

# Mastersplash



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## Quick Links

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## Upcoming Events

**October 5, 26,  
November 30,  
January 11**  
Stroke Clinics  
contact Andrew  
LeVasseur

## OCTOBER 2013

Greetings!,

Chatfield is closed now. Thank you to all who volunteered to help, which allowed so many to enjoy swimming in the pond!

A few COMSA members attended the USMS convention (as part of the US Aquatic Sports Convention ) held yearly in the fall. Some highlights from the convention are listed in an article below.

Two innovative meets/events are listed below; The 400 Kick for Time and the Butterfly is not a Crime events. Challenge yourselves in a different way as part of a workout or as a group just for fun. Send pictures if you participate in either event!!

Pool events (meets) are starting this month. Check for entry deadlines, as some are quickly approaching!  
Have a spooktacular October!

Heide Crino

Photo from Chatfield Gravel Pond

**October 13, 2013**

FAST Pumpkin Plunge  
EPIC Pool  
Ft. Collins, Co  
meet info and  
registration  
**\*\*ENTRIES DUE .IN  
HAND OCT 9\*\***

**October 15 -  
November 19, 2013**

Mastering Masters  
flyer

**November 9, 2013**

7th annual Nash Splash  
VMAC Pool  
Thornton, CO  
meet info and  
registration

**November 16, 2013**

Buff Invitational event  
VMAC Pool  
Thornton, Co  
meet info  
entry form

**December 14,  
2013**

2013 Denver Athletic  
Club Masters SCM Meet  
The Denver Athletic  
Club  
meet info/registration  
coming soon



Suzanne Olzak, Melissa Nolte and Jenny Guillot

**USMS Convention**

[More Information](#)

**Ongoing Events**

Go the  
Distance 2013  
more info

**Check off Challenge  
2013**

more info and  
registration

[Contact](#)

United States Masters Swimming hosts a convention and meetings of the House of Delegates in the fall of each year. During the convention, the yearly budgets are approved, elections of officers may take place, organizational rules and bylaws may be amended, and the general direction of the organization is set for the coming year. The USMS Convention is held as part of the annual US Aquatic Sports convention, together with USA Swimming, USA Diving, USA Synchronized Swimming, and USA Water Polo. This year 8 members of COMSA attended the convention.



Pat Burke and  
Peggy Buchanan

Some decisions included:  
USMS is committed to continuing open water events. Insurance coverage, for people and events, is being discussed presently.

**BREADBASKET ZONE** (COMSA is a part of)  
Breadbasket Zone Pool Championship:  
Mesa State University Pool  
Grand Junction, CO March 28-30, 2014

Breadbasket Zone Open Water Championship:  
Lake Minnetonka. Minnesota  
1st week in September 2014

1 mile and 2 mile events.

Open Water National event discussed:  
Lake Minnetonka 5 and 10 mile event \*\*\*\*\*Date to be determined.

Newly appointed Zone chair Lori Payne

### **CHAMPIONSHIPS**

2015 Nationwide USMS Spring National Championships  
April 23-26, 2015  
Northside ISD Swim Center San Antonio, TX

2015 USMS Summer National Championships  
SPIRE Institute  
Geneva, Ohio

[for more convention information and minutes](#)

## **Mastering Masters**

Now Enrolling for Fall 2013  
Mastering Masters Class

...please join us for the Fall 2013 Mastering Masters Class!  
This course is designed for fitness, lap and tri-athlete swimmers that want to learn the nuances of a Masters workout so they can feel comfortable 'before' they join a Masters workout group. Swimmers will attend six-weeks of class and pool instruction and graduate with the confidence and class skills to join any USMS masters program.  
Classes fill up fast so don't get left out! Sign up today!  
Learn the many advantages of swimming in a group atmosphere with others that share your same interests.  
Make the commitment to swim better in 2013!

**Tuesdays October 15 - November 19, 2013**  
**7:00 - 8:15 PM**  
**Registration ends October 10, 2013**

Thornton Recreation Center  
11151 Colorado Blvd Thornton, CO 80233  
(303) 255-7800

Coach: Carol Craft  
Cost: \$70 COMSA Members  
\$85 Non COMSA Members

For more information please visit us at:  
[www.comsa.org/masteringmasters/index.html](http://www.comsa.org/masteringmasters/index.html)

Mastering Masters is an: "Introductory Course Developed to Provide Confidence, Understanding and Class Skills for Swimmers to become Masters Swimmers."

[view flyer](#)

**Fantasy Camp November 8-10, 2013**



**November 8-10, 2013**  
**U.S. Olympic Training Center**  
**Colorado Springs, CO**

**Sign up today!**  
Registration closes September 30th

**Adult Swimmers & Triathletes:**

Learn from the best! Join **three-time Olympic coach David Marsh** along with special guests, Olympic gold medalists **Janet Evans, Ricky Berens, Garrett Weber-Gale, Rowdy Gaines & Mel Stewart** at the iconic U.S. Olympic Training Center in Colorado Springs, CO!



**Participants will spend a weekend on the campus of the Olympic Training Center:**

- Live, eat and train like a National Team Athlete!
- Swim in a state-of-the-art facility with underwater filming analysis
- Improve your technique with tips and drills from special guest Olympic gold medalists
- Learn proper nutrition from Olympic gold medalist & AthleticFoodie, Garrett Weber-Gale
- Bring home an amazing swag bag including an Arena Powerskin R-EVO+ swim suit
- ... and more!

Space is limited, contact Valerie Oswald at [voswald@usaswimming.org](mailto:voswald@usaswimming.org) or 719.866.3583 to register today!



[www.usaswimmingfoundation.org/fantasycamp](http://www.usaswimmingfoundation.org/fantasycamp)

The USA Swimming Foundation is hosting its first annual Fantasy Camp for triathletes and masters swimmers here at the Olympic Training Center in Colorado Springs, CO November 8-10. Proceeds from the Fantasy Camp benefit our Foundation and our learn-to-swim initiative, Make a Splash. The camp features a long weekend stay at the Olympic Training Center where participants will eat, train and live like a national Team athlete - a once in a life-time experience! The camp is coached by Olympic coach David Marsh and features Olympic gold medalists Janet Evans, Ricky Berens, Rowdy Gaines, Mel Stewart and Garrett Weber-Gale. More details about the camp are listed in the attached sample itinerary.

[Sample Itinerary Fantasy Camp](#)

We think this Camp will be a great fit for Colorado Masters Swimming! We have partnered with US Masters Swimming and are offering 10% off registration for any USMS member as this is an official USMS sanctioned event. Swimswam.com just did a great article on the event <http://swimswam.com/usa-swimming-foundation-fantasy-camp-now-a-u-s-masters-swimming-sanctioned-event/>

Here is our website with more information about the camp [www.usaswimming.org/fantasycamp](http://www.usaswimming.org/fantasycamp)

Registration for the camp has been extended to October 7th so we are quickly approaching the deadline and want to make sure everyone locally has the opportunity to learn about the this amazing opportunity!

If you have any questions or need any more for information, you can reach me at 719.866.3583 or through this email at

[voswald@usaswimming.org](mailto:voswald@usaswimming.org).

As an added bonus, \$1500 of the fee is tax-deductible as proceeds benefit the USA Swimming Foundation (501(c)3).

Valerie L. Oswald  
USA Swimming  
1 Olympic Plaza  
Colorado Springs, CO 80919  
719.866.3583

## 400 Kick for Time

Coaches and swimmers: Why not challenge yourselves or your team to a :

# 400 KICK FOR TIME

December 1-31, 2013

USMS Sanction #383-S019

### Why the 400 Kick for Time?

Really, does anyone kick enough? It's a chance for good kickers to finally get some recognition and respect. And the challenged kickers really NEED to do this. Coaches will love it too. Even the shirt is great! Complete list of imaginary sponsors on the back, not shown.



### Rules:

1. Must use a kick board.
2. No "stroking" into the wall.
3. No flip turns.
4. You may do the 400KFT in any 25 yard pool.
5. Must be completed between Dec1, 2013 and Dec 31, 2013
6. Entry must be submitted online or received by mail by January 17, 2014
7. Swimmers who change age groups during the event may enter and pay twice, once in each age group.
8. One watch per swimmer.
9. No fins allowed.
10. Two kickers per lane max. no circle swimming.

### AWARDS:

Unique and fabulous 400KFT Awards for the first three finishers in each age group.

### FEES:

Entry fee \$ 10.00  
Event T-Shirt \$ 20.00 including shipping  
(two color screen, white short sleeve 100% cotton)

### ONLINE ENTRIES:

Register online at Club Assistant by searching for the "400Kick for Time" under events.

<http://www.clubassistant.com/meets.cfm>

## PAPER ENTRIES

Request a paper entry form by sending a SASE to Marcia Benjamin, 769 Rodney Dr. , San Leandro, CA 94577-3826. Checks are payable to MEMO Swim Team.

## RESULTS:

Complete Results will be available by mail or online. Preliminary results will be posted on the PACMasters website at [www.pacificmasters.org](http://www.pacificmasters.org) by January 22,2014, for two weeks. All corrections must be sent to the event director during those two weeks. Final results will be posted approximately one week later.

## LAST YEARS OVERALL WINNERS:

Women: Arlyn Upshaw, 18 (UNAT) 5:17.35  
Men: Chris Stevenson, 48 (VMST) 4:52.16

[swimmingismylife.marcia@gmail.com](mailto:swimmingismylife.marcia@gmail.com)

## Butterfly Is Not a Crime - Postal Event

October 15, 2013 - August 31, 2014

2013-2-14 Butterfly is Not a Crime™ Postal Swim  
Oct 15, 2013- Aug 31 2014

Distance is relative, to some 500 yards is a sprint, to others an eternity. Why do freestylers have all the fun?

Host: Warrenton Masters Swim Team, Warrenton, VA Meet Director: Charlie Tupitza

**Objective:** To promote health, wellness, fitness and competition for adults through swimming.

**Goal:** Promote alternative stroke swims of butterfly, backstroke and breaststroke for distance events. Encourage swimmers to have fun and participate in unique events that challenge them to do something they thought they couldn't.

**Location:** This is a postal event. A venue is not provided. Pool Events may be swum in any 25-yard, or 25m short course pool during a swim meet, practice, or on your own with someone on the deck. See Rules below for more requirements. Open water swims must only be swum in separately sanctioned USMS or FINA events for your safety and recognized in this postal event.

## Events:

### Sprints:

500 yard Butterfly	400m SC Butterfly
500 yard Back	400m SC Back
500 yard Breast	400m SC Breast

### Mid Distance:

1000 yards Butterfly	800m SC Butterfly
1000 yards Back	800m SC Back
1000 yards Breast	800m SC Breast

### Distance:

1650 yards Butterfly	1500m SC Butterfly
1650 yards Back	1500m SC Back
1650 yards Breast	1500m SC Breast

### Open Water:

1-mile open water Butterfly	2-mile open water Butterfly
800 m Butterfly	1500 meters Butterfly
	3K Butterfly
	5K Butterfly

### Individual Medley:

1500 Yards no-crawl IM  
Swim in the order you want!

1500m SC no-crawl IM

**Sprint Relays:**

3x 500yd Butterfly Mixed

3 x 500yd Back Mixed

3x 500yd Breast Mixed

3 x 500m SC Butterfly

3 x 500m SC Back Mixed

3x

400m SC Breast Mixed

3 x 500yd No-Crawl Medley Mixed  
Mixed

3 x 400m SC No-Crawl Medley

Swim strokes in the order you want for medley relays!

[meet website http://swimflyfast.com/](http://swimflyfast.com/)

### Planning Ahead:

COMSA state 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](#)

