

**COMSA**  
**Workout Group Rep Meeting -Minutes**  
**January 5, 2008**

**Those in attendance:**

Heather Hagadorn (Chair), Susan Nolte (Treasurer), Kathy Garnier (Secretary), Marcia Anziano (Registrar), Ellen Campbell (Newsletter), Chris Nolte (Awards), Mark Plummer (Top Tens), Richard Hess (Greeley Rep), Bing Reynolds (BAM Rep), and Morgan Edwards (Coaches and Fitness).

The meeting was called to order at 11:28 a.m. at the Northridge Recreation Center in Highlands Ranch, Colorado.

**Motions approved:**

**MSA'd** to approve \$500 for new travel trophies.

**MSA'd** to approve October 2007 minutes.

**MSA'd** to approve \$300 for buoys for Cherry Creek Reservoir open water swimming.

**Topics of Discussion:**

1. and 2. Introductions and Workout Group Discussion:

- Boulder Aquatics Masters (BAM) Rep: Bing Reynolds reporting  
They have approximately 200 swimmers with a spike in the summer from an influx of triathletes. The Boulder Pentathlon will be February 2nd with the addition of the 1000 free to the events schedule.
- Bee Gee's Greeley Rep: Richard Hess reporting  
They have approximately 15 swimmers at the Greeley Rec Center at the M/W 6:15 a.m. workouts. They combine with Broomfield for meets. Longmont is hosting a non-sanctioned meet on January 13th targeted toward first time competitors. Suggested a website bulletin board or blog. It was recommended to have the COMSA website provide a link to the Colorado discussion forum on the USMS site already up and running.
- University of Denver (DU) Rep: Marcia Anziano reporting  
DU will not be hosting the Short and Sweet meet this year. DAC and Bee Gees have offered to host a meet in its place. The state meet will be held at DU starting on March 28th. There is a reliable light rail stop within walking distance to the DU pool. COMSA will be responsible and overseeing the volunteer timing at the meet this year.
- Inverness Masters Rep: Ellen Campbell reporting  
Hosted a team night at Swim Labs this fall. Swim team membership is up.
- South Suburban Rep: Melanie Dullea written report  
New practice times at Goodson Rec Center: M/W noon -1 pm, T/T 5:15-6:45 am and 7-8:30 pm, Sat. 7:45-9:15 am.

3. Other Business:

- a) Chatfield: Open water swimming permits being processed by Jeff Magouirk for the summer of 2008 for Chatfield, Cherry Creek, and Boulder Reservoir.
- b) Meets: Boulder Pentathlon 2/2, Loveland Meet 2/23
- c) Clinics: Swim Clinic 2/2. Clinic for Fall 2008 option-Michael Collins.
- d) Postals: see 4 e) below

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- e) Nationals: Heide Crino will provide information for the website along with World relay contact and have Kim place the link on the website to the USMS Colorado discussion forum.
- f) Officers: Initial officer nominations with Will Amos nominated for Vice Chair. All other positions are going up for re-election. Nicole will be the liaison to USA Swimming to begin work with USA-S reps on having dual sanctioned meets with master's meets. (A USA-S sanction AND a USMS sanction would be required, the meet would run under USA-S rules, but the USMS pool measurements are required for Top-10 and record consideration.)

4. Committee Chair Reports:

- a) Awards: Chris Nolte-Request for new travel trophies. MSA'd to approve \$500 for new trophies.
- b) Coaches/Fitness: Morgan Edwards-Wrote and published COMSA newsletter article summarizing the Nov. 2007 mentor clinic, coaching tips for each individual stroke, and the "Full Body Check Up" from this clinic. Wrote a response to a reader's question for the USMS magazine, has not been published yet. Considering other national certification organizations within the fitness community to support adult fitness swimming as his efforts with Aerobics and Fitness Association of America have stalled.
- c) Communications-Newsletter: Ellen Campbell-Next deadline is April 1st for the Summer Open Water edition.
- d) Communications-Webmaster: Kim Crouch (written report)-Posting on website up-to-date, do not have Pentathlon or Loveland information to post. Would like to get information up sooner. Ellen would like meet information sooner also. As soon as meet information (date, location, and contact) is available, Brian (sanctions) should provide information to be loaded the website even if the meet sheet and sanctioning is not finalized. Downloaded a trial version of Dreamweaver and positive results so far. Reworking the website plan to move current content to new website and improve graphics and navigation at the same time. Then will change to using a calendar for meets, clinics, etc. Plan to change the colors to red, yellow and blue and use the state flag for a logo. Any input is welcomed.
- e) Long Distance/Pool Events: Nicole Vanderpoel (written report)-USMS National 3K/6K Postal entries received but results not complete yet. USMS Postal Patches for completion of all 2007 postal swims will be available. One Hour Postal is Jan. 12th at Northridge Rec Center in Highlands Ranch. The next Postal swim will be the 5K/10K starting May 15th-Sept 15.
- f) Long Distance/Open Water: Jeff Magouirk (written report)-Chatfield Res.-Have contacted Ken Brink at Chatfield to request the Open Water permit for the 2008 season and waiting to hear back from him. Cherry Creek Res.-working with Bill Grossman to coordinate this reservoir. Request for buoys to mark the open water swim area. Bill would be responsible for the buoys. Further discussion on the issue of monitoring will be needed with Bill. Boulder Res.- Will be working with Stacy Tobey to get this going with monitoring needs to be discussed. Also, contacted Kim about the idea of a calendar for all open water sessions to keep track of monitor schedule.

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- g) Officials: n/a
  - h) Records: n/a
  - i) Safety: Marcia Anziano-Diving in during meet warm ups still a problem. Will provide a full article for the newsletter.
  - j) Sanctions: Brian Tsuchiya (written report)-Have most of the paperwork for State Meet 3/28-30, Boulder Pentathlon 2/2, and Loveland Sweetheart 2/23. Du is not going to host the Short & Sweet meet, Bee Gees are considering it. Will email all documents as soon as he receives the paper work he has requested.
  - k) Top Tens: Mark Plummer-This has been a smooth year for processing. He received the new meet manager software from Kim and he is getting numbers transferred from registrar to Top 10 database. Marcia has been doing a good job of providing timely date. He is going to scan meet results as they are submitted for possible records.
5. MSA'd to approve October 2007 Minutes.
6. Board Reports:
- a) Chair: Heather
    - Thank you to everyone for their efforts in the past year.
  - b) Vice-Chair: Nicole
    - 2008 State Meet/Breadbasket Zone Meet Update: Sanction paperwork submitted, entry form complete, responsibilities between COMSA and DU on track, working on volunteers for timing, meeting with High Point for awards, Will on board to run computer at the meet.
  - c) Treasurer: Susan
    - Balances: as of 1/4/08 \$62,190.53.
    - USMS will be auditing larger LMSC's, COMSA likely.
    - Checks over \$5,000 now require 2 signatures per USMS Crime Prevention Policy.
    - Electronic funds transfers for registrations-set up in process with COMSA needing to supply bank information to USMS.
    - MSA'd to approve up to \$300 for buoys for Cherry creek Res. open water swimming.
  - d) Secretary: Kathy
    - Working on latest minutes (November 2007).
  - e) Registrar: Marcia
    - Registrations are 100 ahead of last year at this same time, BAM processing contributing to this.
    - Have processed 50-60 Wyoming registrations with many responding thank you notes received from the Wyoming members
    - New capability to email by workout group to be tested with the Inverness Masters group.
7. Miscellaneous
- Morgan brought up the idea of a winter DU Master's swim meet targeting DU alumni from all over the nation. Proposed as a high altitude master's swim meet with the options of skiing on the same weekend. It was recommended he contact

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DU directly to pursue this idea as the individual workout groups sponsor the meets.

8. Next Meeting: February 6, 2008 via conference call at 7 p.m.  
Call-in number 1-800619-0580, access code 0002. This will be an Executive Meeting and the topics will include:

- State Meet Status
- Nationals

MSA to adjourn meeting at 1:10 p.m.

Submitted by Kathy Garnier, Secretary