

Mastersplash



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Stroke Clinics
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LeVasseur

January 14, 2014
Colorado Swimming
Hall of Fame

January 2014

Greetings,
Happy New Year! The COMSA State Meet in Grand Junction, CO., USMS short course Nationals in Santa Clara, CA., FINA Worlds in Montreal, Canada... these are just a few exciting events in 2014!

Stay updated by looking at the COMSA website and COMSA facebook page for the most up to date news regarding all events.

Also, please connect with others attending these meets via the COMSA facebook page. Find out who's going, coordinate rides, travel or hotel roommates or just meet up with some Colorado teammates prior to going to the events. People inquiring about others attending these meets should begin conversations here:

<https://www.facebook.com/ComsaSwimmers?ref=hl>

State Meet info below. Make plans, go and have fun!!

[State Meet info](#)

It is also USMS/COMSA registration time for 2014. See the article with links below.

Happy Swimming!
Heide Crino

Pentathlon
George Washington HS,
Denver
meet info and
registration

February 9, 2014
The Rock Classic
Castle Rock
meet info and
registration

February 15, 2014
Loveland Master's
Sweetheart Meet
Loveland, Co
meet info and
registration

March 29-30, 2014
COMSA SC
Championships
Grand Junction
meet info and
registration

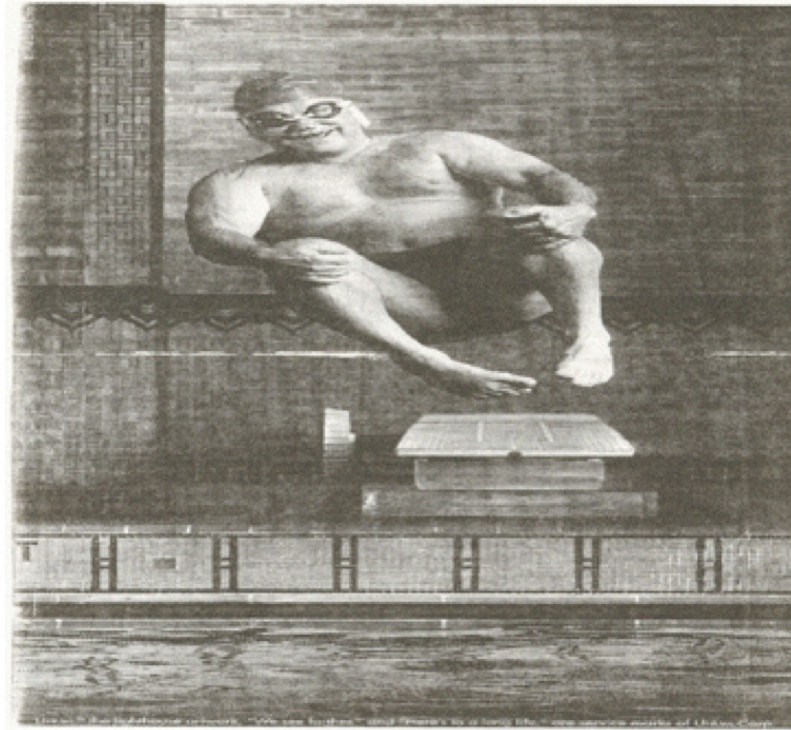
May 1-4, 2014
USMS Nationwide
Spring National
Championships
Santa Clara CA
meet info and
registration

**July 27-Aug.10,
2014**
**Fina World Masters
Championships**
Montreal, Canada
meet info

**August 13-17,
2014**
2014 Marriott U.S.
Masters Swimming
Summer National
Championship
University of Maryland
Rec Center Natatorium
meet info soon

[More Information](#)

Ongoing Events



Style Points

**If you can no longer swim fast,
at least look good.**

A way to include style points in Masters competition.

In the "Twilight Zone" of my swimming career, and come to think of it, most of my other activities, age, injury, infirmity, incompetence both physical and mental and probably incontinence, etc., force me to emphasize style points in that speed is out of the question. Yet with my few remaining grey cells, I am pondering just how "looking good" could be incorporated into Masters swimming.

Let us consider competition that includes style and can also account for the age and sex of the competitors. Here is Bruce Brute-force (B-II) age 27 and Glenda, the Geezer, Good-body (G-III) age 68. The event is the 100 yd. Butterfly. B-II is timed at 0:58.0 and G-III does a 1:52.0.

To truly judge these swims in the same context we can adjust the times based on the relative national records for the age group and sex. (Note: Meyer's article in 2012 on the median times by age groups would be a better measure. However, with the limitation of those grey cells and my lack of ambition, we will continue using national records.)

The national record for men in the 25-29 age group listed in the 2013 USMS rulebook is 47.51 seconds and the women's record in the 65-69 age group is 75.04 seconds. Therefore, it would be expected for G-III to be 1.579 times slower than B-II. G-III's adjusted time of 112 seconds divided by this adjustment is 1:10.91.

To truly level the playing field (or the surface of the water) we now look at the judges' awards for style points. Here the entire body of work, from mounting the starting blocks to exiting the pool, is to be considered.

While B-II's swim was legal, the award of 4.5 was in the deficient category based on:

Butterfly is Not a
Crime Postal Swim
Oct 15, 2013-Aug 31
2014
event info/registration

Contact

*His rather obscene suit barely covering a very hairy body. (For heaven sake, shave.)
*While B-II is swimming to get back into some shape that he fondly remember in his not so distant youth, there has been the consumption of many adult beverages over time resulting in a rather large portion of the hairy body.
*Soaking the officials, who could be the judges, on each turn G-III received a good category award of 6.0 based on:
*Her very bbbbuff bbbbody, confirmed by her 4 marriages and numerous other relations ships, appropriately covered in a yellow suit with black poke-a-dots.
*Stylish dive and stroke
*Deductions (the award would have been an 8) were made for a slight kick misalignment from an injury playing senior softball and having too much assistance in leaving the pool from a dozen young men who wanted to be next in line.

The style adjustment divides the age and sex adjusted times by the judges' awards resulting in a final style adjusted performance of 12.889 for B-II and 11.818 for G-III. Glenda is the winner.

While this form of competition may warrant further testing and could really be fun, the real message is for Masters swimmers to pay attention to their coaches. These folks not only want to get you in shape but will also help you to swim in the most efficient manner recognizing your various physical (and mental) limitations.

If you can't swim fast, at least look good.

Respectfully,
John Tobin (BOC)
Colorado Masters
Evergreen, Colorado

State Meet : Grand Junction CO March 28-30, 2014

COMSA hopes that you all are well this holiday season and that you will have a few minutes to read about the 2014 State Swimming Meet. By now you probably have heard that the meet will be held in Grand Junction, Colorado and as such COMSA is preparing some special activities and offers to make this years State Meet weekend to remember. **March 28-30, 2014**

Bus Transportation - Full Weekend of Transportation for \$32.00 !
COMSA has secured two 55 passenger buses for the trip to and from Denver and for transportation in Grand Junction to and from the pool etc. COMSA will subsidize your costs so that you pay only \$32 for the weekend of transportation. We expect that these buses will fill up quickly and the online entry is only way to secure a seat(s). We will do positive check in for the 1000 Yd Freestyle from the bus.

Busses: leave Denver Friday 8am arrive GJ 1pm and
Friday 2pm arriving GJ 7 pm
leave GJ Sunday 1pm arrive Denver 6pm and
Sunday 4pm arrive Denver 9pm

Hotel Accommodations - \$25.00 off a discounted rate of \$99.00/night for first 100 Reservations

Fairfield Inn & Suites

1-970-242-2525
225 Main Street

www.marriott.com/GJTFI

Online Group Booking Codes: Queen Bed /Sofa Sleeper: CMSCMSA

Two Queen Beds: CMSCMSB

Hampton Inn

1-970-243-3222 or 877-307-5678

205 Main Street

www.grandjunction.hamptoninn.com

Online Group Booking Code: CMS King Bed or Two Queen Beds

SpringHill Suites by Marriott 1-970-424-5777

236 Main Street

www.marriott.com/GJTSH

Online Booking Codes: Suites with King: CMSCMSA

Suites with 2 Queens: CMSCMSB

*** Ask for COMSA rate for the evenings of the 27th, 28th, and 29th - \$99.00/night. Make RSRV by 2/25 for this rate.*** Complimentary at all hotels: Breakfast Buffet, Internet Access, Exercise Room, Newspaper, Pool/Spa
THE FIRST 100 RESERVATIONS WILL HAVE \$25.00 REMOVED FROM THEIR BILL AT CHECK-OUT

There are other fun activities that we are putting together and ask that you take a moment to join us on Facebook to stay apprised of the agenda.

<https://www.facebook.com/ComsaSwimmers?ref=hl>

[FULL MEET INFO AND REGISTRATION](#)

Election year for COMSA board positions

2014 is an election year for COMSA and we will be holding our elections for five board positions at our annual meeting. The annual meeting will take place at the state meet in Grand Junction. Nominations for these five board positions are due to Brian Hoyt (bkhojt@gmail.com) by January 15, 2014

Elections will be held for the following board positions:

Chair

Vice Chair

Secretary

Registrar

Treasurer

To see the described duties for each of the above positions please see article IV of our by laws. These can be found under the "leadership and board" section in the purple section on left side of the page at: comsa.org

2014 USMS/COMSA Registration 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 \$40 (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.

All swimmers must register with one of the three Colorado Masters Swimming Association registered clubs or as unattached. Selecting the correct club is critical if you plan to swim individual or relay events in USMS sanctioned meets. For a detailed explanation and link to register, <http://www.comsa.org/joining/join-online.html>

Did You Know...?

CLUB INSURANCE CERTIFICATES

At the 2013 USMS annual convention it was announced that we will be working with a new insurance broker (no longer Risk Management Services, Inc.). The broker has been working on securing our insurance coverage for 2014 and our coverage is now in place.

Some clubs swim at facilities that require them to present a certificate of insurance. The USMS national office will be assuming the responsibility of issuing these certificates of insurance for 2014.

We are working on a web form where you will be able to request a certificate. It's not quite ready so for now if you need one please follow the instructions in the following link (I will send out the link for the web form once it's up and running):

http://www.usms.org/admin/lmschb/gto_ins_online_certificate.pdf

Please note the following:

-- Certificates will be issued by either myself or by Tracy Grilli. It's no longer a fully-automated process as it was before. Please do not wait until the last minute (such as the Saturday of your swim meet!) to request a certificate if your facility has requested one.

-- Please do not contact our previous broker, Risk Management Services, with questions. Direct all insurance questions to Anna Lea Matysek or Tracy Grilli in the USMS national office.

-- Our policy year will be changing to an October 1--September 30 timeframe. For 2014, our current policy is in effect from January 1 through September 30. We will re-issue new certificates on October 1 when the policy is renewed.

Your Membership Team,
Anna Lea Matysek (Membership@usms.org)
941-556-6279
Tracy Grilli (usms@usms.org)
941-556-6282

Planning Ahead:

COMSA State Meet/Breadbasket Zone Meet will be held in Grand Junction, Co.
March 28-30, 2013

Spring Nationals will be held in Santa Clara, CA May 1-4, 2014

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

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](#)

