

Mastersplash



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APRIL 2013

Greetings!,

Good luck to all of the swimmers registered for the state meet this weekend! Have fun and swim fast!

Planning to go to USMS SCY Nationals?? Online entries will close at midnight Eastern Daylight Saving Time on April 4.

Heide Crino
heidecrino@gmail.com

**COMSA Short Course Swimming Championships
Veterans Memorial Aquatic Center April 5-7, 2013**

Psych sheets and timeline are here!

[psych sheet](#)
[timeline \(no relays\)](#)

Relay Entry Deadlines:

SATURDAY:

event 5&6 200 free relay	15 min after conclusion of 400 IM
event 15&16 400 relay	conclusion 50 free
event 23 200 mixed medley relay	conclusion 100 IM

SUNDAY:

event 27&28 200 medley relay	15 min after conclusion 500 free
event 35&36 800 relay	conclusion 100 back
event 45 mixed 200 free relay	conclusion 100 free

**pick up and return forms at the computer table

[2013 State SCY Relay Entry Form](#)

Annual General COMSA meeting to be held April 6th at 830 am prior to the meet.

Theme: Awards

USMS /ASCA Masters Coaches Certification Clinic
April 20, 2013 9am-5pm

April 5-7, 2013
2013 COMSA Short
Course Swimming
Championships (SCY)
VMAC, Thornton
meet info

April 20, 2013
USMS/ASCA Masters
Level 1&2 Coaches
Certification Clinic
Thornton
more info

April 23, 2013
CCAC Core Training For
Swimmers
more info

May 9-12, 2013
USMS Spring National
Championship
IU Natatorium
Indianapolis, IN
meet info and
registration

June 5-12, 2013
2013 Pan -American
Masters Championship
meet info

[More Information](#)

Ongoing Events

Go the
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more info

Check off Challenge
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[Contact](#)

The Colorado LMSC is hosting a USMS Masters Coach Level 1 and 2 Certification Clinic

Saturday, April 20, 2013 9:00 AM - 5:00 PM.

Location of Classroom Instruction:
Margaret W. Carpenter Recreation Center
11151 Colorado Boulevard, Thornton, CO
(303) 255-7800
cityofthornton.net

Host:
Renee Dodson Renee.Dodson@cityofthornton.net
Jared Foster fostja@gmail.com

Instructors: Mel Goldstein, Bill Brenner and Cokie Lepinski

Mel Goldstein was the 2001 Speedo US Masters Coach of the year, Mel won the 1997 Ransom J. Arthur MD Award that goes annually to a person who best supports the objectives of Masters swimming. It is the highest honor bestowed by United States Masters Swimming. He is a past President of USMS and a USMS All American with 255 Individual Top Ten Achievements. In 2012, he was inducted into the International Masters Swimming Hall of Fame.

Bill Brenner is the Club and Coach Services Director for USMS. He has 30 years coaching experience working with age group, college and Masters swimmers. Bill has served as a support team member for his local Masters club, team representative to the LMSC, an LMSC officer as the Top Ten Recorder, a multi-year delegate to the USAS convention and a member of national committees. He has served as the meet director for multiple events and is currently helping to organize the Pan American Masters championship in Sarasota, Fla. He enjoys attracting adult athletes to the sport of swimming and coaching all levels of ability.

Cokie Lepinski is head coach and founder of Swymnut Masters, and previous head coach of Marin Pirates Masters. a team she co-founded. A recipient of the 2010 USMS Kerry O'Brien award and the Pacific Masters Coach of The Year award in 2011, Cokie has authored workouts and technique articles for SWIMMER magazine and their online Streamline publications. She serves as Chair of the Coaches Committee for Pacific Masters Swimming and was a National Coach representing USMS swimmers at the 2010 Fina Worlds in Sweden. She is a passionate and diehard swimmer, and has been consistently ranked top ten in the US and world in breaststroke and IM events since beginning her Masters swimming in 1991.

[Read more about clinic and Registration](#)

CCAC Core Training For Swimmers Taught by Rich Abrahams April 23, 2013

April 23, 6:45-8:00 p.m.

**Cherry Creek Athletic Club
500 S. Cherry St. Denver, CO 80246.**

A strong core is essential for efficient and powerful swimming. It is the key to:

- * Maintaining critical body posture, line and balance.
- * Creating and transferring power in the water for all strokes.

The clinic will be taught by Rich Abrahams, a member of the

International Masters Swimming Hall of Fame, who has set over 40 individual Masters Swimming World records over the past 20 years. Rich is a multi-time winner of FINA's World Masters Swimmer of the Year award and was recently recognized as one of the Ten Best masters swimmers of all time by Swimming World Magazine.



Participants in this 2 hour hands-on clinic will work on a variety of exercises designed specifically to improve swimming.

- * Eliminate wasted effort by avoiding many common, but non-essential exercises.

- * Learn how to progress from beginner to advanced and beyond

- * Learn cues to effectively engage the core while swimming.

- * Receive a handout with over 30 exercises with detailed descriptions and protocols.

Pre-registration required.

Limited to 25 participants.

Wear exercise clothes.

Cost: \$25.00 for current USMS members.

To sign up call the Cherry Creek Athletic Club at 303-399-3050

Chatfield Gravel Pond to Open May 1st

The Ice has Melted!!

As of about a week and a half ago, the ice has melted at Chatfield and we are close to opening day at the Gravel Pond. This year the pond will open on May 1, a Wednesday evening. The closing day will be Monday, Sept 30th.

We will again be asking that everyone who swims at the pond volunteer a half session (1.25 hours) to help with the monitoring of the swimmers. Be watching for the emails from SignUp Genius asking for your help with this task.

In addition, COMSA is in need of an Open Water Chair (or co-chairs) who will, among other things, coordinate the scheduling of the monitors. We had over 900 members participate last season at Chatfield, and each year this number increases. However, to keep this a successful activity, volunteer help is needed. If you are willing to coordinate monitors for one month of the five that we are open, maybe four others would also be interested. If you are willing to help with this, contact the COMSA chairperson, Brian Hoyt, (bkhoyt@bmail.com), or Marcia Anziano, the registrar (Marcia.anziano@gmail.com) for more information and let them know that you are willing to help out. Please help COMSA make this another great summer at the pond.

2013 USMS Spring National Championships May 9-12, 2013

2013 U.S. Masters Swimming Spring National Championship

IU Natatorium, Indianapolis, Indiana
May 9-12, 2013
Short Course Yards



Online entries will close at midnight Eastern Daylight Saving Time on April 4.

[meet info, qual. times and order of events](#)

CMS Team members:

RELAYS: Chris Nolte has volunteered to coordinate relays this year. If you'd like to participate in relays, please send Chris your name, age, your 50 yard times in each of the 4 strokes (or those you'd like to swim), days you would like to swim relays and any requests for relay partners. Thanks Chris!!

[Chris Nolte's email](#)

CMS team Caps are available for \$5. Contact Heide Crino if you would like caps. They will also be available for sale at the State meet. Look for Heide Crino.

**2013 Pan -American Masters Championship
June 5-12, 2013**

"U.S. Masters Swimming is pleased to host the 2013 Pan American Masters Championship. The Championship, awarded by Union American de Natacion, will be hosted in partnership with the Sarasota Family YMCA, in Sarasota, Fla. Our Travel page includes our Letter of Invitation.



Masters synchronized swimming and pool swimming competition will be held at the Selby Aquatic Center adjacent to the Sarasota Y's Evalyn Sadlier Jones branch in Sarasota, Fla. The synchro event dates are June 1-4, and swimming events June 5-12. An open water swim will be hosted June 13 at Siesta Key in Sarasota, Fla.

This will be the first time the USA has hosted the biennial event. The Championship is expected to attract up to 2,000 adult swimmers from the South America, Central America, the Caribbean, Mexico, Canada and the USA." Pan-American Masters Championship meet page

[Meet info](#)

Registration for 2013

Registration for 2013
[REGISTER HERE](#)

Registration for the calendar year of 2013

Some important things to know about this years' registration are:

Dues this year will be \$43.00. Over the past few years, dues paid to Nationals has increased \$2.00 per year and COMSA has absorbed that fee for the swimmers. However, this year we have voted to pass along that \$2.00 increase along with an increase of \$1.00 for the local organization, a total increase of \$3.00. Of the \$43.00, \$10.00 stays with the local organization (COMSA) for use within Colorado and Wyoming.

Chatfield swimmers, please note that the waiver is now available both during online registration or attached to the paper registration. There is an immense amount of paperwork that takes place during the

summer and at the pond to ensure that members sign the proper forms before swimming. The registration forms that you can download from the website will have a copy of the Chatfield waiver attached, if you plan to swim there next summer, please read and sign that additional page. **Online registration will also provide the capability to read and agree to the Chatfield waiver and rules.** When registering online, there will be a question asking you to read the document (it will require that you click on it and review it) and then agree to the terms. Any of you who swim at the pond know that this will be a benefit to all concerned. Please read and agree to this if you have any thought of swimming at Chatfield next summer. It will be a great benefit to the volunteers that keep the pond alive.

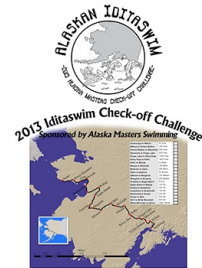
Special discounts are offered to our older swimmers. If you are in the 75 to 79 age group for the coming year, you will receive a \$5.00 discount on your membership. If you are in the 80+ this coming year, you will receive free membership. You should be receiving a letter about this along with a special form for registration soon if you have not already received one.

Please review your address, phone and email information. Often when registering, swimmers misspell or transpose numbers and letters. This can lead to invalid emails and or mailing addresses. Please verify that you have entered that information correctly.

If you have any questions regarding registration, please direct them to the Registrar, Marcia Anziano, at CORegistrar@usms.org.

Check off Challenge 2013

"2013 Check-Off Challenge
The CHECK-OFF CHALLENGE is a postal event designed to motivate swimmers to complete 19 "pool" events and an "open water swim" during the 2013 calendar year. It challenges all levels of swimmers. Novice swimmers can swim new events. Experienced swimmers can try for their personal best times in as many events as practical. Simply "Check-off" each swim on your t-shirt when you complete the event." USMS website



[read more and register here.](#)

Go The Distance 2013

"Go the Distance in 2013
Nike GTD is a self-directed program intended to encourage Masters swimmers to regularly exercise and track their progress. There's no time limit for the distance milestones, except that they must be achieved in the calendar year. Speed doesn't count-just the effort to attain whatever goal you set for yourself. Nike GTD is on the honor system-you track the distance you swim. Daily, weekly, or monthly, enter that information into your online Fitness Log (FLOG). When you achieve certain milestones, you'll be recognized on the U.S. Masters Swimming website and receive special prizes from Nike Swim, our title sponsor for the event." USMS website



[more info and registration](#)

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](#)

