

Mastersplash



In This Issue

MARCH 2015

ACC Pool
Closure

March is busy!!! Lots of time sensitive info in this edition. Please note all of the deadlines.

2015 USMS
Speedo One
Hour Postal

As always, up to date Information about meets, events and swim news can be found on the website, Comsa.org,

Award
Nominations

Like us and share photos and posts on Facebook -- Colorado Masters Swimming Association.

Denver Masters
Swim Clinic

Follow us on twitter @COMSASwimming.

Thanks and have fun swimming!!

2015 Nash
Scholarship

Heide Crino
heidecrino@gmail.com

ALTS
Certification

ACC Pool Closure

2015 Colorado
State Meet

SWIMMERS, another pool threatens to close.

Relay Splits and
Top 10
Submissions

Keep Arapahoe Community College's community pool open!

2015 Nationwide
Spring Nationals
Championship

ACC is located in south metro Denver on Santa Fe Drive near C-470. We can't have another pool on the south side of town close. There's nowhere for 500+ swimmers to go. Please click on these links below for the story on how Dr. Doyle, President of ACC, thinks a yoga studio is better use of taxpayer dollars than keeping a community asset open.

2015 Check Off
Challenge

From the Denver Post:

http://www.denverpost.com/Opinion/ci_27449349/Dont-close-Arapahoe-Community-College-pool

Be Our Guest

Register Now

CMS Apparel

<http://blogs.denverpost.com/eletters/2015/02/08/arapahoe-community-colleges-pool-open/36197/>

Local and
National
Swimming Links

If you want more information or would like to help our the effort, please contact Cindy Hughes at cindysuehughs@gmail.com

Whats
Happening at
USMS

2015 USMS Speedo One Hour Postal

Extra Extra Read all about it... **Colorado has officially gone Postal!** A record number of 31 CMS Swimmers participated in the **2015 USMS Speedo One**

Quick Links

[Register Now](#)

[Clubs and
Workout Groups](#)

[More About Us](#)

UPCOMING EVENTS

March 7&8
Denver
Masters Swim
Clinic
contact Andrew
LeVasseur

**March 14,
2015**
Denver
Masters SCY
Intra Squad
Swimming
Meet
Denver
University
meet info and
registration

**March 27-29,
2015**
Colorado
Masters State
Meet
VMAC
Thornton, CO
meet info and
registration

**April 23-26,
2015**
2015
Nationwide
U.S. Masters
Swimming
Spring
National
Championship
San Antonio,
TX
meet info

May 16, 2015

Hour Postal



National Championships! Congratulations to the following swimmers and thank you for challenging yourselves to the first Postal in a series of 5 Annual USMS Postal Championships! Please e-mail nicolevanderpoel@msn.com if you would like your very own "Colorado Goes Postal" Cap. Now that we have officially shown the rest of the Country that we can go Postal, let's not stop with just one stellar performance. There are still 4 Postals left in the USMS National Postal Series. Don't forget, if you complete all 5 Postals, you receive a really cool National Postal Series Patch!

Sara Holman
Mary Holman 28
Sonja Wieck 35
Jessica Vitcenda 37
Fontaine O'Connell 40
Erin Stack 42
Rebecca Friedlander 48
Heather Hagadorn 49
Ellie Najjar 53
Nicole Vanderpoel 50
Debra Butler 51
Jeanne Jones 50
Andrea Meyer 51
Laura Dickinson 54
Mary Morrison 55
Polly Lestikow 61
Karen Zentgraf 73
John Batchelder 33
Matt Jenkins 35
Michael Foster 38
Eric Hatch 40
Michael Maguire 41
Greg Grotke 46
Eduardo Cruz 45

"Be Our Guest"
hosted by DU
9:15 am-11:15
am

ONGOING EVENTS

COMSA
Registration
registration link

2015 Check
Off Challenge
info and
registration

[More Information](#)

[Contact](#)

Frank Sullivan 52
John Castanha 55
Eric Boysen 57
Hugh Duffy 59
Jeffrey Morrison 60
Kenneth Mahrer 66
Steve McDanal 71

The next 2 Postals are the 5K and 10K Long Course National Postal Championships and can be swum between May 15th and September 15th. We don't have our official dates yet, but COMSA will sponsor 2 separate dates on which you can swim both outside at Lowry Pool this summer. Stay tuned and check on the COMSA Website for dates and information.

We are calling upon YOU Colorado Master's Coaches to challenge your swimmers to participate in the Postals! You could actually attend the COMSA sponsored Postals with your swimmers or provide your swimmers the opportunity to participate at your home pool! It doesn't matter where you do the Postal, **JUST DO THEM!!**

Thank you COMSA for your continued support in sponsoring all of the USMS National Postal Championships and to all participants who swim in them.

Nicole Vanderpoel
Long Distance Pool Chair

Lou Parker Coach of the Year and Jack Buchannan Service Award Nominations Due March 6

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 Buchannan Service Award selection is based on contribution to Masters Swimming and COMSA.

Award deadline March 6, 2015

Please submit [nomination form](#) to Brian Hoyt bkhoyt@gmail.com

Denver Masters Swim Clinics March 7 & 8, 2015

March 7, 2015 (Breaststroke)

March 8, 2015 (Starts)

Denver Masters Swim Clinics will include video analysis of your swimming and personal feedback on your technique by James Hansen, Denver Masters Associate Coach, and Visiting Clinician. Time: 3:00-5:00pm

Cost is: \$40.00 for anyone; \$35.00 for registered COMSA or Denver Masters Swimmers

Contact Coach [Andrew LeVasseur](#) to reserve your spot today!

2015 Nash Scholarship Due March 15

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's meet around the nation. Kevin picked this eye popping suit so we would all be noticed. Kevin loved life and part of his life was to swim. He made workouts and meets very

enjoyable. He 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 Marcie, Kevin's wife.

The 2015 Nash Scholarship will **accept application until March 15, 2015.**

Please send all forms to swimwithfishes@earthlink.net in a MS-Word document 2007 format or early version of Word. Please put in the subject line, "2015 Nash Scholarship Application"

[2015 Nash Scholarship.pdf](#)

ATLS Certification Course March 17, 2015

The USMS Education Department has developed an [adult learn to swim \(ALTS\) instructor certification program](#). The curriculum is based on teaching methods practiced by the leading authorities of adult learn to swim programs nationwide. The most innovative and effective training methods are taught to insure the certified instructors have the tools necessary to successfully teach an adult to swim, at a minimum, one length of a 25 yard pool and become safer in the water.



Who should attend? Anyone interested in teaching adults how to swim.

Aquatic facilities that want to offer an adult learn-to-swim program.

[ALTS Instructor Certification FAQ](#)

ALTS Prerequisites: You must be a current USMS member to participate in the course and receive USMS ALTS Instructor certification. You must be able to perform the following 5 water competency skills:

- Step or jump into the water over your head.
- Return to the surface and float or tread water for one minute.
- Turn around in a full circle and find an exit.
- Swim 25 yards to the exit.
- Exit from the water. If in a pool, you must be able to exit without the use of a ladder.

Fees: The cost for certification is \$300 per instructor and includes both classroom and pool instruction and all course materials.

Scholarships: COMSA is offering a \$100 scholarship to the first 10 COMSA members who sign up for this class. The scholarship will be reimbursed upon completing the course and passing the test and will be sent post event.

Instructor: Bill Meier

[click to link on instructor bio and registration information](#)

Location of classroom instruction:

DoubleTree by Hilton Hotel Denver-Thornton

83 East 120th Avenue,

Thornton CO. 80233

[map link to classroom](#)

Location of pool instruction:

Veterans Memorial Aquatics Center

5310 E 136th Ave

Thornton, CO 80241

[Map link to pool](#)

Agenda:

Tuesday, March 17, 2015

Check-In: 8:30-9:00 am

Classroom Instruction: 9:00am to 1:00pm

Lunch: 1:00-2:00pm *

Pool instruction: 2:00 pm - 3:30 pm

* Lunch will be provided by USMS

Online Registration: Online registration only. Registration closes at midnight pacific time on Monday, March 16, 2015 or when the course enrollment reaches 25.

[registration information and link](#)

Questions: Contact Marianne Groenings at mgroenings@usms.org

2015 Colorado State Meet

Veterans Memorial Aquatic Center Thornton, CO

March 27-29, 2015

Paper entries due March 16

Online entries due March 23

Meet tee-shirts





*I HAVE NO **SPEED** LIMIT!*



2015 COMSA SCY CHAMPIONSHIPS
SPRINT SQUAD



PLEASE JOIN COMSA FOR A SOCIAL SATURDAY AFTERNOON!

Come mingle with fellow swimmers Saturday after the meet, as COMSA will be hosting a fun social at 3:00. Tickets are just \$10 and include heavy appetizers, beer and soft drinks. Limited to the first 110 people.

Please sign up with your meet registration

[meet info and registration](#)

Relay Teams, Splits and Top 10 Submissions

Some important things to remember about the State Swim Meet.

For the purpose of Top Ten and Records, we will be following USMS rules for the COMSA State Meet. So as to prevent any confusion that might result from processing the results, as Top Ten Chairperson, I would like you to be aware of the following rules. (Note if you do not have a rule book, it can be found online on the usms.org website at:

http://www.usms.org/rules/?utm_campaign=top_nav&utm_medium=for_volunteers

There are two rules that I want to bring to your attention:

102.9 Relay Teams:

102.9.1 Relay teams shall not compete unattached. In all cases, relay teams must be composed of USMS members of the same club, which is a member of

USMS.

The reason that I am pointing out this exact section, is than in processing Top Ten times from prior meets, I have seen a number of individual swimmers that swim for workout groups that will be competing at the State meet that are not members of the Club under which that workout group exists, and are registered as Unattached. To prevent any issues later when we report on relay times, you need to be aware that all swimmers must be from the same club. As a coach or relay coordinator, you can check this by going to www.comsa.org , under *Joining and Membership click on Cards, Numbers, and Lists*. If you choose the first option, you can look at clubs and workout groups after first choosing Colorado. If you want check on your own membership and do not have your card available, click on replacement cards and follow the prompts to view a copy of your membership card. If you wish to change your club affiliation from Unattached to a club, contact the registrar at CORegistrar@usms.org

The second rule that I want to review is that for requesting split times to be submitted for Top Ten results. Refer to:

105.2 Top Ten Times

There are a number of requirements listed, however, the one that is of utmost importance is that all requests for split times to be considered for Top Ten is the one that states that the requests must be IN WRITING. Two different time frames apply here. For lead off splits on relays and all backstroke events, the split request form must be completed in writing and turned in to the Officials PRIOR TO the race itself. For all split times from individual events with the exception of backstroke, the forms must be completed in writing prior to the close of the meet. All forms will then be forwarded to the Top Ten Chairperson for processing. Information on this and the forms will be available at the meet. [Split request form. pdf](#)

Thank you,
Marcia Anziano

2015 Nationwide Spring National Championship San Antonio, TX April 23-26, 2015

Entries Due March 23

The 2015 U.S. Masters Swimming Spring National Championship will be held April 23-26 at the Northside ISD Aquatic Complex in San Antonio, Texas. This beautiful facility boasts two 10-lane 25-yard competition courses plus up to 30 warm-up lanes.



Online registration will close at midnight Central Daylight Time on March 23. *Please note this is a week before the Colorado State Meet.*

Andrew LeVasseur will be coordinating relays for CMS. Details to follow regarding what and when to communicate with him about your relay information if you choose to participate in relays.

[meet info](#)
[order of events](#)
[National Qualifying Times](#)
[Travel and Hotel Details](#)

2015 Check Off Challenge

THE 2015 USMS
**BIG ORANGE
CHECK-OFF ✓
CHALLENGE**

HOW TO:

#1) Sign up! At USMS.org under Fitness Events.
It's \$25. You get a cap and a t-shirt.

#2) Swim the following events:

- 50, 100, 200 Free • 400/500 Free • 800/1000 Free •
- 1500/1650 Free • 50,100, 200 Back • 50,100, 200 Breast •
- 50,100, 200 Fly • 100, 200, 400 IM • Open Water Swim •

#3) The swims can be done at a meet, in practice, on your own, as a team, however you want to get 'er done before the end of the year!

#4) Check the events off on your t-shirt.
Psych yourself up for that 200 Fly.
Be pumped to try new stuff!

#5) Congratulate yourself when everything is checked off!!!

Be our Guest at DU May 16, 2015

COMSA "Be our Guest" at DU

When: Saturday, May 16, 2015

Time: 9:25am-11:45am

Cost: Free entry to the pool and practice, \$5.00 for breakfast, Santiago's Breakfast Burritos, Fruit, Coffee and Juice. COMSA membership not required, although always recommended.

Register now for 2015 USMS/COMSA

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 \$45 (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.

Find all details about registration here:
<http://www.comsa.org/joining/index.html>

CMS Apparel

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.



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

username: colorado
password: masters

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](http://www.usmastersswimming.org/)