



Hello Katie,

****Correction to the last newsletter** The COMSA State Meet is set April 26-28, 2024 (Friday to Sunday) in Grand Junction.** As always, please stay tuned to the COMSA website for more information on upcoming meets and happenings!

Also, don't miss your chance to nominate your favorite coach for the COMSA Coach of the Year Award or nominate someone you believe is deserving of the Jack Buchanan Service Award. Nominations are open!

Happy Swimming!
Katie Glenn
COMSA Secretary

Upcoming Events

SAVE THE DATE

December 9-10 - [Pikes Peak](#), Colorado Springs
January 13, 2024 - 13th CO Swimming HOF & Pentathlon Meet, Denver
January 27, 2024 - Polansky Sweetheart Meet, Loveland
April 26-28 COMSA State Meet, Grand Junction
June 20-24, 2024 - [Masters Nationals](#), Indianapolis, IN
July 14, 2024 - [Pure Pactola](#) Open Water Swim, Black Hills, SD
July 18-24, 2024 - [PANAM Masters Championships](#), Trinidad & Tobago
August 21-25, 2024 - USMS Long Course Nationals, Mission Viejo, CA

For a listing of events around the country, you can always check out USMS's [Calendar of Events](#).

COMSA Member Survey - THANK YOU!!

Thank you to everyone who shared their feedback in the recent COMSA Member Survey! We received 152 responses, representing nearly 12% of COMSA's total membership.

We appreciate you helping us learn more about COMSA members and your preferences, so that COMSA can provide you with an exceptional masters swimming experience and offer a variety of future events that best meet members' needs. We look forward to sharing key results with you in upcoming editions of this newsletter.

Finally – December is upon us, and with it comes a busy, hectic, and fun holiday season! For many teams, the end of the year also brings a final swim challenge to end the year on a high note. My team, FAST Masters, traditionally closes out the year with 100 X 100s (or 75s or 50s) on the 1:30, swam on New Year's Eve.

It can be hard to find time for a break during this busy time of year, but emphasizing rest is key to keeping active masters swimmers on the go. Read more tips about getting better sleep in the USMS article, [Training Is Important, but so Is Quality Rest](#).

Happy Holidays – and see you at the pool!
Barb Martin
COMSA Fitness Chair orpiment@comcast.net

Congratulations to Jane Oberg for Setting 5 USMS Records at the USMS LC Nationals!

Colorado Masters Swimming member Jane Oberg doesn't remember exactly how she got involved with the only swim team in Omaha as a child.

"My mom had us take lessons when my twin and I were about 10," she says. "At the end of one of the lesson programs, there was a swim meet and I think I swam a 25-yard backstroke and breaststroke, but I have no recollection of how I did."

Now, more than 70 years since those races, Oberg, 85, continues to display her love for the sport. She set five new USMS records at Summer Nationals.

In addition to establishing a new mark in the 1500 freestyle (31:29.52) in the 85-89 age group, she also set a record in the 800 freestyle (16:34.35) during an extremely fast first 800 meters of the 1500 freestyle on the first day of competition.

During the last three days of the meet, she also set a new record in the 50 butterfly (54.45), as well as the 200 (4:36.36) and 400 (10:17.34) IM.

These records give her nine USMS records since joining the 85-89 age group.

"I was thrilled to get both the 800 and 1500 in one swim, and it felt great," she says. "The downfall was the next day in the 100 fly, which I finished, but it hurt a bunch.

"Since I won five events and set five national records, I have to say I am extremely happy with my results. My hope was those results, but since I have not been to nationals for 11 years and I came from Denver at 5,000-foot altitude, I didn't know what to expect."

Oberg says she stayed involved with swimming as a lifeguard and instructor after ceasing competing shortly before becoming a mom.

Once she had her children—a daughter and three sons—she returned to the sport as a coach in 1971 when they began swimming. Then, she was hired as an aquatics director for a recreation district in 1976 and set up a Masters club and started competing in Colorado. She returned to competing in 1979 with her twin.

"I did high school boys coaching for my three sons, and then coached all three grandchildren during summer club teams and my granddaughter for her high school from about 2012 to 2016," Oberg says.

Oberg says swimming continues to help keep her young and feeling healthy despite a few obstacles along the way.

"I've had two bouts of cancer and a hip replacement, but I feel swimming has helped keep me fairly healthy," she says.

Michael Watkins, [USMS Website](#)



2024 1-Hour Virtual Championship

Start the new year off right with the 2024 USMS 1-Hour Virtual Championship in January! The Virtual Championship is geared toward swimmers looking to see where they stack up against Masters swimmers across the country.

All participants will receive a cool latex event cap. Clubs with the most participants can win up to \$1,000 plus tons of prizes from our partners.

Event Details

Virtual Championships can be done individually, but isn't it more fun with friends and teammates? Whether you are looking to

Dates: January 1-31, 2024

Objective: see how far you can swim in one hour and compare your distance to fellow Masters swimmers nationwide

Location: any pool 25-yards or longer

[Link for more information](#)

set a record or simply tackle a goal to start the year, every swimmer on your club can participate and earn that post-swim donut!

Remember, swimmers will need to register prior to swimming. You are encouraged to register early to receive your cap sooner and beat the Dec. 15 price increase.

Your swim can be completed anytime between Jan. 1-31. Afterwards, you will need to submit your results including your splits. See below for instructions. GOOD LUCK and swim fast!

[Registration Link](#)

NOW ACCEPTING COACH OF THE YEAR AND VOLUNTEER SERVICE AWARD NOMINATIONS

COMSA Volunteer Service Awards

Each year since 1983 COMSA has presented an award to one male and female who has made a significant contribution to Master's Swimming and COMSA. From 1983–2007 this award was named the Lt. Governor's Cup. In 2008, the award was re-named as the Jack Buchanan COMSA Service Award.

Nominations Open: October 1st

Nominations Close: January 1st

[COMSA Service Award Nomination Form](#)

Awards will be presented during the COMSA State Meet.

We will also include the nomination questions for the [U.S. Masters Swimming Dot Donnelly Service Award](#). This section is optional. We would love to elevate the recognition of our volunteers if they meet the criteria. Please include as much information as possible.

COMSA Coach of the Year Award

Is your coach exceptional? Do they go above and beyond to help every swimmer?

Nominate them below for the [COMSA Coach of the Year Award!](#)

Nominations Open: October 1st

Nominations Close: January 1st

Awards will be presented during the COMSA State Meet.

We will also include the nomination questions for the [U.S. Masters Swimming Coach of the Year Award](#). This section is optional. We would love to elevate the recognition of our coaches if they meet the criteria. Please include as much information as possible.

Why Swimmers Shouldn't Cup or Flatten Their Hands While Swimming

Here's what you should do with your hands to swim faster

Swim instructors back in the day often used verbal cues about hand positions such as, "Don't make your hands like forks—cup your hands to make a spoon," or "Keep your hands flat like a paddle." If these tableware references sound familiar, and you've been away from swimming for a while, you might never have received any instruction later about what's truly most effective.

Your hands are your anchors. The goal for all strokes is to find some still water that you can put pressure on to pull yourself forward. In that sense it is best to maximize the surface area that is putting pressure on the water.

Some of this is going to be genetic, so people with bigger hands (thanks mom and dad) are going to have a larger surface area to hold the water. That does not mean big hands are the only key to fast swimming. The key is to maximize what you have. Here are the different cues that used to be (and in some cases still are) taught and why they are not the way to maximize your hold on the water.

No more spoons. If you were taught to cup your hands to make "spoons" to hold the water, it might make sense, until you really think about it. If you make your hand into a spoon and trace

around it on a piece of paper, you will no doubt notice that it makes the area of your hand smaller than when it's flat.

No tight paddles. It could be argued that flattening the hand gives you more area. But once you make the hand rigid to keep it flat, you're recruiting muscles in your hand and arm that aren't helping you swim. Tightening muscles that aren't doing the work is a distraction and wastes oxygenated blood needed for the muscles that are doing the work.

No aggressive forks. So if cupped is not good and flat is not good, then spreading the fingers must be right? Nope. Aggressively spreading the fingers opens the area between the fingers and reduces the pressure applied to the water by allowing it to slip through the spaces between the fingers.

The Combo Approach

The solution is that the ideal hand position for holding the water is a combination of all three things. The most effective swimmers in the pool all share common characteristics borrowed from each of the verbal cues that were taught in swim lessons years ago, with some added wisdom from the world of fluid mechanics. Here are a few things you can learn from each idea and modify to maximize your hold.

Form the spoon. It's best to keep the hand slightly cupped almost as if it is just hanging by your side. Not stiff and not having the fingers closed either.

Form the paddle. The hand should be a little flatter than it would be from the spoon method but not all the way. Not too cupped and not too flat, but just right.

Form the fork. The fingers should be slightly separated. When you put pressure on the water, the skin on your fingers will flatten out, increasing the surface area of each finger. If they are clenched tightly together, there is no flattening. More importantly, interesting things happen in the boundary layer between your skin and the water surrounding it. A good analogy is that water flows fastest in the middle of the river rather than close to the shore because of the interaction between the land and the moving water. This boundary layer between your fingers produces a similar effect, creating a bit of pressure on the water between your fingers, like a natural webbing, increasing the surface area and your hold on the water.

Maximize Your Anchors

In summary, the hand should be slightly curved, somewhere between spoon and paddle. The space between the fingers is not too far apart and not too close. Above all, the hand must be relaxed enough to feel the water.

A good place to start is to soften your hands and make small adjustments until you find your best hand position. Like everything else in swimming, it will be specific to you as an individual athlete. Start relaxed, as though your hands are at your sides, and adjust until you can maximize your most effective pulling surface.

Scott Bay, [USMS Website](#)

COMSA To Reimburse Club/Workout Group Registration Fees for Clubs/Workout Groups of 10+ Swimmers

COMSA's Executive Board voted and approved that COMSA pay the 2024 club/workout group registration fees for all clubs/workout groups with a 2023 membership of 10 or more swimmers.

Club/workout groups with less than 10 members, should contact the COMSA Chair for reimbursement requests.

Visit our Website



[Unsubscribe sixfourgirl@hotmail.com](#)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by comastersnewsletter@gmail.com powered by



Try email marketing for free today!
