



Greetings!

How can it be December already?! Decembers in (non-masters) swimming were usually great chances to get some extra yardage in to prepare us for racing in the spring. I have horrid memories of doing 20 x 500 on New Year's Eve! Thank goodness those times are long gone!

But as we enter the last month of 2022, I encourage you to reflect back on how your masters swimming experience enriched your life this year. Personally, I am especially grateful for my swimmers on my team that make our tiny community amazing and for all of my swimmer friends for making workouts great and races fun! I would encourage you to let the people who've made an impact on your swim life know, be it coaches, swimmers, officials or your partner/spouse who lets you get up for early practice or allows you to sneak away from your daily obligations to get in a swim!

I want to give a special thank you to the Bee Gees for hosting a great Nash Splash earlier in November! The meet ran so smoothly and fast thanks to meet director Brad White and all of the Bee Gees volunteers! Thank you! 96 lucky swimmers competed - my team had 2 first-time masters meet swimmers and everyone was so welcoming to them! It was a great meet and wonderful opportunity for them to experience the COMSA masters swimming community and to race in a real meet! Looking to 2023, we have several meets on the COMSA schedule so be sure to check the COMSA website for updates. Coaches and swimmers these are great opportunities to encourage your swimmers to test their fitness through racing! Check out the schedule below!

[Remember to renew your USMS registration](#) before January 1st and save \$5! Registration fees go up January 1, 2023.

The holidays are right around the corner and this is the perfect opportunity to gift yourself with new, fun swimming related equipment! See below for several ideas to revamp or reignite your swim training! Perfect ideas for holiday training sessions!!

Happy Swimming!
Katie Glenn
COMSA Secretary

Upcoming Events

USMS Registration Open

- Individual 2023 USMS membership will open on November 1.
- [Renew Your Membership](#) by December 31 and pay only \$65.
- After December 31 the fee will be \$70.

12th Annual Colorado Swimming Hall of Fame Pentathlon

- **Save the Date** Saturday, January 14th
- Denver
- More information coming soon so watch www.comsa.org for more details!

42nd Annual Polansky Sweetheart Meet

- **Save the Date** Saturday, January 28th
- Loveland
- More information coming soon so watch www.comsa.org for more details!

FAST Masters Meet

- **Save the Date** Sunday, March 12th
- Ft. Collins
- More information coming soon so watch www.comsa.org for more details!

COMSA State Meet

- **Save the Date** March 31-April 2
- VMAC
- More information coming soon so watch www.comsa.org for more details!

USMS Short Course Nationals

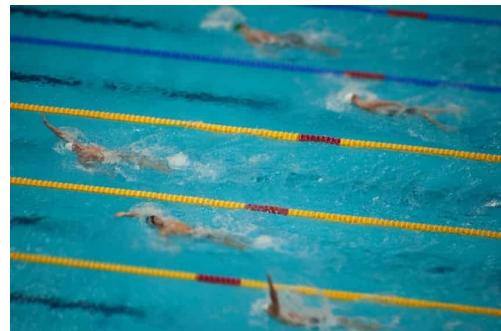
- **Save the Date** April 27-30
- Irvine, California
- More information coming soon so watch www.comsa.org for more details!

For a listing of events around the country, you can always check out USMS's [Calendar of Events](#).

Great Gift Ideas for Swimmers

Do your family and friends struggle with what to gift you for the holidays or your birthday? Have no fear! Here are some fun gift ideas you can share as suggestions!

- Swim snorkels like the [Finis Swimmer's Snorkel](#) or [Stability Snorkel](#)
- The [Brick](#) weighted kick board - to help strengthen your core!
- A n [alignment kickboard](#) - to help you improve your streamline and alignment!
- [Tempo trainer](#) to help you learn to swim in different gears!
- [Ankle strap](#) for making pulling that much more challenging!
- [Fins](#) to help increase your ankle flexibility!
- [Waterproof headphones](#) to help keep things interesting while staring at the black line on the bottom of the pool!
- [New goggles](#) so that you're the envy of your lane!



Happy swimming!



COMSA Executive Board Approves Plan to Pay 2023 Club/Workout Group Registration Fees for Clubs/Workout Groups with 10+ Swimmers

COMSA's Executive Board voted and approved that COMSA pay the 2023 club/workout group registration fees for all clubs/workout groups with a 2022 membership of 10 or more swimmers.

Club/workout groups with less than 10 members, should contact the [COMSA Chair](#) for reimbursement requests.

COMSA Committee Open Positions

COMSA is looking for a few good people to volunteer with COMSA!

Executive Committee open position: Vice Chair
Appointed Committee open positions: Club Development Coordinator, Coaches, Fitness, Long Distance Open Water, and Safety

[Link to description of positions](#)

Anyone who is interested in volunteering and giving back to the sport of swimming, please contact [Doug Garcia](#).

Visit our Website

