

# Mastersplash

January–March 2004

Winter Issue

## Cindy's Chatterings

Welcome to Winter! With the meet season in full swing, how many of you open water swimmers have taken my challenge from last quarter and made a splash into your first swim meet? I hope many have experienced the butterflies of excitement, debated over and over in your head 'will my goggles stay on?', or the thrill of getting through your first 500 in a pool (back and forth, back and forth.....) For those experienced competitive swimmers out there, how is it going? Are you dropping seconds or tenths of a second off each time you compete? Have you tried a new event? I hope so.



In this issue you'll find the State Meet Entry form. Remember, it is early this year – March 26-28<sup>th</sup>.

You'll also find a great article written by our Fitness Chairman, Laura Smith. Have you noticed the 'swimmer's slouch'? Read her article to find out how to prevent this and its related problems. Nicole Vanderpoel, Long Distance Chairman, gives us a run down on upcoming Postal meets.

It's an Election Year! At the state meet, you will be voting on a new slate of officers to serve you for the next two years. If you have a desire to help, please contact Terry Heggy at [theggy@shyperson.com](mailto:theggy@shyperson.com). Terry is the Chairman of the Nominating Committee and will be glad to get your name on the ballot.

To change or not to change? A proposal has been made to change the name of our National Team. What would you like to do? Inside you'll find a point for both sides and your chance to voice your opinion.

Finally, I would like to take a moment to say 'thank you' to all of you for the encouragement you've given me these past two years as I have served as your President. I have served COMSA for 11 years as your Secretary, Vice President and now President and now it is time for the baton to be passed. I'll still be around, assisting the Board as Past President...don't worry, you can't get rid of me that easily! I look forward to seeing you all at the meets and at the Gravel Pond this summer.

With gratitude,

Cindy

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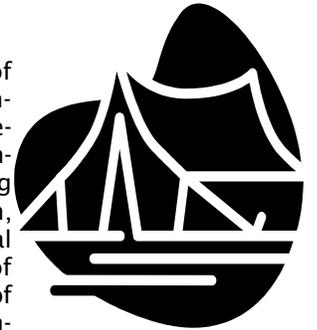
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## Upper Back Training

by Laura Smith, Fitness Chairperson

Go to any Master's swimming workout and you'll see a group of incredibly healthy, muscular, and powerful adults...with slouching shoulders. The repetitive motion of swimming tends to create enormously strong chest muscles, but without some attention outside of a pool, swimming creates enormously strong and incredibly tight chest muscles! To further this condition, many swimmers cross train with cycling, they drive several hours a day, and spend the day working at a computer. All of these activities are performed in the frontal plane (in front of your body) encouraging the tightness of the chest and completely neglecting the muscles in the back that counter this problem. (Anyone taking yoga classes on a regular basis gets a gold star!)



**If all tie downs are pulled proportionally, the tent will hold up under stress**

*The repetitive motion of swimming tends to create enormously strong chest muscles, but without some attention outside of a pool, swimming creates enormously strong and incredibly tight chest muscles!*

What is so bad about slouching shoulders? Besides poor aesthetics, slouching shoulders can cause a much larger problem - Shoulder impingement. To create an analogy, think of the shoulder area as a tent. If all the tie downs are pulled perfectly proportionally, you have a very stable, functional tent that will hold up under stress. However, if you take two of the tie downs and pull them down tightly, and loosen the opposing two up generously, your tent becomes a disaster! This is exactly what can occur with a shoulder. The tightness of the chest muscles can roll the head of the arm bone forward, creating pressure on the muscles, tendons, ligaments and nerves of the arm. Changes in the position of the shoulder and shoulder blades lead to rounded shoulders when the ends of the scapula move forward. This poor posture can, in turn, cause problems with the neck and shoulders, as well as the lower back. I know, I know. Swimming is supposed to be one of those 'lifetime' sports that you can participate in forever. Don't worry. There's still hope.

The best way to prevent or correct such imbalances from occurring is to strengthen any areas that are weak, most often the lower trapezius muscles, the rhomboids and the posterior deltoids, and stretch the muscles that are tight, mainly the muscles we affectionately call the 'pecs'. For a solid and functional program, I suggest going to a gym, coughing up a few bucks, and hiring a certified Personal Trainer for a session or two. For those of you who want a quick fix, the following are a few exercises that you can do without equipment or professional supervision...AKA, they're free!

### Strength

The following exercise is quick and easy, but is a building block and fundamental posturally correct position for virtually any exercise you perform in the gym. Standing or sitting, stabilize the shoulder blades by squeezing them together (imagine a walnut sitting in between the blades. Squeeze them together long and hard enough to crack the shell. This is also a great party trick!). Keep your head in a neutral position (a truly correct head position may feel awkward at first, as most of us push it forward out of habit. Try standing against a wall, tucking your chin slightly, and gently pushing the back of your head against the wall. Step away from the wall without letting your head pull forward again. This is a neutral head position.) Repeat this for 12 repetitions, several times throughout your day. For extra credit, squeeze the shoulder blades together and slightly down with the head in neutral and hold that position for the duration of every red light you encounter on your daily drive.



**Stabilize the shoulder blades by squeezing them together.**

## Stretching for the Back

### Stretch

The following is a great way to loosen up the muscles throughout the chest. Always remember when stretching, however, to take the stretch to a point where you feel a gentle pull, but never a painful one. Start off by facing a corner, with arms lifted out at your sides and hands above face level. In this position, your elbows will be level with your shoulders, with your upper arms and body forming a football goal-post with uprights and your feet in a staggered position. Begin the exercise by slowly leaning into the corner until you feel a light stretch. It is important to keep the shoulder blades stabilized during this exercise, squeezing them together during the movement while keeping your abs contracted.

Small things can make a big difference in the overall scheme of muscle balance and imbalance. Incorporating one or two strengthening exercises and one or two stretches to your normal routine, may save you a lot of ice and Advil in the long run!



## Executive Board Elections

COMSA is run by a group of volunteers. The Chair, Vice Chair, Secretary, Treasurer and Registrar are elected positions. Each is elected for a term of one year and may continue for multiple terms as elected by COMSA membership. April 2004 marks a start of a new term. Nominations for these positions are being taken by a nominating committee. If you would like to nominate one of your fellow swimmers, or yourself, for one of the positions, please contact Terry Heggy at [theggy@shyperson.com](mailto:theggy@shyperson.com). Elections will be held at the Annual Meeting at the State Meet in March.

Cindy Hawkinson has served the past two years as Chair. Marcia Anziano has served as Vice Chair for two years. Heather Hagadorn is currently finishing the term of John Huges who recently vacated the position of Secretary. Susan Nolte has served as Treasurer for the past nine years. Jack Buchannan has served as Registrar for approximately fourteen years. A huge thank you to our Board for all their countless hours and dedication to the promotion of Masters Swimming, both here in Colorado and across the United States. COMSA is the second largest swimming organization in the nation because of all of their efforts.

*Colorado Masters  
Swimming Association  
(COMSA)  
  
is the second largest  
swimming organization  
in United States Masters  
Swimming.*

Currently nominated for the new Board are Marcia Anziano, Chair; Heather Hagadorn, Secretary; Susan Nolte, Treasurer. Vacancies remain for Vice Chair as well as Registrar. Interested in any position? Please let Terry Heggy know so you can be placed on the upcoming ballot.



**Elections will be held at  
the State Meet in March.**



## Postal Swimming Keeps Your Edge

By Nicole Vanderpoel, Long Distance Chairperson



With Short Course Yards season just around the corner, it is time to set some new training goals which will enhance your aerobic base. Why not challenge yourself with a National Postal Swim? There are a few Long Distance Postal National Championships coming up in 2004. Postal swims provide an excellent training opportunity to test your endurance and your pacing skills.

A National Postal Championship is a Swim sanctioned by the LMSC for USMS. Inc. for a pre-determined distance or amount of time. Any currently registered USMS Swimmer can participate and is required to provide a "verifier". The "verifier" is responsible for counting you lengths and recording your cumulative splits with a stopwatch until you've completed your swim. You then submit your entry form and split sheet, which must be signed and dated by your verifier, to the Sponsoring Team. The results are then available via e-mail or US mail. The fun part is to see your rank with your fellow USMS swimmers across the country without having to travel to compete on a National level! You will also feel a great sense of accomplishment once you have completed a Long Distance Swim, regardless of how you place. Specific information regarding National Postal Swims can be found in your latest edition of SWIM Magazine or on-line at USMS.org, Long Distance Link.

*Postal swims  
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Our first Postal swim for 2004 is the **27<sup>th</sup> Annual One Hour Postal Swim** sanctioned by the Pacific Masters MSC. This swim must take place during **January, 2004**. The objective is to swim as far as you can in One Hour. This Postal can be completed in any pool 25 yards or longer. Entry Forms are available in the Nov/Dec edition of SWIM Magazine. You are welcome to complete this swim on you own. However, if you are interested in participating in the One Hour Postal with a group of Colorado Masters during January, please e-mail me - [nicolevanderpoel@msn.com](mailto:nicolevanderpoel@msn.com) - by January 9th. I'd like to organize a group to swim at the Colorado Athletic Club Pool at Inverness starting at 11:00 am on either Saturday or Sunday the weekend of January 24th/25th. A specific date will be determined and an e-mail will be sent to you as well as to all COMSA members. Depending on the number participating, we will be able to conduct 2 or more groups (one after the other) on that day as there can only be 2 swimmers per lane and no circle swimming allowed.

The next National Postal Championship does not start until May 15, 2004 with the USMS 5K/10K Postal. However, the TAM 1650 Postal is in February. While this Postal is not USMS sanctioned, it is a fun 1650 swim sponsored by the Mount Tamalpais Swim Team. We will organize a group to complete this swim in February as well. Check the website for details.

Congratulations are in order for Joe Wolf, Chris Nolte and Yours Truly for successfully completing the USMS National Postal 10K, as well as Marcia Anziano and Scott Hoftiezer for successfully completing the USMS National Postal 5K. Results are available on the Long Distance Link of USMS.org. In addition, Marcia Anziano and Yours Truly completed the 6,000 yd. National Postal in October Individually, I placed 3rd and Marcia placed 2nd in our respective age groups. We led Colorado to a 5th place finish overall.



I look forward to receiving your response for the One Hour National Postal.

Swim Long and Prosper!

## Why Compete? A Swimmer's View

**Swimming**.....something you feel strongly about teaching your children, the part of a triathlon you wish they'd change (or make shorter), synonymous with summer, creates freedom of movement, demands discipline, feels so good to stretch and pull, keeps you centered, adds strength to your mind and body, pushes a smile in the direction of a friend that swims, has it's own unique rhythm.....

Whatever swimming is for you, a swim meet, helps to make all those feelings come together, with people that relate in many different ways to this sport. A swim meet, especially a Master's swim meet, brings the people who swim for whatever reason, or age, or background, together, for a sport they consider to be part of their life. It helps to accomplish goals like: ....just "being there", and keeping my goggles on when I dive in.....and little personal goals that create big steps of self esteem in just doing your personal best for that place and time.



I didn't think I was competitive enough for swim meets.....but thanks to a lot of encouragement from a "special sister" and a great swim team and coach, I realized that swim meets pull together another beneficial "high" about this sport, creating a great experience. The amount of competition you add is entirely up to you. Thanks to all the people who organize this effort!

Ann M. True

*Ann is a member of the Thornton Masters Swim Team. She is a relatively newer swimmer, who came to the program with no background in swimming She entered her first meet last year at Evergreen and she has been grinning ever since.*

*The amount of  
competition you  
add is entirely up  
to you.*

## DAWGS Take Top Honors at Lakewood Meet

The team competition at meets is always a big hit. Winning this year's beautiful award for 1st place at the City of Lakewood meet was the Green Mountain team itself. Taking second place was Inverness Masters. Rounding in third place was JAM.

The next meet with team competition will be the State Meet. Both small teams and large teams will compete for bragging rights as well as the cup. Team scoring begins with the number of splashes. Swim your team to victory by participating in the State Meet.



## To Change or Not to Change

Some changes are being considered within COMSA. One of those is the National Team name that we affiliate with. Currently we use Rocky Mountain Masters (RMM) as our group designation at national / regional meets. A proposal is out, that we change this to Colorado Masters or Colorado Masters Swimming.

A name change must be voted on by the members of the team. If your COMSA registration card lists your team as RMM, you are eligible to vote on this issue. At the State Meet in March,

there will be a ballot for you to complete. Ballots will also be available to download at the COMSA website. Please take a



minute to voice your opinion by completing the ballot.

What name do you think best represents the incredible group of swimmers from Colorado? Do you have other suggestions for team names? If so, please submit them to Ellen Campbell by March 15th.

If a new team name is selected, it will be put into place for the 2005 season.

*What's Your Opinion?*

*Add your ideas to the ballot by March 15th.*

*Please vote at the State Meet or mail in a ballot.*

## Rocky Mountain Masters

### Keeping History Alive

Since the inception of Colorado Masters Swimming Association, Rocky Mountain Masters has been a team to reckon with. As RMM we have set multiple National as

well as World Records. We've placed both Men's Teams and Women's Teams at several National Championships over the past twenty years.

Those of us on those teams are proud to say



we are swimmers of Rocky Mountain Masters!

## Colorado Masters Swimming

### A Better Representation of Who We Are

Far more often than not when I travel and people ask who I swim for the answer RMM is met with a "where's that?". Basically RMM does nothing to identify us with our state, a place I'm very proud to live (just as the folks who



swim for Arizona Masters, Southern California Masters, etc. etc..

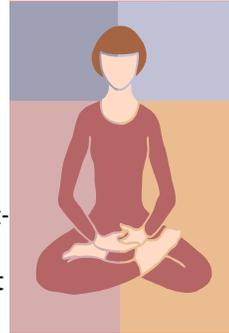
We're from Colorado, let's promote that and be proud!

# Give It A Try

By Marcia Anziano

I started taking yoga classes at the Colorado School of Iyengar Yoga about 8 months ago and feel that it has been a great benefit to me as a swimmer. It is important that as we build strength as swimmers, we maintain flexibility. I really believe that yoga has helped me to do this and at the same time to become more aware of my muscles and how they function, to build core strength and to develop better balance. This type of yoga (Iyengar) makes use of props which allow the participants to benefit from the various poses without going beyond their own limitations.

In the past the school has offered workshops for runners and other athletes, so I approached my instructor, Denise, about hosting a clinic focused on swimmers. The school was interested in doing this and has offered to give members of COMSA a discount on the workshop. I think that you will find it beneficial for those tight muscles. The workshop will be focused on shoulders as a starter, but input from attendees will also help steer the direction. Denise, not being a swimmer herself, has been in contact with Yoga instructors that are swimmers and triathletes for additional insight into the needs of a swimmer. Come join us on February 21, 2004. Check the sign-up form for details.



**Yoga built strength while maintaining my flexibility.**



## Yoga For Swimmers

Swimmers are strong in the upper back and shoulders, but with strength, flexibility is often limited. With precise instruction and a focus on alignment, this workshop can help increasing range of motion in the shoulders and upper back while opening the chest. An open chest improves overall posture and increases capacity for breath. If you can spare an afternoon out of the pool, come spend it on the mat stretching! This workshop is designed for beginners and those brand new to yoga.

Saturday, Feb 21, 2004 2:00-4:30 PM.

The Colorado School of Iyengar Yoga, 2162 South Colorado Blvd, Denver, CO 80222

303-758-4814

**Special COMSA member pricing!**

\$22.00 Received by Feb. 14, 2004

\$27.00 at the door

Name: \_\_\_\_\_ 2004 COMSA (USMS) registration #: \_\_\_\_\_

Phone: \_\_\_\_\_

Make checks payable to: The Colorado School of Iyengar Yoga and mail them, along with this form, to the address above. If you have any questions, call Denise at 303-758-4814 or Marcia Anziano at 303-355-5330.



## It's Award Time

It is time to begin thinking about nominations for Coach of the Year and Lt. Governor's Cup. Below you will find information about these awards and following is an application to submit your nominations. Be sure to check the space for the award you are nominating the person for. Submit these to Chris Nolte at [cnolte@servicestarus.net](mailto:cnolte@servicestarus.net) or mail to:

**Chris Nolte**  
9849 S. Concord Ct.  
Highlands Ranch, CO 80130



**Caption describing picture or graphic.**

### CRITERIA FOR NOMINATION

#### Lt. Governor's Cup

One male and one female will be chosen by a committee of past recipients

Nominees must be members of COMSA

Selection will be based on contribution to Masters Swimming and COMSA - not swimming skill

#### COMSA Coach of the Year

Nominee must be a member of COMSA

Nominee must have been a participant for at least one year

Selection is based on contributions made to the team with respect to cam raderie, technical advice, motivation, and support of team members

The strength of the letters will be considered along with the size of the team.

*Nomination Deadline is  
March 2, 2004.*

*E-mail nominations to  
[cnolte@servicestarus.net](mailto:cnolte@servicestarus.net)*

**LT GOVERNOR'S CUP**\_\_\_\_\_ **COACH OF THE YEAR** \_\_\_\_\_

Name of Nominee: \_\_\_\_\_

I nominate the above for\_\_\_\_\_ because:

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Signed: \_\_\_\_\_ Team: \_\_\_\_\_

## Advertise In the State Meet Program

Could your service or merchandise benefit another COMSA swimmer? Get the word out to over 300 swimmers by advertising in the State Meet heat sheets. Advertising fees will be \$15.00 for a business card, \$30.00 for a quarter page, \$50.00 for a half page and \$75.00 for a full page (8 1/2 by 11) ad. All ads must be approved by the University of Denver.

Send your camera ready ad to Marcia Anziano at 4235 E. 7th Avenue, Denver, CO 80220. Be sure to enclose your check payable to COMSA.

If you have any questions, contact Marcia Anziano at 303-355-5330 or email at marfer@att.net



## New Distance Format at the State Meet!!

Heads up all you distance swimmers! No more late night miles! Friday's warm up begins at 12:00 noon. That's right, noon. So take a half day at work, or a whole day, and come swim your best distance event of the year.

The 1000 yard free will begin at 1:00pm. You must be checked in by 12:30pm. The 1650 will follow the 1000. Check in ends at 1:15pm. Both the 1000 & 1650 will be **heated coed and swam fastest to slowest**. **Competitors must provide your own Counter!** – We will provide one timer per lane. This timer will not be able to count.

*Check In for the distance events may be done by you, your coach or a friend.*

## Meet Hotel

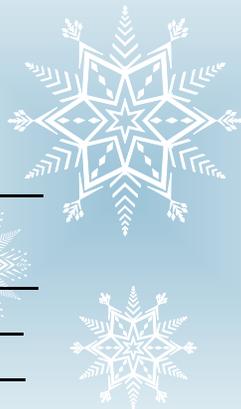
Want to avoid the drive home after your long swim Friday Night? COMSA has rooms blocked off at a discounted rate at:



La Quinta Hotel  
1975 S. Colorado Blvd  
303-758-8886

When you call to reserve your room let them know that you are with 'Colorado Masters Swimming.' They have blocked 20 rooms with 2 double beds. The price is \$55.00 per night for up to 4 to a room. Continental Breakfast is included.

2004 - **COLORADO MASTERS SWIMMING ASSOCIATION - COMSA**  
Individual Registration Form – PRINT CLEARLY & COMPLETE ENTIRE FORM



RENEWAL ( previous Reg # ) \_\_\_\_\_ - \_\_\_\_\_ if NEW MEMBER, check here \_\_\_\_\_  
( Records kept for ten years )

**NAME:** Last \_\_\_\_\_ First \_\_\_\_\_ M.I. \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_ - \_\_\_\_\_

**CONTACT Phone** ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

**BIRTHDATE** ( mm-dd-yy ) \_\_\_\_\_ **AGE** \_\_\_\_\_ **GENDER** ( M-F ) \_\_\_\_\_

**E-MAIL** \_\_\_\_\_@\_\_\_\_\_

**LOCAL TEAM** ( Team **must** be registered with COMSA ) \_\_\_\_\_

If No Local Team – National Team – **Rocky Mountain Masters:** YES \_\_\_\_\_ No \_\_\_\_\_

**VOLUNTEER** for COMSA Yes \_\_\_\_\_ Area of Interest \_\_\_\_\_

If you **COACH** Masters Swimming, check here \_\_\_\_\_

If you **DO NOT** want your **newsletter** mailed via US Postal Service, check here \_\_\_\_\_  
( The newsletter will still be available on the **COMSA.org** web site. )

**DONATIONS** International Swimming Hall of Fame \$ 1.00 or \$ \_\_\_\_\_

USMS Foundation \$ 1.00 or \$ \_\_\_\_\_

**Make Check payable and mail to: COMSA DUES \$ 30.00**

Phone 877-COMSA34 toll-free **PO Box 2609**

877-266-7234 **Edwards CO 81632-2609 TOTAL\$** \_\_\_\_\_

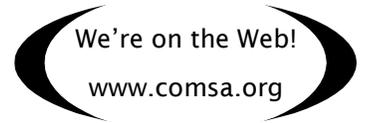
Email **ComsaRegistrar@usms.org** Registration expires 12-31-2004

Early Registration starts Nov 1 2003 Partial year Sept & Oct 2004 expires 12-31-2004=\$ 20.00

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR THE LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

**SIGN** \_\_\_\_\_ **DATE** \_\_\_\_\_

Signature required



## ***Fitness, Friends, & Fun!***

Phone: 1-877-266-7234  
Fax: 970-926-7953  
Email: [comsaregistrar@usms.org](mailto:comsaregistrar@usms.org)

COMSA  
PO Box 2609  
Edwards, CO  
81632

**Colorado Masters  
Swimming Association**

First Class Mail  
U.S. Postage  
Paid  
Littleton, CO  
Permit NO. 37

## **HELP WANTED - COMSA REGISTRAR**

Detailed-oriented person? Basic computer skills? Can answer telephone and email questions on swimming related issues?

Does this sound like you? If it does, would you be interested in filling the position of COMSA Registrar? Jack Buchanan has served selflessly in this position for many years. However, he would like to step down and give someone else the opportunity to serve COMSA. If you would like to volunteer for this job, please contact Terry Heggy at [theggy@shyperson.com](mailto:theggy@shyperson.com) to submit your name. If you need more informa-



**S w i m m i n g**

tion on the details of this position, contact Jack at [COMSARegistrar@usms.org](mailto:COMSARegistrar@usms.org).