

Mastersplash



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OCTOBER 2015

The COMSA community mourns the passing of a friend and fellow swimmer, Janet Sachs. Thank you Erin for a lovely remembrance.

Entries for The Pumpkin Plunge being held on October 10th are due in by *Wednesday*. Deck entries accepted, although no new heats will be added. See the sidebar for registration link.

Janet Sachs: A Rembrance by Erin Framke

On the morning of September 16, I learned that we had lost my friend and fellow Colorado Masters swimmer, Janet Sachs. I first met Janet through her daughter, Ellie Najjar, also a Colorado Masters swimmer. Janet and I were both members of the Colorado contingent at Masters Nationals in Omaha in 2012, in Indianapolis in 2013, and in Santa Clara in 2014.

But it wasn't until this past April when we both traveled to San Antonio for Masters Nationals that I felt like I really got to know Janet.

We spent some time together over the weekend in San Antonio, but by Sunday, we were two of the few remaining Colorado swimmers. Janet asked me for my event information and she was at the end of my lane cheering for me for each of my events that day. I so appreciated her support as I had struggled at the meet. But Janet remained upbeat and positive. I couldn't believe how much energy she had for a woman in her 70s. She competed in six events over the course of the meet, placing top five in all of them, and she was the National Champion in her age group for the 50 backstroke.

After the meet ended, we went to the airport together. We had some time before our planes left so we went to a restaurant and she treated me to a celebratory cocktail. We chatted about life and enjoyed each other's company.



Janet Sachs and daughter Ellie Najjar

UPCOMING EVENTS

Oct. 10, 2015
FAST
Pumpkin
Plunge SCY
Open
Fort Collins
registration

Oct 24, 2015
CU Buff
Invitational
(Recognized
meet)
CU Rec Center
Pool
registration

October 25, 2015
(Backstroke)
November 8, 2015
(Breaststroke)
Denver Masters
Swim Clinic
3-5pm
\$40
register here

Nov 14, 2015
9th Annual
"Nash Splash"
Memorial Meet
(Sanctioned
meet)
VMAC
meet info

SAVE THE DATE
April 1-3, 2016
COMSA SCY
Championships
VMAC
Thornton, Co

ONGOING EVENTS

COMSA
Registration
registration link

There hadn't been any prices on the menu and the cocktails ended up being ridiculously expensive. I offered to give her money to help pay for mine, but she refused.

She was on her way to San Francisco to help take care of her new baby granddaughter, but I promised to take her out to the Ritz for a "real" cocktail when she returned to Colorado. Sadly, we never got that chance.

Janet fell ill in July and she was diagnosed with pancreatic cancer. She never recovered. I saw her about

two weeks ago at Denver Hospice. We talked about swimming and she asked me why I didn't go to long course nationals. I told her maybe next year. She said she didn't think she would be going to any more swim meets, but she joked that she would be watching me swim "from above or down below."

Janet was an inspiration to me. In the past few years, she set Colorado Masters records in the 75-79 age group in the 50 free and 50 back (short course yards) and in the 50 back (long course meters). She lived her life to the fullest and I can only hope that I can follow in her example. I will miss spending time with her both on and off the pool deck.

2015 Nash Splash Scholarship recipients: Autumn Sands and Ben Sappey

Thank you for your continued support with the Nash Splash Meet!

The 2015 Nash Splash scholarship recipients were Autumn Sands and Ben Sappey.

The funds for the 2015 scholarship were from the proceeds of the 2014 Nash Splash meet and from Marcia Jordan, Kevin Nash widow.

The 9th annual Nash Splash will be held on November 14th
[meet info and registration](#)

SCY National Records

From the records Chair of COMSA
The SCY records are now official!
3 CMS relays did break national records:

Men 55+ 800 and 400 y Freestyle relays as well as the 400y Medley relay.
The relay members were the same: Craig Petersen, Greg Scott, Michael Mann, and Kirk Anderson. These national relay records are now added to the 28 other Colorado and Rocky Mountain masters relay records set in the past.

Also, Richard Abrahams (70) did set 3 national records: 50 and 100 y Butterfly and the 100 y Free. His 200 y Free time submission was bettered by another swimmer. His 3 new national records are now added to the 69 other national records he has set in the past.

Congratulations!!

2016 COMSA Short Course Championships April 1-3, 2016 Join the Fun!

April 1-3, 2016
2016 COMSA Masters Short Course Championships
VMAC (Veterans Memorial Aquatic Center)
Thornton

If you are interested in volunteering/assisting with this meet, please contact
[Stacy Broncucia](#)

Specific areas of need are:
Coordinator for timers on Friday

2015 Check
Off Challenge
info and
registration

2015 Go The
Distance
Enter Go the
Distance

[More Information](#)

[Contact](#)

State social
Food for officials.
Check in and T-shirt hand out.

Thank you!

The Gravel Pond at Chatfield

Thank you for all of the help through the summer season at Chatfield. It takes a lot of volunteers to keep the pond open for COMSA members. Thank you again to those of you who helped out this summer!!

Shelle Freund
Open Water Chair

Work out group leaders/coaches please update your information with the USMS data base.

A note from the USMS Membership Director:

We receive many calls at the USMS national office asking, "Where can I find a Masters team to swim with?"

We always direct the caller to go to the USMS Places to Swim page on usms.org, enter their zip code, and search for a program.

It is important that our clubs keep their listings as up-to-date as possible.

Listings are not automatically updated when a club registers with us because the listings are geo-coded by pool location.

I am writing to ask you to check your listings and update them if necessary.

Here's how to do that:

- Go to: <http://www.usms.org/placswim/>
- Enter your zip code and a mileage radius
- Click the "Go!" button
- Scroll down below the Google map and find your club's listings
- If your listing needs to be updated, click the "Modify this listing" link within the listing
- If you don't see a listing for your club or pool, add one by scrolling back up to the Google map and clicking the "Add a new listing" link just below the map.

Thank you for helping us keep these listings accurate. Doing so helps us direct prospective members to your program!

Anna Lea Matysek
USMS Membership Director

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](#)