mud, and floods.)
- Window scrapper (This happens to be missing in action since the last car cleaning.)
- Flip Flops (Check, my feet are dying to be free of socks and stuffy shoes.)
- Sunscreen (Buried some where in the glove compartment...along with the bug spray.)

I've never been able to pull off shorts, flip flops and hoodie all year long, but I envy those that can.

In short, I look forward to being able to enjoy the rest May and summer with a few less winter items in tow.

Happy May,  
Kelly Davis  
COMSA Newsletter Coordinator

## 2017 USMS 5K and 10K National ePostal Championships

Finally, we can put the long, hard Colorado winter behind us and look forward to swimming outside all over our beautiful State! With that said,

it's time to go POSTAL once again. Yes, long distance swimmer enthusiasts, let's show the rest of the country how to swim a 5K & 10K National Championship at 5280 feet above sea level! COMSA is once again sponsoring the opportunity for all USMS registered Masters swimmers to participate in a group in the 2017 USMS 5K & 10K National ePostal Championships hosted by Swim Fort Lauderdale.



Objective: Complete a 5K & 10K in a Long Course Pool between May 15th & September 15th Whether you swim for the competition and challenge or for fitness and fun, you will feel a huge sense of accomplishment upon completion! It's way more fun to swim the ePostals with other awesome swimmers! The best part is you will receive your very own Colorado Goes Postal Swim Cap!

[Details and Registration](#)

## Chatfield Gravel Pond Swimming Update!



Chatfield Gravel Pond Swimmers is hosting swimming this summer at the Gravel Pond. Chatfield Gravel Pond Swimmers is a new workout group under CMS and COMSA, and anyone who is a member of COMSA or USMS is welcome to swim with us at the Gravel Pond at Chatfield State Park.

Swim times are currently Monday and Wednesdays from 4:30 pm to 7:00 pm and Saturdays from 7:30 am to 10:00 am. The season is from May 20th to Labor Day. As we are part of

COMSA and USMS, our insurance requires that we have volunteer monitors each session. This year, we will need a total of 6 volunteers per session. However, unlike last year, you will only need to volunteer for half the session, allowing you to swim the same day you volunteer! We are asking that all swimmers volunteer for a few shifts by helping with check-in and out, or monitoring (you are not a lifeguard). Instructions are sent, and you get to meet other swimmers. We are hoping for stand up or sit on paddle boards at one of the positions, which should make it a bit more interesting! We will be using Sign Up Genius for check-in/monitor sign up, just as in the past. If we don't have a good volunteer response, we will change the session into a sand bar swim or a group swim to those checking at the designated time. To get on the contact list for additional information, you need to sign up for a spot to monitor, so we have your email address, or sign up with COMSA and register as a member of Chatfield Gravel Pond Swimmers.

[Additional details and sign-up](#)

## OPEN HOUSE: Chatfield Storage Reallocation Project

The Chatfield Reservoir Mitigation Company (CRMC) is holding an Open House for the public to see final designs for the recreational modification and environmental mitigation projects that will be undertaken at Chatfield State Park. CRMC engineering and design consultants will be in attendance to provide information and answer questions about the projects that will be undertaken as part of the Chatfield Storage Reallocation Project.

[Open House Details](#)

## 10 Ways to Create Interesting Sets

There are many fun and creative ways to mix up your swimming workouts

By Terry Heggy | May 8, 2017

All coaches have their favorite sets. (Mine happens to be 10 x 100 on [FSYCH](#).) Swimmers have their favorites, too, and there's certainly no harm in repeating what we enjoy. We also benefit from standardized test sets (a timed 1000 on the first Monday of the month, for example, or 13 x 200s with 10 seconds rest every Friday the 13th.) At the same time, we don't want to bore our swimmers by becoming too predictable.

Here are some ideas for keeping workouts interesting.

#### Different Distance

1. Odd lengths. Instead of repeating standard distances such as 50s or 100s, throw in a set of 125s or 275s. Or 35s. There's nothing wrong with starting and stopping in the middle of the pool, and the oddball intervals can force swimmers to engage their brains in new ways.
2. Texas 50s. Add turns to the beginning and end of 50s for three turns total. Have the swimmers start just outside the backstroke flags, swim into the wall for a turn, swim a 50, and finish with another turn at the first wall, stopping where they started, just outside the flags.
3. Fargos (as far as you can go). Set sendoff times (rather than a specified distance), and challenge the swimmers to be at a wall to get at least 5 seconds of rest before each sendoff. For example, if the sendoff is 3 minutes, some swimmers will swim 250, some will swim 225, some 200, and so on. If you do a descending interval (e.g., 3:10, 3:05, 3:00, etc.) swimmers will have to drop a 25 from their distance every fourth swim or so. A descending interval set that starts at 3:10 and goes down by 5 seconds until you reach :35 will cover a lot of yardage and will take an hour but seem much shorter.
4. Sideways. Have them swim widths of the pool rather than lengths. Or swim down one lane, duck under the lane line, and swim back in the next lane (also known as swimming "snakes").

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#### Upcoming Events

June 9-11, 2017

Rocky Mountain State Games  
Colorado Springs, CO

[Additional Details and Registration Website](#)

July 2, 2017

5K and 10K National ePostal  
Championships

Lowry Pool, 775 Akron Way, Denver  
[Details and Registration](#)

July 16, 2017

Castle 5K and 10K  
Wellington Lake, Baily, CO

[Details and Registration](#)

July 23, 2017

5K and 10K National ePostal  
Championships

Lowry Pool, 775 Akron Way, Denver  
[Details and Registration](#)

**SAVE THE DATE**

July 1, 2017

Denver Masters LCM Invitational  
Denver, CO

#### Ongoing Events

[2017 Check off Challenge](#)

## 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=677A>

username: colorado  
password: masters

### Local and National Swimming Links

[USMS Open Water Swimming Connection](#)

### **Breadbasket Zone**

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