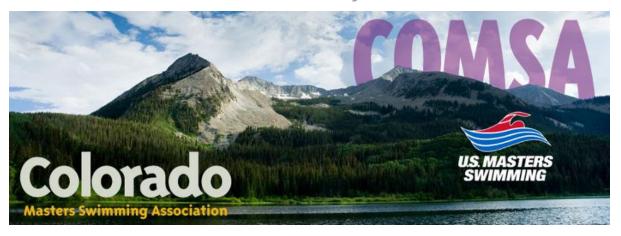
Masters



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UPCOMING EVENTS

August 10, 2014

Team Fort Collins

AUGUST 2014

Great job so far and continued well wishes for fast swims to all competing in the FINA World Championships in Montreal, Gay Games in Cleveland, OH and to those going to Long Course Nationals in College Park, Maryland!!! August is here, it's time to race!!

Have fun. swim fast and GOOO Colorado!!

Send photos from the meets to heidecrino@gmail.com

Thanks! Heide Crino

2014 Check Off Challenge

There are 5 months left to complete the Check Off Challenge!

From the USMS website:

The Check-Off Challenge is a postal event designed to motivate swimmers to complete 18 pool events and an open water swim during the 2014 calendar year.

The events may be swum in practice or in meets, in yards or in meters, any time during 2014. The challenge is to complete all events or try new events. COACHES: Sign up your entire team and use the event as a team challenge. Spread out the events over a period of time during practice sessions, progressively building up to the tougher events. The entire team can work together, completing all of the events. The event is open to all registered Masters swimmers. Enter by filling out the entry form (coming soon).

How do I score the Check-Off Challenge?

Scoring is simple-just mark the event on the event T-shirt-it's on the honor system!

When do I receive my T-shirt?

Swimmers whose entries are received by the end of each month will receive their shirt and cap in the following month. Entries will be accepted until November 1, 2014.

How much does it cost?

Each entry is \$20, which includes a custom-designed Check-Off Challenge tshirt (\$24 for XXL+ shirts) and shipping.

How do I enter? event entry form

Horsetooth Open Water Swim

Horsetooth Reservior event info

Event info page

Open Water Swimming at Chatfield State Park in the Gravel Pond

SAVE THE DATE:

May 1 - September 30
Saturday 7:30 am to 10:00 am
Monday and Wednesday 4:30 pm to 7:00 pm

Thank you to everyone who has volunteered to monitor this summer.

October 12, 2014

Pumpkin Plunge EPIC Fort Collins, Co Monitors are still needed for spots in August and September.

Check the sign up genius if you are able to help fill in!

We will be using Sign Up Genius for monitor sign up. All members that swim at the pond are expected to monitor one time during the summer. The monitoring sessions will be split so that you can monitor half the time the pond is open and will be free to swim the other time.

November 15, 2015

8th Annual Nash Splash VMAC Thornton, CO To view the current list of signups or to sign up for a monitor slot, please do the following:

1. click on http://www.signupgenius.com/FindASignup

2. Type in the following email address: comsaswimmer@gmail.com You will get a list of all current sign up sheets available.

Full details about the pond and swimming rules : http://www.comsa.org/openwater.html

March 27-29, 2015

Colorado
Masters State
Meet
VMAC
Thornton, CO

Other Open Water Venues

Grant Ranch, Littleton Open Water Swimming

Weekends: May 17-August 31, 2014

Weekday: Mornings June 4th-August 29, 2014 Evenings June 5-August 29, 2014

http://www.milehighmultisport.com/open-water-swimming/about/

More Information

Boulder Aquatic Masters (BAM), Boulder Reservoir Open Water Swims

Tues/Thurs: May 27-September 4,2014

Sat: June 28 & July 6

Ongoing Events

http://www.bamswimteam.org/w/page.cfm?pagetitle=Open%20Water

Continue to check the <u>COMSA website</u> for local open water event listings, as well as the <u>http://usopenwaterswimming.org/</u> site for events throughout the nation.

2014 Nike Go the Distance event info

CMS Apparel

2014 Check Off Challenge event info and registration 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.

Butterfly is Not a Crime Postal Swim Oct 15, 2013-Aug 31 2014

http://www.thelifeguardstore.com/lgsteams/productcart/pc/viewCategories.asp?idCategory=2980&idAffiliate=677

username: colorado

event info/registration

password: masters

Planning Ahead:

Contact

FINA World Championships Montreal Canada July 27 -August 10, 2014

USMS Summer Nationals will be held in College Park, Maryland August 13-17, 2014

USA Swimming Foundation Fantasy Camp Olympic Training Center Colo. Springs, CO Oct. 17-19, 2014 registration

Pumpkin Plunge EPIC Fort Collins, CO October 12, 2014

8th Annual Nash Splash VMAC Thornton, CO November 15, 2014

Colorado Masters Swimming State Meet VMAC Thornton, Co March 27-27, 2015

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