

Colorado Masters Swimming Association

# Master Splash

## Colorado Takes Top Honors at Nationals

### Competing in Long Course Nationals?

Mel Dyck is collecting estimated swim times for relays at Long Course Nationals in Mission Viejo, August 11-15, 2005. You can find a form on the COMSA website or e-mail them directly to [webmaster@comsa.org](mailto:webmaster@comsa.org). Complete meet information is now available at [www.comsa.org](http://www.comsa.org). Be a part of Colorado's next National Champion Team!

### Mel Dyck—Snow Mountain Masters Coach

Colorado Masters Swimming (CMS) made its rude arrival at the 2005 USMS Short Course Yards Nationals at the Ft Lauderdale Aquatic Complex and swam away with first place for the women's and combined teams and second place for the men's team. So much for home field advantage for host Gold Coast Masters!

There were approximately 1600 swimmers at this meet, a relatively small SCY Nationals, and Colorado fielded the second largest team (87) next to Gold Coast (107). But, we came packing our big guns. There were 45 new individual records set at the meet and CMS claimed 15 of these. Eight new relay records were set with CMS getting 4.

A number of notable swims were turned in. Rich Abrahams got 6 new individual records and 2 relay records, Paul Smith claimed 4 individual and 4 relay records, Susan Von der Lippe and Michael Mann each swam to two new individual records, and Kirk Anderson got 1 individual record.

Other swimmers snagging relay records were Karen Rosener, Cathy Drozda, Stuart Waterbury and James Lilley with two records each. Richard Hess and Craig Petersen each got 1 relay record at the meet.

It was interesting, and somewhat embarrassing toward the end, to hear announcer Mark Gill constantly calling out Colorado Masters Swimming for the individual events as our swimmers routinely finished in the top three in their heats. I didn't work out the figures for the individual events, but we came away with a huge number of firsts, seconds and thirds.

In the 200 freestyle, Gill was heard to say "On the odd course we have the fast heat of the men's 60-64 200 free in the water. And there goes 19 year old Rich Abrahams out to an early lead." I have it on good authority from members of the USMS Championship Committee that there may be a new rule instituted, called the 'Abrahams Exception' where swimmers will be required to bring proof that they really are as old as they say they are.



I was more closely involved with organizing the relays, together with Chris Nolte, and can mention that we entered 50 teams. All swimmers attending the meet got to swim on at least one relay, except for two who didn't submit relay time estimates to us. Of the 50 teams entered, 41 of those scored points for the team. That's a pretty good average.

Congratulations to everyone who participated.



**Colorado Masters Swimming National Team. 2005 USMS National Champions**

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July 13th!  
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**COMSA Board of Directors**

*Marcia Anziano*  
Chairperson  
[marfer@att.net](mailto:marfer@att.net)

*Heather Hagadorn*  
Vice Chairperson  
[heatherlh@msn.com](mailto:heatherlh@msn.com)

*John Hughes*  
Registrar  
[johnstuarthughes@msn.com](mailto:johnstuarthughes@msn.com)

*Kathy Garnier*  
Secretary  
[K\\_garnier@msn.com](mailto:K_garnier@msn.com)

*Susan Nolte*  
Treasurer  
[chrisnolte@msn.com](mailto:chrisnolte@msn.com)

*Cindy Hawkinson*  
Past Chairperson  
[cinswims@earthlink.net](mailto:cinswims@earthlink.net)

*Mel Dyck*  
Webmaster  
[webmaster@comsa.org](mailto:webmaster@comsa.org)

*Ellen Campbell*  
Newsletter Editor  
[ColoradoTriClub@comcast.net](mailto:ColoradoTriClub@comcast.net)

*Nicole Vanderpoel*  
Long Distance Chairperson  
[nicolevanderpoel@msn.com](mailto:nicolevanderpoel@msn.com)

*Laura Smith*  
Fitness Chairperson  
[lsmith@vailresorts.com](mailto:lsmith@vailresorts.com)

*Carrie Slover*  
Coaches Chairperson  
[carrieslover@starband.net](mailto:carrieslover@starband.net)

*Mark Plummer*  
Top Ten Chairperson  
[mplummer65@msn.com](mailto:mplummer65@msn.com)

*Kim Crouch*  
Sanctions Chairperson  
[kimigo@qwest.net](mailto:kimigo@qwest.net)

*Chris Nolte*  
Awards, Records  
[chrisnolte@msn.com](mailto:chrisnolte@msn.com)

*Pete Schwenker*  
Officials Chairperson  
[petes@mcguckin.com](mailto:petes@mcguckin.com)

*Gary Reese*  
Safety Chairperson  
[swimcoachreese@msn.com](mailto:swimcoachreese@msn.com)

## Communication—The Key to a Strong LMSC

### Marcia Anziano—Chairperson

Did you know that Colorado is one of the nation's largest Local Masters Swimming Clubs? As such, communication is key to our success. One of the primary goals the Board has tried to focus on is communication with our membership. We have a very large LMSC here in Colorado, and our swimmers have very diverse interests. As a Board, we try to service the entire membership.

Over the past few years we have worked to improve our newsletter. Our Editor, Ellen Campbell, has worked to include articles of interest to all swimmers. We also strive to include all activities that will be occurring during the period of time which the newsletter covers. Currently we produce the newsletter on a quarterly basis. If you have any information that you would like to have included in the newsletter or that you would like to see in the newsletter, please contact our Editor.

Try as we may to get things arranged well in advance to be included in the newsletter, we still do miss some items. So the next step we have taken is to make our website more effective. Our webmaster, Mel Dyck works tirelessly updating the web with new information. In fact, every time he puts new information on the web or changes something that is out there, he sends an e-mail to all those on his list to inform them of the change. This serves as a reminder to check out what is on the website. To be included on his list, go to [www.comsa.org](http://www.comsa.org), scroll to the bottom of the Home page and click on the link to add your email address to this list. The list is blind copied so your email address will not be shown to anyone else.

Another step we have taken is the addition of our Coach's Chairperson, Carrie Slover. She sends monthly communications to all of our coaches. The coach's list is determined from the workout groups (local teams) listed on our website. Included in this monthly communication is information not only on what is happening in Colorado, but information on programs that are sponsored by USMS. USMS nationally has many programs available for all types of swimmers; competitive, fitness, long distance. By communicating with the coaches, who are the link to most swimmers, we hope to keep our swimmers better informed. If you are not hearing of things from your coach, ask what is happening or what programs might be going on that would be of interest to you.

To keep our communication lines current we ask that all Team Reps and Coaches check out the local team information on our website and on the USMS website of Places to Swim. You can get to both of these from the COMSA website, click on POOLS AND TEAMS on the left side of the panel. If the information is not current, please update it. There is a form available on our website to fill out and e-mail to the webmaster. The information on the USMS site can also be modified online. The USMS information is used by many people outside the state that come here to visit and wish to swim. Please help keep the lines of communication open by keeping your information current. Swimmers – be sure to use these tools if you are traveling. You'll find great programs to swim with while you are away from your home club.

Remember that communication goes both ways. We as a Board try very hard to communicate with the membership. In turn, we ask that you assist us by keeping your information up to date. And let us know what you would like to see. You can e-mail any of the Board members listed to the left. Find the person that covers the area in which you have an interest and send them an e-mail with your thoughts or suggestions.

And finally, we always welcome new volunteers. If you have interest in helping with any of our activities, please contact me. I am always willing to find a spot for a volunteer.

Happy Swimming!

## Breakers Let Everyone Get in the Swim

Reprinted from the Enterprise Newspaper

By Elwood K. Shelton, Enterprise Staff Writer

April 23, 2005

Don Heins never knew there were so many ways to disqualify in a swim race. He didn't two-hand touch the wall on the butterfly or the breaststroke. He dolphin kicked in a race in which it wasn't allowed. And there were other mishaps, too numerous to recount. "I was surprised with how many rules swimming had," 50-year-old Heins said. "But I never had the same two disqualifications."

There are plenty on the Broomfield Breakers Masters Swim Club who have suffered through the same foibles as Heins. Masters isn't what its name suggests. Far from an elite brand of swimmers, the Breakers has its share of novices. And it attracts those who aren't even interested in competition. But the after-work athletic club, that placed 10th at the April 8-10 state meet, isn't for your run-of-the-mill, slow-pitch softball player. "Swimming is a cumulative sport," Kevin Nash said. "They say for every day you miss in the pool it takes two days to make it up." Nash is one of two Breakers' members who rejuvenated the squad two years ago. There had always been pool time reserved for the masters swim team, but not always swimmers to fill the pool.

The informal coach of the club and Al Ramirez started putting together a team. The duo first recruited parents from their children's swim team, the Broomfield Barracudas. "We probably still have six Barracuda parents on the team," Ramirez said. "Which isn't bad, because we have around 10 competitive swimmers."

The swim parents are not the rule for the Breakers. Neither are novice swimmers. There are those, such as Heins, who are getting their feet wet for the first time in competitive swimming. And they quickly pick up the sport — Heins is known as the team's rookie of the year for winning the Brute Award at the Boulder Pentathlon. To win the Brute you must swim a 400 individual medley, 200 butterfly and a mile at the same meet.

But there also are a few who fall into the category of elite swimmers. Nash, to his chagrin, is known as the team's Michael Phelps. "A long way from it," said Nash, a former NCAA national championship qualifier for the University of California at Berkeley.

All Breakers, competitive or not, share the same goal — fitness. John O'Keefe dabbled in collegiate swimming at Boston University. But for 20 years he hadn't touched the water. O'Keefe jumped back into swimming as a way to stay in shape. "I've been meaning to do something like this for a long time," O'Keefe said. "I've lost weight and it just feels good to be on a team again."

Team is the other aspect of the Breakers. The club provides plenty of opportunity for athletes to push themselves against something other than a clock. And it always feels good to have a couple people on deck cheering for you. "The practices really bring people together," Ramirez said. "There is a lot of camaraderie on the team. I've played competitive hockey, softball and about every other sport. But what you have to go through in the pool brings the team together."

The Breakers are looking for more to join their ranks. And club members said they feel there are probably a few closet-swimmers still hiding, especially in the fitness-crazed state of Colorado.

The program doesn't boast four paid coaches and a laundry list of competitive swimmers like other masters clubs. But the Breakers do offer the opportunity to break into swimming.

Whether it is a first-timer such as Heins or a former great such as Nash, the club is open to whomever wants to push themselves.

"I never felt intimidated about coming out for the Breakers," Heins said. "I just kind of jumped in with some phenomenal swimmers."



Broomfield Breakers Swim Team

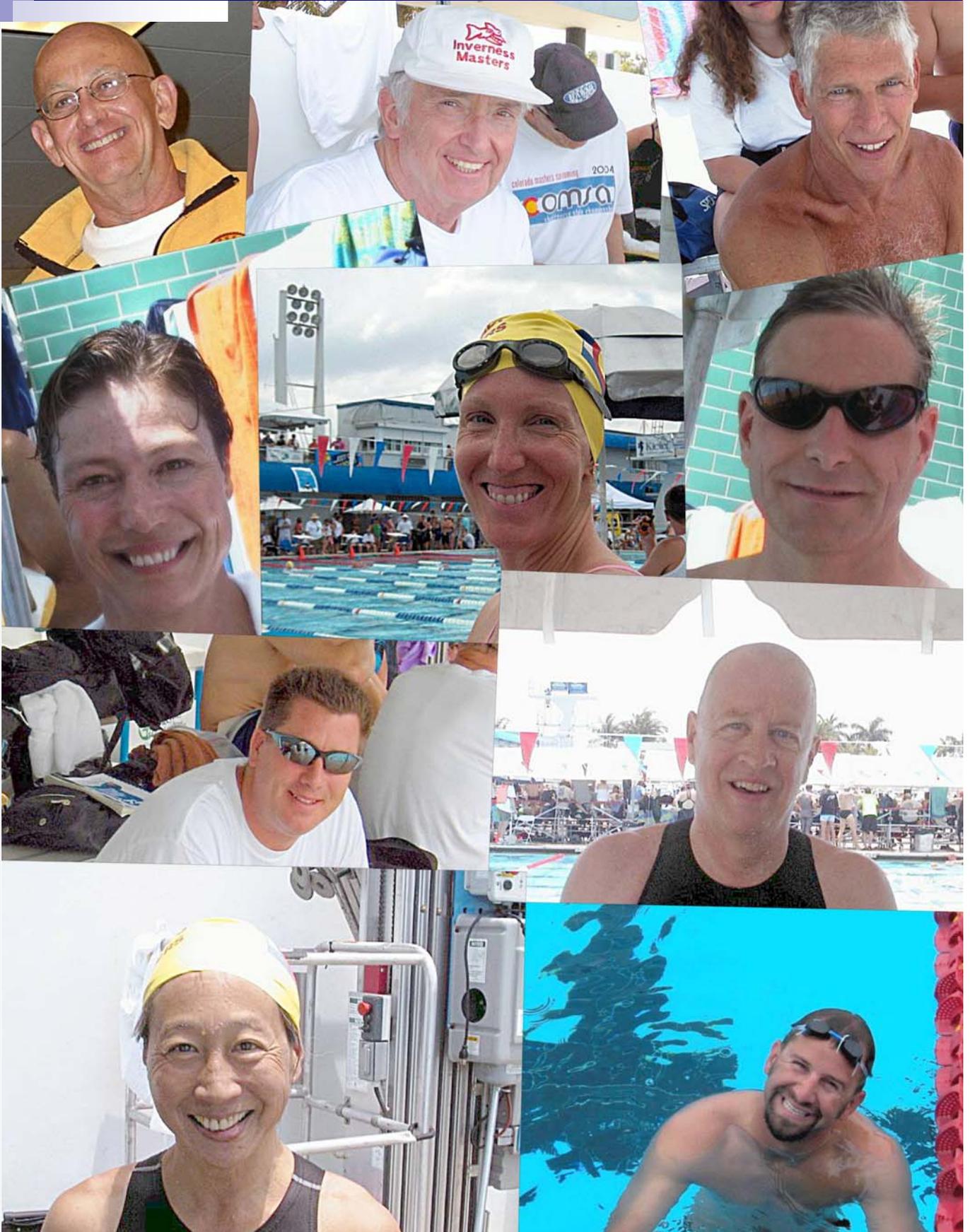
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*"I've been meaning to do something like this for a long time," O'Keefe said. "I've lost weight and it just feels good to be on a team again."*

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Kevin Nash of Broomfield Breakers receives his age group's High Point Award at the State Championships in April.





Celebrating a Championship in Fort Lauderdale, Florida

## Distance Swimmers & Triathletes—Just Do It!

### Nicole Vanderpoel—Long Distance Chairperson

Greetings fellow distance enthusiasts! With summer officially upon us, there's no time to waste! **We need to take full advantage of Swimming outside while we can.** Whether it is outside at your neighborhood pool, at the gravel ponds at Chatfield or swim beaches at our various reservoirs, any time you are available is a good time to train for open water swimming. If you have an extra ½ hour at your local pool in the evening, use this as an opportunity for some drills and a 500 yd or meter swim. Without sounding too cliché, your mantra should be “**Just do it!**”!

Let's get down to work! I'd like you to review the following open water technique tips and reminders to help you be the most efficient you can be during an open water swim competition.

**To ‘Drag’ or not to ‘Drag’, that is the question!** Even though you may have the latest and greatest wetsuit or fast suit, you must first think about how to move your body through the water with the most efficient, streamline body position. **When you lift your head to sight or to breathe, be aware that your hips and legs will sink slightly, creating drag.** Think about moving your head forward through the water when you pull, keeping your forehead/cap line water level and one goggle in and one goggle out of the water.

**A helpful drill includes kicking on your side ½ lap and switching to the other side for ½ lap.** Keep your ear just under your shoulder at your arm pit and focus on keeping your forehead/cap line moving forward in the water. Try to keep one goggle in the water and one goggle out when you breathe! You must try to master this.

**Another drill to help you understand the impact of “drag” is to swim one lap like Tarzan,** with your head completely out of the water and then swim a lap regular Freestyle. You will obviously feel much more resistance when your head is above water and your hips are sinking, than when you swim regular Freestyle. This drill will also help you develop a correct high elbow position before you “catch” the water. If you drop your elbow when you try to swim like Tarzan, it will be much more difficult to swim!

**Your feet need to be Streamline. Keep your feet close together, even when you breathe!** A very common scissor kick occurs for some swimmers when they breathe. Focus on keeping your feet close together at all times, especially when you take a stroke and breathe! It is helpful to practice keeping your feet close together and do some pulling with or without a pull between your legs. You don't need to kick very hard during an open water swim, but rather be aware of your feet and not allowing them to “wander” too far apart.

**Determine which sighting method you are most comfortable with and practice keeping your hips high while you sight!** There are two sighting methods to choose from. Both methods include sighting and breathing all within the same stroke. You can lift your head to sight first and then turn to breathe, all within the same stroke. Or, you can breathe first and then turn to sight, all within the same stroke! Try each order (sight then breathe or breathe then sight) and determine which you are most comfortable with. Then, stick with it. Regardless of which method you use, you need to swim with the least amount of resistance possible. Keep the hips high, even when you sight! **Try to sight with your goggles just at the water level while maintaining the same stroke rhythm that you would if you were not sighting. Rhythm is the key.** Your goal is to maintain a steady stroke rate and rhythm throughout your swim, whether sighting or breathing!

**Stay calm and find a rhythm for your breathing from the very beginning of your open water swim.** Count to yourself and set a steady stroke rate and breathing pattern.

Continued on page 7

### *Attention Gravel Pond Swimmers!*

*When using the gravel pond, please be sure to observe our approved swimming hours:*

*Monday and*

*Wednesday 4:30-7:30pm and Saturday from 7:30-10:00am.*

*We must use the designated parking lots, including the Kingfisher lot and the lot at the south end of the gravel pond. If you park on the road you will be ticketed by Park Rangers and put our permit in jeopardy.*

*Thanks for your help in keeping our privileges at the Gravel Pond!*



## Open Water Racing Opportunities

### Continued from page 6

Enough technique work, now it's time to get in the water. Fortunately, we all know we can train at the Gravel Ponds at Chatfield. However, there are also **Training Opportunities** locally and nationally to help you get in shape for an Open Water Competition.

The first opportunity is the **USMS 5K & 10K 2005 National Postal Championship**. Yes, that's right, 5,000 or 10,000 meters! This year's Championship is sponsored by the **St. Pete Maters Team**. Information and entry forms are available on the USMS.org website under the Competition Link and then under the Long Distance National Championships Link. You have until September 15<sup>th</sup> to complete either or both the 5K and the 10K swim. They must both be completed in a 50 Meter pool, 2 people per lane, and you must have a verifier/counter. When you submit your entry and pay the registration fee, you receive a really cool t-shirt and Certificate of Completion. Unless, of course, you place in the top 6 and then you receive a medal! If you have any interest in participating in the swim as a group, please e-mail me at [nicolevanderpoel@msn.com](mailto:nicolevanderpoel@msn.com) by the end of July and I would be happy to organize a group to swim the 5K and 10K during August at Lowry.

Another, less intense, opportunity for distance training is to participate in the **2<sup>nd</sup> Annual USMS 30 Minute Swim Challenge!** This year's swim is sponsored by the **OHIO Masters Swim Club**. The goal is to swim as far as you can in 30 minutes. You may complete the swim anytime in 2005 and all you need is a verifier and a pool 20 yards or longer. When you submit your entry and pay the nominal fee, you will also receive a really cool t-shirt! You can take the 30 Minute Swim Challenge more than once during the year to check your progress. Talk to your Master's Coach and see if you can do the 30 minute swim with your team. This is a great opportunity to test your endurance in a distance swim and compare yourself to other swimmers across the Country.

Last, but certainly not least, **participate in the Wingshadow Horsetooth 2.4 mile or 10K Swim at Horsetooth Reservoir on Sunday, August 14<sup>th</sup>!** This is one of the **Premier Open Water Swims** in the Country and will be a National Championship next year in 2006! Horsetooth Reservoir is a breathtaking place and the organizers, George Thornton and Joe Bakel are Masters at running a first class event. Without a doubt, the Wingshadow Horsetooth Swims have the coolest T-shirt of all! Information about this year's swim and the Wingshadow Organization can be found at [www.WHSwim.com](http://www.WHSwim.com). When you visit their website, you can also find information about the 2006 National Championship.

Colorado Swimmers and Triathletes ~ Just do it and have fun out there!

## Summer Social & Team's Talk—July 13th

Swim at the gravel pond, and then come to the picnic area and get together with your fellow swimmers. There will be a short "teams talk" meeting during the social. This is not an executive meeting, but the time to share ideas about things that you would like to do, how you can help, and hear what other groups are doing.

Everyone is welcome. COMSA provides the space, drinks, charcoal for the barbecues, and paper/plastic products to eat with. Bring your own meat to grill, utensil to grill with, and a salad/fruit/chips/desert to share.

The Fox Run Picnic Area is on the left hand side of the road on the way to the gravel pond if you come in the main entrance off of Wadsworth.

If you think you will be attending please email the number who you think may be coming by Sunday July 10<sup>th</sup>, to Susan Nolte at [chrisnolte@msn.com](mailto:chrisnolte@msn.com). That way we will be sure to have enough charcoal and drinks.



The 2005 Wingshadow Horsetooth 2.4 mile swim still has openings. Visit [www.WHSwim.com](http://www.WHSwim.com) for entry details.

**COMSA Social & Team's Talk Meeting**

**Wednesday July 13th**

**6:00-8:30pm**

**Fox Run Picnic Area at Chatfield Reservoir.**

We're on the Web!  
www.comsa.org

Friends, Fitness, & Competition



Email: johnstuart@hughes.com

Email: marfer@att.net

Phone: 303.355.5330

80163-0523

Highlands Ranch, CO

P.O. Box 260523

COMSA

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Colorado Masters Swimming Association

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Go to [www.comsa.org](http://www.comsa.org)

Scroll to the bottom of the home page.

Add your email address to the list to receive notice of website changes.

This list is blind copied, so your address will not be shared.

***Have you not yet received your State Ribbons? All ribbons were sent to your team coach. Please check with them if you have not received them.***



Rattlesnake Triathlon Series

[www.RattleSnakeTri.com](http://www.RattleSnakeTri.com)

August 28th

500 Swim—12 Mile Bike—3.1 Mile Run