

Mastersplash



In This Issue

One Hour Postal

COMSA 2013 Awards

COMSA Short Course
Swim Championships

DU Masters Clinic

USMS Coches
Certification Clinic

Breadbasket Zone Meet

2013 USMS Spring
National Championships

2013 Pan-American
Masters Championship

Registration for 2013

Check off Challenge
2013

Go the Distance 2013

Whats Happening at
USMS

Quick Links

[Register Now](#)

[Clubs and Workout
Groups](#)

[More About Us](#)

Upcoming Events

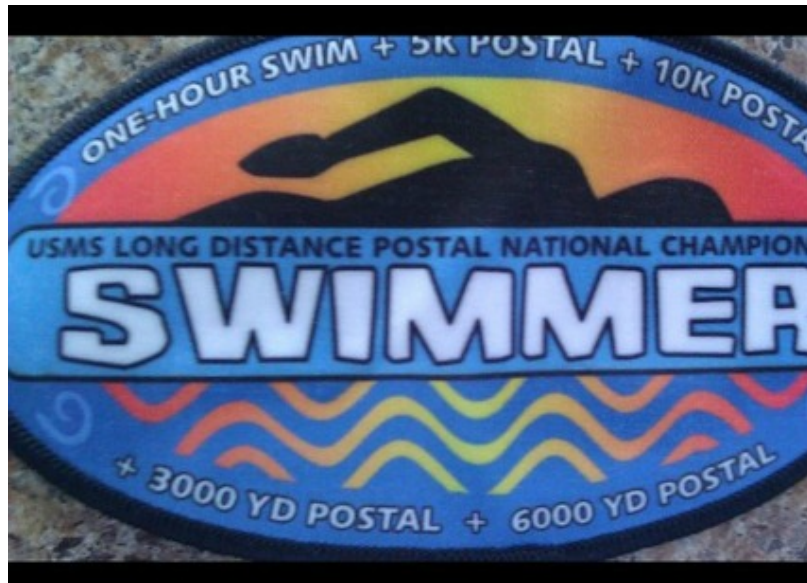
MARCH 2013

Greetings!,

Lots going on this time of year. Be sure to note meet entry deadlines for upcoming meets. Have a great month.

Heide Crino
heidecrino@gmail.com

One Hour Postal



Eduardo Cruz's Postal Patch

To quote Nicole Vanderpoel. " The One Hour Postal went "swimmingly well" at Northridge Rec Center on January 20th. We had a few attendees come down with the flu prior to the swim, but still had a great group of swimmers and some first time ever postal swims (Jessica Reinhart)"

One hour Postal participants from CMS also included:
Anziano, Marcia
Cowan, Neil
Crino, Heide

March 23, 2013

Highlands Ranch
Masters
Short and Sweet Meet
Northridge Rec Center
meet info and
registration

April 5-7, 2013

2013 COMSA Short
Course Swimming
Championships (SCY)
VMAC, Thornton
meet info
registration

April 6, 2013

Breadbasket Zone Meet
Grinnell College,
Grinnell Iowa
meet info and
registration

ASCA Level 1 &2
Coaches Certification
during Bread basket
Zone meet

April 16, 2013

DU Masters Clinic
email Andrew
Lavassuer

April 20, 2013

USMS/ASCA Masters
Level1&2 Coaches
Certification Clinic
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
Distance 2013
more info

Cruz, Eduardo
Duffy, Hugh
Hagadorn, Heather
Holum, Charles
McDanal, Steve
McHugh, Jerry
Norlin, John
Popish, Robyn
Therrian, Lesley
Vanderpoel, Nicole
Zentgraf, Karen

"The next USMS Postal Championships (5K and 10K Long Course) will be held between this spring and summer" With possibly 2 opportunities to swim either distance! Stay tuned for more details!

COMSA 2013 Awards

It is time to begin to think about the Lou Parker Coach of the Year and the Jack Buchannan COMSA service awards. Honor your Coach and fellow COMSA members by nominating them for these awards.

LOU PARKER COACH OF THE YEAR AND JACK BUCHANNAN COMSA SERVICE AWARDS:

CRITERIA FOR NOMINATION

Jack Buchannan COMSA Service Award:

One male and one female will be chosen by a committee of past recipients.

Nominees must be members of COMSA.

Selection will be based on contribution to Masters Swimming and COMSA- not swimming skill.

Lou Parker COMSA Coach of the Year:

Nominee must be a member of COMSA.

Nominee must have been a participant for at least one year.

Selection is based on contributions made to the team with respect to camaraderie, technical advice, motivation, and support of team members.

The strength of the letters will be considered along with the size of the team.

NOMINATION FORM DEADLINE MARCH 15, 2013

Download form and submit to Bryan Hoyt as per instructions on form.

[COMSA 2013 Award Form](#)

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

Get excited swimmers! The COMSA Short Course Swimming Championship is just a month away!

DEADLINES:

Online entries are preferable and are due by Monday, April 1st at midnight.

Paper Entry Forms & Fees are DUE IN HAND Monday, March 25, 2013, at 5 p.m.

Late paper entries will be accepted after the entry deadline until Monday, April 1st at Noon, and must include a \$25 late fee.

LATE ENTRIES THAT DO NOT INCLUDE THE LATE FEE WILL BE REJECTED.

Tee shirt designs for the Meet, Brute Squad and Sprint Squad shirts will be sent in another email shortly.

Check off Challenge
2013
more info and
registration

[Contact](#)

Annual General COMSA meeting to be held April 6th at the meet.
Theme: Awards
[Meet info](#)
[Registration](#)

DU Masters Clinic -- April 16, 2013 3-5pm

DU Masters 2012-2013 Clinic Schedule:
Attending a stroke clinic is the single most important thing you can do to improve your performance in the water. As we mature as swimmers we need to refresh our minds and muscles of the best swimming technique available. Most of us will not get any stronger or taller so if we are going to swim faster, we have to swim smarter! Attending a clinic where you receive one on one feedback from our staff of qualified and certified coaches on the latest developments in drills and techniques being examined will help you focus on areas of improvement through specific suggestions. We will have video replay of your swimming/diving/turns so you can see what you are doing well and what you can do better. Consider joining us for our remaining clinics.

Sprinters Clinic: Saturday, March 16, 2013 3:00-5:00pm This clinic will cover advanced details associated with measuring your success with the application of specific modifications to each part of your race including the start, turn and finish. Consider bringing a friend who can help record your data and conclusions.

Cost: Please pay cash for the clinic on deck directly to the clinician.
\$30.00 per clinic for non- members \$25.00 per clinic for USMS/DU members

Depending upon your memberships, the cost will be: \$30.00 for non-DU/USMS/COMSA plus \$15.00 to DU for a Day Pass at the CFC front desk \$25.00 for USMS/COMSA Members for clinic plus \$15.00 to DU for a Day Pass \$25.00 for USMS/COMSA/DU Members for clinic, no Day Pass required

Contact Andrew Levassuer
[email](#)

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

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 Lepinskiis 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](#)

Breadbasket Zone Meet April 6, 2013

Breadbasket Zone Meet - 2013
April 6, 2013
Grinnell College Grinnell, Iowa
[Meet info](#)

Colorado Masters Swimming Association is part of the Breadbasket Zone within USMS. Some of the other members of the Breadbasket Zone with websites are: Minnesota, Iowa, Missouri Valley and Ozark Masters. If you are looking for other swimming events, both pool and open water in our zone, check out their websites below.

[Minnesota Masters](#)
[Iowa](#)
[Missouri Valley](#)
[Ozark](#)
[Nebraska Masters](#)

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](#)

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 Sadler 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](#)

