

Mastersplash



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UPCOMING EVENTS

February 3, 2015
Mastering Masters
Registration

FEBRUARY 2015

As a member of USMS, many resources are available to you. The website usms.org, for example, contains a wealth of information! I'll be sharing an article or finding from that site each month. Hopefully they will inspire you to visit that site as well.

Register now for USMS/COMSA for 2015. Registration at this time will be effective through December 2015. If you are planning to swim the State meet, you must be registered with USMS.

<http://www.comsa.org/joining/index.html>

The Young Masters Scholarship Program is ongoing. Encourage those between the ages of 18-24 to apply and receive reimbursement for their registration fee as well as up to \$40 towards entry fee for one meet! [application](#)

The Colorado State Meet will be held March 27-29 at the Veterans Memorial Aquatic Center in Thornton. Updated meet info is on the website and here: [Updated meet information](#)

PLEASE JOIN COMSA FOR A SOCIAL SATURDAY AFTERNOON! Come mingle with fellow swimmers Saturday after the meet, as COMSA will be hosting a fun social at 3:00. Tickets are just \$10 and include heavy appetizers, beer and soft drinks. The social is limited to 110 people, so sign up early with registration to ensure your spot. Sign up on the meet registration form. [meet registration form](#)

As always, up to date Information about meets, events and swim news can be found on the website, Comsa.org,

Like us and share photos and posts on Facebook -- Colorado Masters Swimming Association.

Follow us on twitter @COMSASwimming.

Thanks and have fun swimming!!

Heide Crino
heidecrino@gmail.com

Five Fun Drills for Improving "Feel for the Water"

Five Fun Drills for Improving "Feel for the Water"
Using your senses for maximum efficiency.

by Terry Heggy January 5, 2015
from usms.org

February 7&8
Denver Masters
Swim Clinics
swimmin4fun@msn.com

February 8, 2015
4th Annual Rock
Classic Masters
Swim Meet
Castle Rock
Recreation Center
info and registration

February 14, 2015
Loveland
Sweetheart Meet
Loveland, CO
info and registration

March 27-29, 2015
Colorado Masters
State Meet
VMAC
Thornton, CO
meet info and
registration

April 23-26, 2015
2015 Nationwide
U.S. Masters
Swimming Spring
National
Championship
San Antonio, TX
meet info

May 16, 2015
"Be Our Guest"
hosted by DU
9:15 am-11:15 am
details to follow

[More Information](#)

[Contact](#)

Aquatic sports are the only competitive activities where the same medium (water) provides both the platform for your propulsion and the forces that slow your progress. In other words, your arms and legs use the water to move forward, but the water's resistance is slowing you down at the same time. Therefore, the better you manage your body's relationship with the water, the faster you'll go.

Even if you know what the perfect stroke should look like, you won't achieve it without feedback on how you're doing. Your coach provides this feedback during practice but in a race it's up to you. The fastest swimmers constantly sense how their entire body (hands, feet, head, etc.) is moving through the water and make immediate adjustments to maintain the best orientation of their limbs and torso. This is known as having a good "feel for the water," and you can develop it, too.

Most swimming stroke drills are designed to teach a specific skill. "Feel" drills, on the other hand, are designed to teach awareness and adaptation, which can be applied across all strokes. Here are five fun ways to fine-tune your senses for maximal propulsion and minimal drag.

[continue to read rest of article](#)

Register now for 2015 USMS/COMSA

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 \$45 (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.

Find all details about registration here:
<http://www.comsa.org/joining/index.html>

New in 2015!! Young Master Scholarship Program

Young Master Scholarship Program

Mission of Program: To promote health, wellness, fitness and competition for adults, ages 18-24, through swimming.

Goal of Program: To encourage 10 individuals between the ages of 18-24 to participate in a masters swim program by reimbursing them for their 2015 USMS registration fee and their entry into one 2015 USMS sanctioned event (not to exceed \$40).

Application Process:

* Completed applications will be accepted between January 1 and February 28, 2015. * Completed applications must be submitted to the COMSA Chair. * The scholarship recipients will be notified by March 15, 2015.

Requirements: The individual must be new to USMS.

COMSA Process: Processes for certain fees shall be as follows: *

COMSA/USMS Registration Fees: COMSA Registrar will be notified of scholarship recipients from the COMSA

Chair. Scholarship recipients shall write 'Young Master Scholarship' on the

registration sent to the COMSA Registrar and send no money. * Meet Entry Fees: Scholarship recipients shall submit meet entry receipt to COMSA Chair for reimbursement. This amount must not exceed \$40. * Open Water Events: Scholarship recipients shall submit event entry receipt to COMSA Chair for reimbursement. This amount must not exceed \$40.

[Application](#)

Denver Masters Swim Clinic February 7 & 8, 2015

Denver Masters Swim Clinics
February 7, 2015 (Backstroke)
February 8, 2015 (Turns)

Clinics will include video analysis of your swimming and personal feedback on your technique by James Hansen, Denver Masters Associate Coach, and Visiting Clinician.

Time each for each clinic: 3:00-5:00pm

Cost

\$40.00 for anyone

\$35.00 for registered COMSA or Denver Masters Swimmers

Contact Coach Andrew LeVasseur swimmin4fun@msn.com to Reserve your spot today!

Lou Parker Coach of the Year and Jack Buchanan Service Award Nominations

Award nominations are now being accepted.

The Lou Parker Coach of the Year Award was created in 1986 to recognize outstanding coaching. Please nominate your coach if you feel they contribute to their team with respect to camaraderie, technical advice, motivation and support of team members.

The Jack Buchanan Service Award selection is based on contribution to Masters Swimming and COMSA.

Award deadline March 6, 2015

[nomination form](#)

Please submit form to Brian Hoyt bkhoyt@gmail.com

2015 Colorado State Meet

Veterans Memorial Aquatic Center Thornton, CO

March 27-29, 2015

PLEASE JOIN COMSA FOR A SOCIAL SATURDAY AFTERNOON!

Come mingle with fellow swimmers Saturday after the meet, as COMSA will be hosting a fun social at 3:00. Tickets are just \$10 and include heavy appetizers, beer and soft drinks. Limited to the first 110 people so sign up early with registration to ensure your spot.

More info. regarding location to follow.

Please note the **30 minute breaks** on Saturday and Sunday in the revised schedule below

EVENT SCHEDULE

Friday, March 27, 2015 - Session 1

Warm-ups start at 12:00 PM - Meet Session starts at 1:00 PM

Gender Event

1 Mixed 1650 Y Free (Seeded slow to fast)

2 Mixed 1000 Y Free (Seeded slow to fast)

Saturday, March 28, 2015 - Session 2

Warm ups start at 7:30
Meet Session starts at 8:45 AM

Gender Event

3 Women 500 Freestyle

4 Men 500 Freestyle

30 Minute Break

5 Women 200 Y Medley Relay

6 Men 200 Y Medley Relay

7 Women 200 Y Fly

8 Men 200 Y Fly

9 Women 50 Y Back

10 Men 50 Y Back

11 Women 100 Y Breast

12 Men 100 Y Breast

13 Women 200 Y IM

14 Men 200 Y IM

15 Women 400 Y Free Relay

16 Men 400 Y Free Relay

17 Women 50 Y Fly

18 Men 50 Y Fly

19 Women 200 Y Back

20 Men 200 Y Back

21 Women 100 Y Free

22 Men 100 Y Free

23 Mixed 200 Y Free Relay

Sunday, March 29, 2015 - Session 3

Warm-ups start at 7:30 AM - Meet Session starts at 8:30 AM

Gender Event

24 Women 400 Y IM

25 Men 400 Y IM

30 Minute Break

26 Women 200 Y Free Relay

27 Men 200 Y Free Relay

28 Women 200 Y Breast

29 Men 200 Y Breast

30 Women 50 Y Free

31 Men 50 Y Free

32 Women 100 Y Fly

33 Men 100 Y Fly

34 Women 800 Y Free Relay

35 Men 800 Y Free Relay

36 Women 200 Y Free

37 Men 200 Y Free

38 Women 100 Y IM

39 Men 100 Y IM

40 Women 50 Y Breast

41 Men 50 Y Breast

42 Women 100 Y Back

43 Men 100 Y Back

44 Mixed 200 Y Medley Relay

[meet info and registration](#)

2015 Nationwide Spring National Championship
San Antonio, TX April 23-26, 2015

The 2015 U.S. Masters Swimming Spring National Championship will be held April 23-26 at the Northside ISD Aquatic Complex in San Antonio, Texas. This beautiful facility boasts two 10-lane 25-yard competition courses plus up to 30 warm-up lanes.

Online registration will open no later than February 15, 2015, and will close at

midnight Central Daylight Time on March 23. *Please note this is a week before the Colorado State Meet.*

Andrew LeVasseur will be coordinating relays for CMS. Details to follow regarding what and when to communicate with him about your relay information if you choose to participate in relays.



[meet info](#)
[order of events](#)
[National Qualifying Times](#)
[Travel and Hotel Details](#)

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](#)