

Mastersplash



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SAVE THE DATES:

October 10, 2013
FAST Pumpkin Plunge
EPIC Pool
Ft. Collins, Co

November 9, 2013
Nash Splash
VMAC Pool

SEPTEMBER 2013

Greetings!
Preparations for the short course season are being made. Details for the meets will be provided as they become available. In the mean time, enjoy the beautiful Colorado fall weather and keep on swimming!
Heide Crino

Summer Nationals Mission Viejo, Ca



Suzy T. Summer Nationals 2013

Thanks Suzy Tatnall and all Colorado swimmers for representing CMS so well at Summer Nationals in Mission Viejo!!!

A New Venue For the 2014 State Meet : Colorado Mesa University Grand Junction, CO

Thornton, CO

[More Information](#)

Ongoing Events

Go the
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Check off Challenge
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more info and
registration



Colorado Mesa University Pool

[Contact](#)

A New Venue for 2014 State Meet

The COMSA Board recently voted in favor of variety for its members by selecting Colorado Mesa University as the site of the 2014 Short Course Colorado State Meet. Although there were some good reasons posed for continuing to hold the meet on the front range, the reasons to move the meet to Grand Junction next year carried the day.

Some members of your board observed that when they traveled to the national meets they created deeper, more long-lasting friendships both with existing teammates and across team. Obviously when a bunch of gregarious, endorphin-enhanced swimmers have more time outside of the meets to get to know one another, they create new relationships. The COMSA board wanted to create such an environment for our fellow members and with the assistance of the GJ Chamber of Commerce, will develop an appropriate set of activities for us all to meet.

In reviewing the history of the State Meet, we learned that there had never been a State Meet held on the Western slope. A sense of fairness motivated us to hold next years meet closer to a growing population of western slope swimmers.

As many of you know, CMU has recently completed the construction of a world class swimming facility. Also, the current president of CMU, Timothy Foster, is a Masters Swimmer himself and made it a priority to build a great natatorium. Tim and Barbara Bowman of Grand Junction's Visitor and Convention Bureau have shown their interest in making the 2014 meet a huge success, which you all will see when the State Meet Agenda is finalized!

Some of the board will be traveling to GJ next month to do site evaluations and secure group rates for our membership. Also, we selected the weekend of March 28th-30th because it is the weekend that falls at either the end of the beginning of most of the front range school districts so that families might wish to use this trip for a vacation.

We understand this is an added expense for the front range participants and we will do everything we can to provide the best value for accommodations, travel and activities that we can.

**This is the first installment in a series of articles, written by COMSA Board Member Pat Burke, that will be presented with information

about the area, transportation, and lodging options as well as events surrounding the 2014 State Meet.

Chatfield Gravel Pond

One more month to enjoy the Gravel Pond!!

Saturday 7:30 am to 10:00 am
Monday and Wednesday 4:30 pm to 7:00 pm
May 1 - September 30

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

Water temps
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.

[more info](#)
[waiver](#)

We will again be asking that everyone who swims at the pond volunteer a half session (1.25 hours) to help with the monitoring of the swimmers. Be watching for the emails from SignUp Genius asking for your help with this task.

[sign up here](#)

In addition, COMSA is in need of an Open Water Chair (or co-chairs) who will, among other things, coordinate the scheduling of the monitors. We had over 900 members participate last season at Chatfield, and each year this number increases. However, to keep this a successful activity, volunteer help is needed. If you are willing to coordinate monitors for one month of the five that we are open, maybe four others would also be interested. If you are willing to help with this, contact the COMSA chairperson, Brian Hoyt, (bkhoyt@gmail.com) , or Marcia Anziano, the registrar (Marcia.anziano@gmail.com) for more information and let them know that you are willing to help out. Please help COMSA make this another great summer at the pond.

Open Water

Open Water Swimming
Grant Ranch, Littleton
[info](#)

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/>

Go The Distance 2013

"Go the Distance in 2013

Nike GTD is a self-directed program intended to encourage Masters swimmers to regularly exercise and track their progress. There's no time limit for the distance milestones, except that they must be achieved in the calendar year. Speed doesn't count-just the effort to attain whatever goal you set for yourself.



Nike GTD is on the honor system-you track the distance you swim. Daily, weekly, or monthly, enter that information into your online Fitness Log (FLOG). When you achieve certain milestones, you'll be recognized on the U.S. Masters Swimming website and receive special prizes from Nike Swim, our title sponsor for the event." USMS website

[more info and registration](#)

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](#)

