

Mastersplash



In This Issue

Be Our Guest

The Gravel Pond At
Chatfield Is Open

2015 5k and 10k Postal

USMS Spring Nationals

Swimming and Eye
Health

Register Now

CMS Apparel

Local and National
Swimming Links

Whats Happening at
USMS

Quick Links

[Register Now](#)

[Clubs and Workout
Groups](#)

[More About Us](#)

UPCOMING EVENTS

May 16, 2015
"Be Our Guest"
hosted by DU
9:15 am-11:15 am

June 6, 2015

MAY 2015

Congratulations to team CMS for winning first place for Regional Teams at the 2015 USMS Spring Nationals! There were many amazing accomplishments during the meet for our Colorado swimmers. See the details below.

Short course season is wrapped up, long course season begins, and for the open water swimmers, the Gravel Pond at Chatfield is now open!

Hope you all enjoy the transition and venture out and try something new this spring!

As always, for up to date Information about meets, events and swim news, see the website, Comsa.org

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

Follow us on twitter [@COMSASwimming](https://twitter.com/COMSASwimming).

Thanks and have fun swimming!!

Heide Crino
heidecrino@gmail.com

Be Our Guest : Denver Masters May 16, 2015

When: Saturday, May 16, 2015

Time: 9:25am-11:45am

Location: University of Denver El Pomar Natatorium, 2201 East Asbury Avenue, Denver, CO 80210

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.

COMSA "Be Our Guest" scheduled for Saturday, May 16, 2015 at 9:30am during our regularly scheduled Saturday morning practice. Denver Masters will be hosting about 40-60 swimmers from across the metropolitan area for a visiting swimmer practice and breakfast social hour immediately following practice. The cost for this breakfast at this event is just \$5.00. To help plan, please order your \$5.00 breakfast in advance by responding to Andrew LeVasseur at swimmin4fun@msn.com by the 9:00pm deadline on Thursday, May 14, 2015

Denver Masters Coaches Charity, James, Scott, Teri and Andrew will be on

12th Annual Mile High
Masters Long Course
Masters Invitationals
Lowry Swimming Pool
updated meet info and
registration

June 13-14, 2015

Rocky Mountain
Senior Games
Greeley, CO
event info and
registration

July 5 & 26, 2015

USMS Speedo
5&10K ePostal
National
Championship
Lowry Pool
registration email

August 6-9, 2015

2015 Summer
National
Championship
Geneva, Ohio
meet info

ONGOING EVENTS

COMSA
Registration
registration link

2015 Check Off
Challenge
info and registration

2015 Go The
Distance
Enter Go the Distance

[More Information](#)

[Contact](#)

hand to offer coaching advice!

Plan on attending and help us show new swimmers how adult swimming can be a fun and enjoyable experience for all Colorado swimmers.

Free Denver Masters welcome caps and other USMS swag for the first 48 swimmers to arrive on Saturday, May 16, 2015.

Volunteers are being coordinated by Celeste Jacroux. Be sure to let me know if you want to help and I will put you in contact with Celeste.

Thanks for your help in recruiting swimmers of all abilities to participate in this COMSA Social event,

April is USMS Adult Learn to Swim Month. Support USMS goals of increased membership and the Swimming Saves Lives initiative by supporting this event through your swimmers attendance and participation.

Best to you,
Coach Andrew
Denver Masters

The Gravel Pond at Chatfield is now open!

Open Water Swimming at Chatfield State Park in the Gravel Pond

Saturday 7:30 am to 10:00 am
Monday and Wednesday 4:30 pm to 7:00 pm
May 2 - September 30

Contact: the openwater chair
email: shelleswims@gmail.com

Swimming at the Gravel Pond at Chatfield State Park, begins on the far west side of the pond, on the north end.

Water temps May - low to mid 50s
June - low to mid 60s
July - low to mid 70s
August - mid 70s to high 60s
September - high 60s to high 50s

Approximate length 900 meters from westside, north end to eastside south end cove.

Approximate length to gravel bar 250 meters from the westside, north end. If you sign up for USMS less than 48 hours in advance of when you plan to swim at the pond, or if you are a member outside of the Colorado LMSC (COMSA), you must print a copy of your USMS card and bring it with you to check-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.

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.

Thank you to those who have already signed up !

Read more about the SPECIAL ACTIVITIES AGREEMENT CONDITIONS for swimming in the gravel pond on the

[open water page of comsa.org](http://open_water_page_of_comsa.org)

2015 USMS Speedo 5K & 10K ePostal National Championship July 5th and 26th, 2015

Spring is finally upon us! That means outdoor pools are opening soon and our beautiful Colorado Lakes and Reservoirs are preparing for Open water swimming! It is also time once again to challenge yourselves by participating in the **2015 USMS Speedo 5K and 10K ePostal National Championships**, hosted this year by the Central Oregon Masters Aquatics. The object is to swim a 5K or 10K in a 50 meter pool between May 15th and September 15th, then submit your entries and splits online and see how you compare with the rest of the country! Whether you swim either or both for competition, fitness or for some form of "fun", you will feel ever so accomplished once you are done!

COMSA is sponsoring 2 opportunities to participate as a group at the beautiful outdoor 50 meter pool at Lowry this summer on **Sunday, July 5th and Sunday, July 26th from 7 am to 10 am**. All you need to do is e-mail nicolevanderpoel@msn.com with the dates and distance you would like to swim.

You will need to bring a counter/verifier person with you as well. Clip boards, pencils, split sheets, extra stop watches and encouragement will be provided. Almost forgot, you will also receive a collector's item..COLORADO GOES POSTAL CAP!!

We are super fortunate to have COMSA support us in fulfilling our long distance swimming goals by sponsoring these events every year! There is no cost to you other than the \$12 entry fee once you submit your splits to the host team online. Don't forget to list CMS as your team!

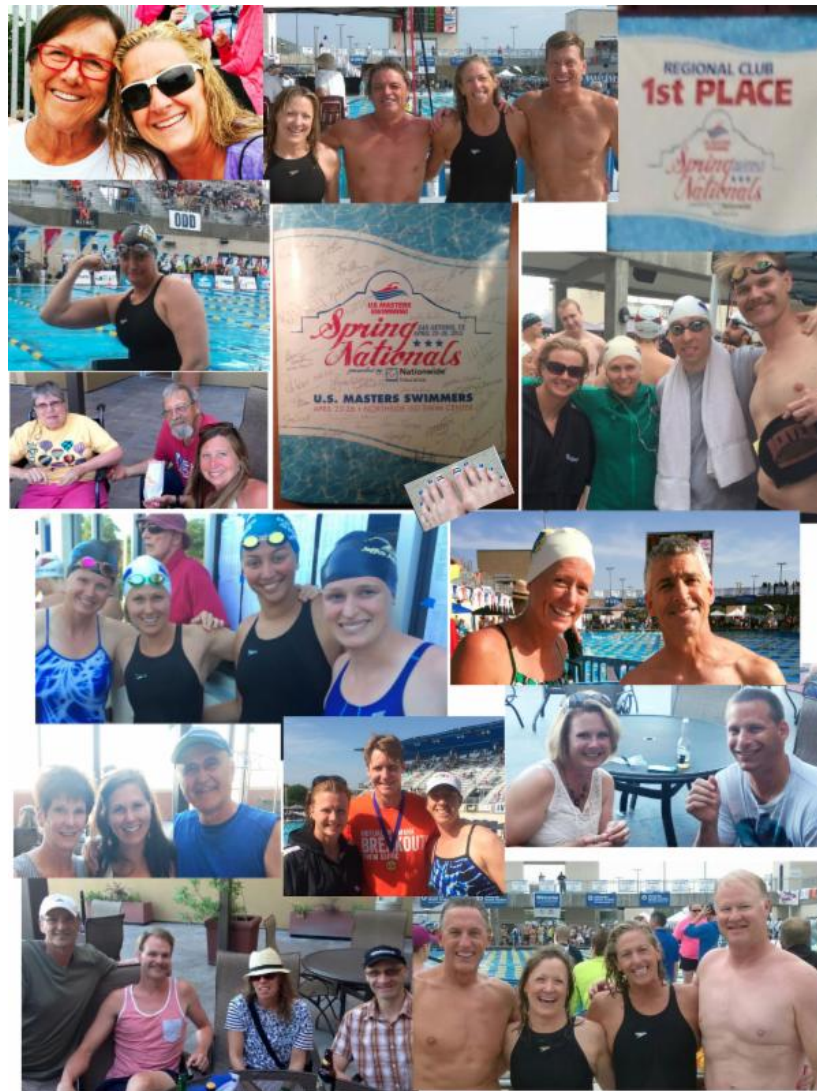
We had a record number of participants in the 2015 One Hour Postal. I challenge each of you One Hour Postal Swimmers to continue the USMS Speedo ePostal National Championship Series and participate in the 5K & 10K! In addition, Masters Coaches, please announce these Postals to your swimmers and encourage them to participate as well! We have so many amazing distance swimmers that we need to show the rest of the Country how Colorado Goes Postal!

E-mail nicolevanderpoel@msn.com to reserve your dates!
Happy Training! Nicole Vanderpoel, Long Distance Pool Chair

USMS Spring Nationals

2015 SPRING NATIONALS





How many Colorado swimmers went to the meet?
 75 swimmers were registered with CMS (Colorado Masters Swimming) of 1,888 swimmers entered in the meet. Andrew LeVasseur of Denver Masters served as CMS Lead Coach.

What was our team placing?
 We received First in regional team competition. There were 22 teams competing in this division. CMS had 64 members contribute to individual points in 234 events entered and scored 1,856 points.

MEN NATIONAL CHAMPIONS

- Rich Abrahams, 70 - 6x
- Mehdi Addadi, 37
- Alon Mandel, 26 - 5x
- Michael Mann, 60 - 2x
- Chris O'Sullivan, 40
- Craig Petersen, 55 - 3x
- Greg Scott, 55 - 3x
- David Smith, 27 - 2x
- Reuben Trinidad, 35

WOMEN NATIONAL CHAMPIONS

- Marcia Anziano, 70
- Lindsey Linke, 34
- Janet Sachs, 78
- Collette Sappey, 50 - 4x

RELAY NATIONAL CHAMPIONS

Men 35+ 200 Medley Relay
O'Sullivan - Trinidad - Addadi - Eisenhuth
Men 55+ 200 Medley Relay
Petersen - Scott - Bank - Mann
Women 45+ 200 Medley Relay
Seavall - Campbell - Sappey - Garnier
Mixed 55+ 200 Freestyle Relay
Mann - Rosener - Cotton - Bank
Men 35+ 200 Freestyle Relay
O'Sullivan - Trinidad - Addadi - Eisenhuth
Men 55+ 200 Freestyle Relay
Orten - Scott - Mann - Bank
Women 45+ 200 Freestyle Relay
Garnier - Nelson - Seavall - Sappey

NATIONAL RECORDS

Richard Abrahams, 70 (70-74)
100 Freestyle
50 Butterfly
100 Butterfly

Mike Mann, 60 (60-64)
1000 Freestyle

MEN TEAM SCORES

Colorado Masters 1028
Arizona Masters 730.5
Puget Sound Masters 601

WOMEN TEAM SCORES

Puget Sound Masters 812.5
Colorado Masters 712
Wisconsin Masters 393

COMBINED TEAM SCORES

Colorado Masters 1856
Puget Sound Masters 1595.5
Arizona Masters 1116.5

CMS Medal Count

GOLD = 38
SILVER = 30
BRONZE = 37

How many individual and relay gold, silver and bronze medalist did we have?

Gold - 31 ind, 7 relay

Richard Abrahams, m70-74: 100 fly
Richard Abrahams, m70-74: 200 free
Richard Abrahams, m70-74: 100 IM
Richard Abrahams, m70-74: 50 free
Richard Abrahams, m70-74: 50 fly
Richard Abrahams, m70-74: 100 free

Mehdi Addadi, m35-39: 50 back

Marcia Anziano, w70-74: 1650 free

Lyndsey Linke, w30-34: 200 IM

Michael Mann, m60-64: 1000 free
Michael Mann, m60-64: 400 IM
Michael Mann, m60-64: 500 free

Alon Mandel, m25-29: 100 fly
Alon Mandel, m25-29: 100 back
Alon Mandel, m25-29: 100 IM
Alon Mandel, m25-29: 50 fly
Alon Mandel, m25-29: 50 back

Chris O'Sullivan, m40-44: 50 back

Craig Petersen, m55-59: 1000 free
Craig Petersen, m55-59: 500 free
Craig Petersen, m55-59: 200 back

Janet Sachs, w75-79: 50 back

Collette Sappey, w50-54: 100 back
Collette Sappey, w50-54: 50 free
Collette Sappey, w50-54: 100 free

Greg Scott, m55-59: 200 free
Greg Scott, m55-59: 100 breast
Greg Scott, m55-59: 200 breast

David Smith, m25-29: 1650 free
David Smith, m25-29: 1000 free

Reuben Trinidad, m35-39: 200 breast

m35+ medley relay
m55+ medley relay
w45+ medley relay
mixed 55+ free relay
m35+ free relay
m55+ free relay
w45+ free relay

Silver - 27 ind, 3 relay

Mehdi Addadi, m35-39: 100 back

Marcia Anziano, w70-74: 500 free

Holden Bank, m55-59: 50 breast

Holden Bank, m55-59: 100 IM
Holden Bank, m55-59: 50 free

John Batchelder, m30-34: 1650 free

Suzy Cotton Tatnall, w55-59: 200 free

Kevin Doherty, m40-44: 1000 free
Kevin Doherty, m40-44: 400 IM

Rebecca Friedlander, w45-49: 200 fly

Alon Mandel, m25-29: 50 free

Michael Mann, m60-64: 200 free
Michael Mann, m60-64: 100 breast
Michael Mann, m60-64: 200 IM

Chris O'Sullivan, m40-44: 100 fly
Chris O'Sullivan, m40-44: 50 fly

Bob Patten, m80-84: 50 breast

Craig Petersen, m55-59: 200 free

Janet Sachs, w75-79: 100 back

Janet Sachs, w75-79: 50 free

Greg Scott, m55-59: 400 IM

Greg Scott, m55-59: 200 IM

Melissa Sundberg, w18-24: 100 back

Melissa Sundberg, w18-24: 50 back

Reuben Trinidad, m35-39: 100 breast

Louise Wise, w70-74: 1650 free

Louise Wise, w70-74: 1000 free

mixed 35+ free relay

m65+ free relay

mixed 55+ medley relay

Bronze - 35 ind, 2 relay

Holden Bank, m55-59: 100 breast

Holden Bank, m55-59: 100 free

Ellen Campbell, w50-54: 50 breast

Suzy Cotton Tatnall, w55-59: 200 back

Suzy Cotton Tatnall, w55-59: 50 back

Suzy Cotton Tatnall, w55-59: 100 free

Kevin Doherty, m40-44: 200 breast

Kevin Doherty, m40-44: 200 IM

Matthew Eisenhuth, m40-44: 100 IM

Matthew Eisenhuth, m40-44: 50 free

Rebecca Friedlander, w45-49: 1650 free

Robert Garland, m45-49: 1000 free

Robert Garland, m45-49: 200 free

Ignacio Jimenez, m45-49: 200 breast

Ryan Jones, m35-39: 1000 free

Judith Laney, w60-64: 1650 free

Judith Laney, w60-64: 1000 free

Lyndsey Linke, w30-34: 100 IM

Ellie Najjar, w50-54: 1650 free

Chris O'Sullivan, m40-44: 100 back

Bob Patten, m80-84: 200 breast

Craig Petersen, m55-59: 400 IM

Craig Petersen, m55-59: 200 IM

Jodi Quinnell, w30-34: 400 IM

Jodi Quinnell, w30-34: 200 back

Janet Sachs, w75-79: 50 fly

Collette Sappey, w50-54: 50 fly

Kelly Seavall, w45-49: 200 free
Kelly Seavall, w45-49: 100 IM
Kelly Seavall, w45-49: 100 free

David Smith, m25-29: 500 free

Melissa Sundberg, w18-24: 200 back

Reuben Trinidad, m35-39: 50 breast

Louise Wise, w70-74: 500 free

Karen Zentgraf, w70-74: 1000 free

w18+ medley relay

w65+ free relay

Congratulations Swimmers!

Submitted by Andrew LeVasseur

Swimming and Eye Health from USMS.org

Swimming and Eye Health

Answers to several common eye-related health questions

Shlomit Schaal | March 4, 2015

by Shlomit Schaal, MD, PhD, with Yam Schaal and Shivani Reddy, MD

We all know the feeling of getting out of the pool, physically sore yet pleasantly rejuvenated. But another perception many swimmers have immediately after practice is a stinging and burning sensation in and around their eyes. In fact, eye irritation, or "swimmer's eye" as some call it, is one of the most commonly reported complaints from avid swimmers. So how exactly does swimming affect your eyes and what can you do to prevent swimmer's eye?

Pool Chemicals and Your Eyes

The external surface of the eye is coated with a chemically complex thin tear film. This tear film is composed of multiple layers (water, protein, and lipid) that perfectly interact with each other not only to keep your eye lubricated, but also to keep your tear film from evaporating too quickly. Chemicals in pools, such as chlorine and saline, are used as disinfecting measures and can wreak havoc on the tear film, causing water from the film to evaporate, leaving the surface of your eye unlubricated and exposed to other chemicals and bacteria in the pool. Also, chlorine by itself can be a major irritant to the eye, resulting in a condition known as chemical conjunctivitis, an inflammatory condition that causes redness, irritation, itching, and tearing in the eye.

The best way to protect your eyes from harmful pool chemicals is to minimize exposure to them. Wearing goggles can offer good protection. Rinsing your eyes with fresh water while showering after a swim is a good way to get rid of chlorine deposited around the lids and lashes. For sensitive eyes, over-the-counter lubricating eye drops may restore the composition of a healthy tear film and provide immediate symptom relief.

[read more of the article including:](#)

Swimming and Dry Eye
Contact Lenses in the Pool
Swimming After Eye Surgery
Swimming and Chronic Eye Diseases

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/lgstears/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/)