



Greetings!

It's time to dust off those racing suits, caps and goggles and look forward to several upcoming meets in Colorado. More details and information below about when and where you can put your fitness to the test!

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

Happy Swimming!
Katie Glenn
COMSA Secretary

Upcoming Events

USMS Registration Opens November 1st

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

Butterfly and Breaststroke Stroke Clinic

- November 6th, 2022 (10:00 AM – 12:00 Noon)
- Cheyenne Mountain High School, Colorado Springs, CO
- Cost \$15 (to cover pool rental)
- Click here for more information [Fly and Breaststroke](#)

The Nash Splash Swim Meet

- Saturday, November 12th (Registration closes November 9th at 11:59pm)
- Warm up: 7:00am, Meet Start: 8:00am
- Broomfield Community Center, 280 Spader Way, Broomfield, CO 80020
- [Click here for registration details!](#)

12th Annual Colorado Swimming Hall of Fame Pentathlon

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

42nd Annual Polansky Sweetheart Meet

- **Save the Date** Saturday, January 28th
- 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](#).

It's Time for 2023 USMS Club and Workout Group Registration

Registration is Open! Remember, club/workout group contacts will need to have a MYUSMS login to complete the Club/Workout Group renewal process. Find the USMS Club/Workout Group Registration information page [here](#).

Club/Workout Group Contacts, if you have questions or need help, please contact clubandcoach@usmastersswimming.org or call 941-256-8767.

Swimmers, please remind your coach or club contact to get your club or workout group registered before swimmer registration opens on November 1. If your club or workout group is not registered with USMS when you register, you will not be able to select that

club or workout group during registration.



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.

2022 USMS Annual Convention Denver, CO, September 16-18, Wrapped Up!

The 2022 USMS Annual Meeting was held at the Westin Denver International Airport. The hybrid format allowed flexibility for attendance with approximately 100 virtual delegates and 130 in person delegates. The House of Delegates (HOD) sessions began Friday afternoon, continued through the day on Saturday and wrapped up with an optional HOD session on Sunday morning.

USMS CEO, Dawson Hughes, and USMS President, Peter Guadagni, got things started with an overview of the USMS Mission, its commitment to membership growth and retention, and a review of the USMS Strategic Plan for the next few years.

The following is a high-level summary of the legislative and rules proposals which were passed:

- Both Long Distance Committee (LDC) proposals passed. LD1 provided clarification on caps for Class I swimwear and LD2 provided change designation of events from Postal or ePostal to Virtual
- For Rules, R3 passed which allows for extension of Top Ten season dates, if warranted. Dawson Hughes stated that the USMS National Office is looking to automate the top ten process
- For Legislation, there was passionate debate around L3 and L4. In the end, L3 was defeated with L4 being passed. This gives the authority to the USMS Board of Directors to set the manner of the annual meeting (in person, virtual or hybrid)
- Also for Legislation, L17 was passed which allows for the phrase "gender expression" to be included in the USMS rule book
- The 2023 budget was reviewed and explained. A proposal for a \$5/\$10 increase to the membership fee was debated and passed. For 2023 membership renewal/new membership, the fee will be \$65 for Nov 1-Dec 31, 2022. Starting Jan 1, 2023, the membership renewal/new membership fee will be \$70

How to Get Over a Fear of Diving Off the Blocks

Conquer your fear of the starting blocks with these simple steps:

Start Small

How comfortable are you with diving into the pool? Is it only from a seated position? Can you do it from a kneeling position? If you're not sure, work with a coach to get you ready for a standing start. Once you can dive in from the side, you can follow the steps below to get from the side to the starting block to a good racing start.

Face Your Fear

Being intimidated by the starting block is normal for most swimmers in the beginning, especially ones who learn to swim as adults. You're stepping onto an elevated platform that isn't level. Just these two factors alone can heighten a sense of anxiety. And once you're up there, natural human fear of heights makes the pool seem really far away. The steps to becoming more comfortable diving off the block are like getting comfortable in any other strange environment: you want to build a sense of control gradually.

When practicing starts, always check pool rules and work with a coach or training partner.

- **Start from the side**—If you're comfortable starting from the side that's a great place to begin working your way up to the block. The key is repetition. Getting used to how you contact the water and what happens when you do can instill a sense of control over both your own body and the environment. Experiment with different angles of entry and practice as often as possible.
- **Step up**—Getting used to diving from a height is an incremental process. One of the best tools for this is a step-aerobic platform. These platforms, often found in gyms, are adjustable and have no-slip bottoms. Still, have your coach or training partner ensure the step remains anchored while you're practicing going off the step from varying heights. Things change with just a little extra height off the deck, so make small adjustments and add additional height as you get comfortable. Pretty soon you'll be ready to step up on the starting block.
- **Before the block**—Routine makes people more comfortable. Even elite swimmers have a routine before they step up on the block. This is often for visualization, but it can also calm pre-race jitters. If you have anxiety about being on the block, a routine can help bring calm. Adjust your cap, goggles, and suit before you even put a foot on the block. This will help minimize distractions and focus your thoughts. Think about which foot will step on the block first and whether you'll use your hands to steady yourself (recommended) at first or just rely on your balance. Practice approaching the block in a variety of different ways until you find a routine that works for you.
- **On the block**—Once you've stepped up on the block, take a moment to find your balance just standing there. Step back down, which is also a skill, and repeat until it's automatic and you're comfortable. Next, place your feet. Shoulder-width apart is good for stability and, if you use a track start, find which foot forward makes you most stable. Ease down to the take-your-mark position, remembering to relax your neck and focus on balance. Chain these skills together over and over until they become routine.
- **The start**—Just like it was from the side or step-aerobic platform, that first dive will be both frightening and exciting at the same time. As before, your goal is to get comfortable with something uncomfortable, and repetition is the key to success. The routines you developed for each behavior before you get on the block, as well as those you developed before you dive, will help with your confidence. Over time the anxiety will start to fade and you'll be able to dive in like a champ.

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](#).

Is Your Team Ready to Host a Meet or Open Water Event?

COMSA will pay for your sanction fees and help finance additional costs. If you need help setting up a meet, the COMSA Board is here for you! For help with sanctions, contact [Richard Hess](#). For help with ClubAssistant, contact [Andrew LeVasseur](#). For help with a grant to pay for costs, contact [Susan Nolte](#). Need help with officials, contact [Pete Schwenker](#).

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