

Mastersplash



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Quick Links

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Upcoming Events

February 8, 2014

March 2014

Please note that there will be a Short and Sweet meet. It is coming up very quickly on Sat. March 8th. Email entries due 11:59pm March 6th. After that, any entries will be considered deck entries. See meet info on the left side bar under upcoming events.

Although the deadline for the State Meet registration is not until March 24th, if you intend to participate in the meet, please help us out and register now. We have some social events in the works for Friday and Saturday. Having an accurate number of participants is helpful in planning the fun! Thanks!

[State Meet info](#)

Happy Swimming!
Heide Crino

Award nominations due March 7, 2014

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 nomination form](#) **Deadline March 7, 2014**

2014 Nash Scholarship -Applications due by March 15

From page written By Jeff Magouirk :

The Nash Scholarship is partially funded by the annual "Nash Splash" Masters swim meet. It is held in honor of Kevin B. Nash. He and Richard Hess organized the Bee Gees Masters swim team. The Bee Gees wear a yellow and black polka-dotted swim suits proudly at master meets around the nation. Kevin picked this eye popping suit so the wears of it would be noticed. Kevin loved life and part of his life was to swim. He made workouts and meets very enjoyable. He

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

March 8 & 9, 2014
Stroke Clinics
DU
Mar. 8 Breaststroke
Mar. 9 Starts
contact Andrew
LeVasseur

March 28-30, 2014
COMSA SC
Championships
Grand Junction
meet info and
registration

**Sundays March 23-
April 27**
Mastering Masters
Mastering Masters
Spring 2014 Flyer

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

passed away in 2007 a week after swimming a very successful Colorado State Short Course Championship meet. Those of us who knew him miss him very much.
This year's funding for the "Nash Scholarship" would not be possible without the generous donation from Kathy Dorza, a friend of Kevin's.

The 2014 Nash Scholarship will accept applications until March 15, 2014. Please send all forms to swimwithfishes@earthlink.net as a MS-Word document. Please put in the subject line, "2014 Nash Scholarship Application"

[Application and Requirement info](#)

Mastering Masters-- Sundays March 23-April 27

Now enrolling Spring 2014 Mastering Masters Classes.

Sundays March 23- April 27th , 2014
11:00 am-12:15pm

Raintree Athletic Club
2555 S. Shields St.
Ft. Collins, CO 80526
970-490-1300

Coach Nick Anziano
[Mastering Masters Spring 2014 Flyer](#)

State Meet

And.. From the Folks In Grand Junction

Thank you too all the folks that have registered for the 2014 State Swim Meet early. We are all in for a fun weekend and look forward to seeing you.

Additional cost savings idea!!

Some of you would like to cut the room costs in half and are looking for someone with whom to share a room. Please email the meet director, Patrick Burke at hcs5234@gmail.com and he will coordinate those conversations with you.

More savings: Two local restaurants (within walking distance from the down town hotels we have reserved) have agree to provide us discounts at their establishments. (see below)

[More Information](#)

Ongoing Events

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



The Grand Junction Visitor & Convention Bureau would like to officially welcome the Colorado Masters Swimming Association to the Grand Valley! During your trip to Grand Junction, stop in the Visitor Center on Horizon Drive to chat with our volunteers and gather more inspiration for your visit. Until then, visit www.VisitGrandJunction.com and order the complimentary Visitor Guide for all of your travel needs. Welcome and good luck to all of the teams!

During your stay, don't miss the *Top 10 Things to See, Do and Taste in the Grand Valley*.

1. Colorado Wine Country – With 21 wineries offering free tasting rooms, open 365 days per year, why not escape to a side of Colorado you may have never seen... or tasted!
2. Colorado National Monument – Red rock canyons make for a dramatic 23-mile Rim Rock drive. Stop in the Visitor Center to meet the rangers and go on easy, short hikes with breathtaking views.
3. Downtown Grand Junction – It's exactly what you want in a historic downtown - quaint shops, Art on the Corner, patio restaurants, local brewery and the world-famous Enstrom's Candies. Don't miss Thursday's Farmers Market.
4. Museums – From Allen Unique Autos (not your typical auto museum!), the Art Center, Museum of Western Colorado, and of course, Dinosaur Journey.
5. Let Loose and Have Fun - Bananas Fun Park, Kidzplex and the Math and Science Center will keep the little ones busy.
6. Golf – Hit the greens on 5 different courses - Tiara Rado, Lincoln Park, Chipeta, Adobe Creek and Redlands Mesa which is ranked in America's 100 Greatest Public Golf Courses.
7. Bike – we offer it all for the cycling enthusiast. Road bike up the Colorado National Monument, trail ride up on the Grand Mesa, mountain bike the Lunch Loops, rent a cruiser to tour Wine Country or leisurely pedal the paved Riverfront Trail. Bring your own bike or rent one at one from a local shop.
8. Raft and SUP – bring out your adventurous side, make a reservation on a mellow float trip, thrilling whitewater trip or try something new on the water – stand up paddle boarding (SUP).
9. Tour Nature – there are many hiking trails to enjoy nature, try bird watching near the river, and don't miss touring the Botanical Gardens or the Suncrest Orchard Alpacas.
10. Visitor Center – no trip to Grand Junction is complete without stopping in the Grand Junction Visitor Center located at 740 Horizon Drive (near I-70 and Taco Bell). Visit with the friendly volunteers who will give you even more creative ideas for your stay in Grand Junction.

Contact

Welcome to Grand Junction, COMSA Swimmers!

Two Deals Within Walking Distance of your Downtown Hotels!!



When you need a burger and a beer, you better get to the Rockslide brewpub in downtown Grand Junction, Colorado. We've got handcrafted brews that keep our loyal local crowd coming back for more, and a menu diverse enough to satisfy vegetarians and comfort food fans!

10% off all Food & Drink

Friday, March 28 -

Sunday, March 30

**Rockslide Restaurant & Brewery
401 Main Street
(2 blocks from downtown hotels)**

**970-245-2111
www.rockslidebrewpub.com**



Offering homemade Irish & American favorites, 14 beers on tap and tons of TVs for sports fans, and a cozy dining room. Great food, great friends, great atmosphere! Come as you are and enjoy some Irish hospitality!

10% off all Food & Drink

Friday, March 28 -

Sunday, March 30

**Naggy McGee's Irish Pub
359 Colorado Avenue
(right behind downtown
Fairfield Inn & Hampton Inn)**

**970-424-5840
www.naggymcgees.com**

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

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. Rates were guaranteed until 2/25, call hotel for current rates.*** 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

Denver Nuggets Swim Night - Fri. March 28, 2014

The Denver Nuggets have organized a Swim Night for swimmers in Colorado. They are offering discounted tickets, a Nuggets branded swim cap, the opportunity to meet Open Water National Champion, Christine Jennings, and an opportunity to watch the Nuggets team warm-up prior to the game from the courtside seats.

SAVE THE DATE & PURCHASE TICKETS TODAY!

When: Friday, March 28, 2013

What: Swim Night at Denver Nuggets Basketball Game - Meet Open Water National Champion, Christine Jennings for photos and autographs and meet other swimmers in your community!

Who: Anyone within your program! Swimmers, parents, staff, friends, etc.

How: Discounted Swim Night Tickets are on sale now and can be purchased through our special link below.

www.nuggwtstix.com/USASwim2014

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

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>

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](#)