

Mastersplash



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UPCOMING EVENTS

**February 1 -
April 30,
2015**
USMS 2015
Postal
Pentathlon

FEBRUARY 2016

Hello Friends,

It is my pleasure to announce that Kelly Davis will be publishing this newsletter beginning next month. If you have articles or photo submissions for the newsletter, please send them to swimkdavis@gmail.com

Thank you !
Heide Crino

POSTAL PENTATHALON NEW USMS EVENT!!

Coaches and swimmers:

Check out this new USMS Postal event! Swim it as a practice or a challenge. Fun new event that will help swimmers track their progress and improvement in all events. Be adventurous!! Try something new this year!!

Sponsor: Minnesota LMSC

Eligibility: Open to all registered U.S. Masters swimmers for the 2015 season.

Conduct of Meet:

Participant swims the 5 events (Butterfly, Backstroke, Breaststroke, Crawlstroke, and Individual Medley) in a specific course (Sprint, Middle Distance, or Ironman - no mixed courses), preferably in a 25 yard pool.

It is recommended that the pentathlon legs be swum in the order Butterfly, Backstroke, Breaststroke, Crawlstroke, and then Individual Medley.

The events must be swum during the same day and it is recommended that all 5 events be swum in a 2 to 3 hour period.

Participants may swim the Sprint, Middle Distance, or Ironman courses. If you desire to swim more than one course you should swim each course on a separate day.

Sprint Distance: 50-Fly, 50-Back, 50-Breast, 50-Free, 100-IM
Middle Distance: 100-Fly, 100-Back, 100-Breast, 100-Free, 200-IM
Ironman Distance: 200-Fly, 200-Back, 200-Breast, 200-Free, 400-IM

All times must be recorded to the 1/100th of a second. Times not reporting tenths or hundredths will have 9's inserted for the missing digits.

event
info/registration

**February 21,
2016**

Rock Classic
Meet
(Recognized)
Castle Rock,
CO
meet info and
registration
online
registration

The pentathlon must be swum from February 1, 2015 to April 30, 2015 and entries must be postmarked or submitted online by May 5, 2015. Paper entries must include a copy of your USMS registration card or foreign equivalent. Online entries will verify USMS membership.

[event sign up](#)

ANNUAL COMSA MEETING - April 2, 2016

The annual COMSA general business meeting will be held at the COMSA Short Course Championships meet. All COMSA members are invited to attend.

Meeting will be held on April 2, 2016 at 8:30 am, VMAC

Agenda:

- Officer Elections: Chair, Vice Chair, Secretary, Treasurer, Registrar
- Jack Buchanan service award
- Coaches award
- 2017 State Meet Location Announcement

* Please note, the deadline for officer submissions is March 12, 2016. Submissions can be sent to [Brian Hoyt](#).

Denver
Masters
Clinics

**February 27,
2016**

(Breaststroke)
**February 28,
2016**

(Starts)
Time:3:00-
5:00pm

2016 COMSA Short Course Championships April 1-3, 2016 Join the Fun!

April 1-3, 2016
2016 COMSA Masters Short Course Championships
VMAC (Veterans Memorial Aquatic Center)
Thornton

email Andrew to
register

If you are interested in volunteering/assisting with this meet, please contact [Stacy Broncucia](#)

**March 19,
2016**

Denver
Masters CMS
SCY Intra
Squad
Swimming
Meet
University of
Denver
meet info and
registration

Specific areas of need are:
Coordinator for timers on Friday
State social
Food for officials.
Check in and T-shirt hand out.

Thank you!

**LOU PARKER COMSA Coach of the year &
JACK BUCHANNAN COMSA Service award nominations
due March 10, 2016**

Now accepting nominations for Lou Parker COMSA Coach of the Year and the Jack Buchannan COMSA Service Award

**April 1-3,
2016**
COMSA SCY
Championships
VMAC

Thornton, Co
meet info
online
registration
paper
registration

CRITERIA FOR NOMINATION

Jack Buchannan COMSA Service Award

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

Lou Parker 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

ONGOING EVENTS

COMSA
Registration
registration link

2016
Check off
Challenge
registration

2016 Go The
Distance
registration link
[More Information](#)

[Contact](#)

The strength of the letters will be considered along with the size of the team

Submit forms to Brian Hoyt at bkoyt@gmail.com
or mail to:
Brian Hoyt
2366 E. 125th Ct.
Thornton, CO 80241

DUE MARCH 10

[additional details and award nomination forms](#)

2016 USMS Registration is open now

Registration in United States Masters Swimming and the Colorado Masters Swimming Association is based upon a calendar year (not from the time you register). Registration fees are \$50 (January 1-December 31). The registration period for each calendar year starts on November 1, with memberships expiring on December 31 of the following year (14 months). Your membership in USMS/COMSA includes:

- SWIMMER magazine, the official publication of United States Masters Swimming. Content is directly related to all areas of swimming for adults.
- The Master Splash newsletter, the official publication of COMSA, announces local swimming related events.
- Secondary insurance coverage, which covers all workouts and events where all participants are USMS registered.
- Opportunity to participate in local, national and international competitions as well as open water swims, and clinics.

[Register now for your 2016 year membership!](#)

More details related to registration can be found on the COMSA website COMSA.org

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=677>

username: colorado
password: masters

Local and National Swimming Links

<http://usopenwaterswimming.org/>

Breadbasket Zone

<http://www.iowamasters.org/>

<http://www.minnesotamasters.com/>

<http://www.movymasters.org/>

<http://www.nebraskamastersswimming.com/>

<http://www.ozarklmsc.org/>

What's Happening at U.S.M.S.

As members of COMSA, you are also members of U. S. Masters Swimming. Check that website for information on Fitness Events, Coaching tips, Competitions nation wide, and many other areas of interest to swimmers everywhere [U. S. Masters Swimming](#)