



# Colorado's Crowning Jewel— 10K National Championships

## Nicole Vanderpoel—Long Distance Chairperson

Colorado Masters wishes to thank the Wingshadow Horsetooth 10K National Championship Committee and its organizers and volunteers who helped make the very first USMS National Open Water Swimming Championship in Colorado a complete success! Special congratulations are in order for George Thornton, Joe Bakel and a host of others who spent countless hours the past 2 years to make this National Championship dream come alive. This is truly Colorado's crowning jewel in Open Water Swimming and will be for many years to come. We are extremely proud of the success of the 10K National Championship and are thankful to all who contributed and participated.

The National Championship 10K took place on Saturday, August 12<sup>th</sup> at Horsetooth Reservoir in Ft. Collins, Colorado. The water temp was low 70's and the air temp in the 60's and 70's throughout the race. 83 Swimmers from around the country started the race and 79 swimmers completed the marathon swim. There were many volunteer's young and old, serving food, paddling, directing and showing some good old-fashioned Colorado hospitality to our visitors. It was truly a magical day.

Many of the 10K swimmers were Colorado Masters Swimmers and many of the age group Champions were Colorado Masters Swimmers. Please take the time to visit the website at [www.whswim](http://www.whswim) for details and to see how well our swimmers did. In addition, if you're up for the challenge, make plans to participate in the Horsetooth 10K swim next year.

## Long Distance Update

### Nicole Vanderpoel—Long Distance Chairperson

Congratulations Colorado! This has been the most successful open water and long distance swimming season in the history of Colorado Masters. Countless miles have been swum both in the pool and in our beautiful Colorado reservoirs and lakes. Besides the numerous and well organized Triathlons throughout Colorado, there have been a few, newer, long distance events for Colorado Masters to participate in.

This summer we had several swimmers complete the USMS 5K and 10K National Postal Championships, sponsored by the Lawrence City Sharks, on two different dates at Lowry. For those of you who have never swam a 5K or a 10K in a 50 Meter Pool, it is quite a challenge and accomplishment once you have completed the swim. Many congratulations are in order to those swimmers who participated. The results of the 2006 5K and 10K will be posted in October on the USMS website. *Cont. page 4*

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#### Special points of interest:

- 71 Swimmers represented Colorado at the FINA World Championships at Stanford.
- Colorado Women placed 1st at the Short Course Championships in May. The men were 3rd and combined Colorado was 2nd.
- COMSA currently has a membership of over 2100 swimmers.

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## From the Editor—Twenty Years Later

### Ellen Campbell—Newsletter Editor

I became a part of Colorado Masters Swimming in 1985. I graduated from college and wanted to keep swimming with a group. I hooked up with a masters program that swam at my old high school, Cherry Creek High. In 1986 I started the team Inverness Masters. And now, 20 years later, I'm still involved with Colorado Masters for the same reasons I originally joined. The Swimmers!!



My fondest memories and best friends are from my swim teams. Some of the greatest bonds are made through sweating, panting, and laughing just inches from another mostly naked, unmade-up swimmer. It's a special bond that is hard to describe to non-swimmers, but quickly apparent for even someone new to the sport of Masters swimming.

Swimmers are a rare breed. Regardless of swimming abilities, swimmers support and cheer for one another. When you're dying in the middle of a set, your lane mates are there with, "come on; you can do it; just one more" When you're giving it your all coming into the final 25 of your race, they are there, screaming in your face, GO!! And when you've reached the end, they are there with high fives and hugs, regardless of your final time.

At Nationals and World's, Colorado swims as Colorado Masters Swimming. Swimmers from across the state, and even some who have moved out of state, come together to cheer, support and swim relays together. We bring first timers to Nationals and 20+ year veterans. Your local competition becomes your ally and your teammate at Nationals.

At my first Nationals, I was only a spectator; barred from competing because I wasn't yet 25. I got to photograph the likes of Rich Abrahams, Cathy Drozda, Bill Abbot, Chuck Wolf, Holden Bank and many others. My latest nationals was this year's Short Course National Championships in Coral Springs last May. After a 6 year baby break from competition, I was able to jump back into the swing of things. For some, I was the new kid on the block. For others, it was just me, back at it...finally. There were lots of new faces and lots of the ones from years ago. But regardless of new or old, they were there, at the end of my lane, getting me through my last length of each of my races. Thankfully, some things never change.

For at least 20 years, Colorado Masters Swimming has been a powerhouse in the world of Masters Swimming. We've won many National titles, and set many National and World records. We're active on a National Level within United States Masters Swimming, and we've now even hosted a National Championship, this summer's 10K Open Water Swim. We excel because of our members. Our swimmers. Young and old. Fast and not as fast. Those new to competition and those who are seasoned veterans. All, dedicated to the sport of Masters Swimming. Friends, fitness and competition.

It has been a blast over the past 20 years. And I'm confident it will remain a blast over the next 20 years. That's just the way our swimmers are. Swimmers. That rare and special breed.

Cheers to Colorado Masters Swimming!



Colorado Masters cheering on a teammate at the Short Course National Championships.

# Inside Motivation

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## Laura Smith—Fitness Chairperson

So, you've been on your vacation to some exotic place. You rode your bike through the summer sun. You hiked outdoors with your kids, picking wildflowers along the way. You may have even caught a few swimming workouts on a perfect day in the outside pool or in the endless waters of the Gravel Pond at Chatfield. The Colorado summer just begs for us to get out and enjoy the various activities it has to offer. However, the mornings are already brisk. The leaves are changing. Kids are back in school. Can we stay motivated enough to drag ourselves out of our warm bed before the sun rises and attend a workout in an indoor pool during the Fall months?

Everyone has different motivations, however here are some things that might click for you:

This one is tired, overused, and brought up every time the word "motivation" is used.....but it's because it works. Set goals. Set challenging, yet achievable expectations for yourself. Be very specific in what you aim for, so you have a solid baseline for measuring your progress. Tell someone else what your target is so you are accountable for reaching it. If you have a focused objective, it will prompt you to make each and every workout possible, and it will give you a purpose for being there. To give yourself a measurable account of how you're doing, set small goals every six weeks. Reward yourself when you hit your goals. Refocus, and stay ambitious if you miss.

Make friends at workout. I know, I sound like a mother sending her kid off to scout camp. However, if you have a social network, you will be more likely to want to get yourself to workout, and enjoy yourself once you're there. The pool is full of like – minded people. Put yourself out there a little, and there's bound to be someone you connect with. Swimming workouts put everyone on a very level playing field. We're basically naked. No jewelry. No make up. No one knows what kind of car you drive or what your profession is. It's hard to get an idea of someone's religious or political views between intervals. It's just our raw personality that comes out. What a great opportunity to bond and get to know people for who they really are. Once you feel like you are truly part of a team, the ownership value in your workout increases. You know that you will be missed if you skip a workout. You become confident that a teammate will encourage you on the days you feel sluggish. You take pride in knowing that someone is relying on you for inspiration on the days that they need support. The team becomes more than just a bunch of people swimming the same sets as you; they become part of your extended family.

*This one is tired, overused, and brought up every time the word "motivation" is used.....but it's*

Let your coach know your expectations, and ask him/her for help. My husband and I travel for a living, and have had the opportunity to workout with numerous teams in numerous states. We both agree that Colorado has some of the finest coaches in the nation. Use their knowledge and expertise! Explain to them what you want to accomplish for the season, then ask them to help you succeed. Request tips for stroke improvement. Inquire about drills that will make your swimming more efficient. Suggest a time trial at the end of a workout, and have them get your splits. Coaches want to do more than just dictate the workout. However, with so many swimmers under their leadership, and with each swimmer having their unique situation, it is your responsibility to communicate to your coach exactly what your specific needs are. By forming this rapport, your workouts will become more meaningful and more important to you. This can be a huge factor in keeping your desire to swim at an all time high.

As I initially stated, everyone has different motivations. The key to purposely adhering to a workout regime, is discovering what inspires you. Take a good hard look at why you swim. Focus on the reasons you began swimming in the first place. Think about all that the sport gives back to you. Imagine what your life would be like without it. Then, do whatever it takes to stay in love with the sport.



# Tips from the Registrar

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## Marcia Anziano—Registrar

Well, Fall is in the air and soon we will be sending out the renewal notices for 2007. So I thought I use my column in this newsletter to talk a bit about our registration forms. The first thing to note is that we have two forms. One is the preprinted renewal form that you will receive in the mail in early November. The other is one that you can download from the website.

**Renewal Forms:** Because the renewal form is smaller, preprinted with all your information, and easier to process, you get a \$5.00 discount when using this form to register. It is very obvious if any changes are made to this form, making it much faster to process. However, one thing to note is that the waiver on this form must be SIGNED and DATED. This past year we had to return several of these forms for signatures prior to processing them, causing a delay in updating the membership and mailing you your card. And again this year, we will be sending caps to the first 250 renewals submitted using this form.

*Don't Forget! The first 250 renewals received for 2007 will receive a Colorado Masters Swimming cap. Send your renewal form as soon as it arrives!*

**Registration Forms:** The second form is the one that you can download off of the website. This form is recommended for new members, but can be used by current members. This form must be filled out in its entirety, signed, and dated. This form must be accompanied with the full registration fee that is stated on the form, regardless if you are renewing or registering for the first time.

**National Team vs Local Workout Group:** There is one piece of information on these forms that seems to cause a bit of confusion to many swimmers, that being the National Team with which you wish to affiliate. Under the Colorado LMSC, you can choose to swim for Colorado Masters Swimming or Air Force. If you do not choose to swim for a specific club, you can choose to be Unattached. If you are not sure what to designate in this field, you might want to ask your coach. It happened that there were a number of relays swum at the State Meet in 2006 that were not eligible for Top Ten consideration, as all of the swimmers were not members of the same team, specifically Colorado Masters Swimming. Do not confuse this team with your Local Workout Group. Local Workout Groups have no official standing within the USMS organization, and are designated here in Colorado mainly for the purpose of competition in meets where Team Points are accumulated, specifically the State Meet. However, when your times are sent to National for Top Ten or records, the National Team affiliation is designated.

And one final tip regarding your new cards. Many of you lose or misplace your cards throughout the year. There is a \$5.00 fee for a replacement card. The best thing to do when you receive your new card is to make about a dozen copies of it and save them in a file. This way you will have a copy to send with any meet entry forms, or to keep in your bag to take to workouts when required. Then you can keep the card in a safe place and use the copies.

## Postal Championships Coming This Fall

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We hope to build participation in our USMS Postal Championships and would really like to challenge you and your fellow teammates to participate in the next National Postal Championship. Yes, Colorado Masters, you have another opportunity to show off your long distance swimming talent. It's time for the 2006 3K and 6K National Postal Championship, sponsored by Rio Grande Swim Club in El Paso, Texas. In lieu of the fact that the 3K and 6K Postal must be swum in a 25 yard pool AND the fact that it's much more fun to "suffer" together, COMSA, along with DU, is generously providing a wonderful opportunity to complete both swims. The dates are set for October 21<sup>st</sup> and November 4<sup>th</sup>, from noon to 3:00 pm at DU. Please e-mail Nicole Vanderpoel at [nicolevanderpoel@msn.com](mailto:nicolevanderpoel@msn.com) by October 16<sup>th</sup> to reserve a lane for the October 21<sup>st</sup> swim and by October 31<sup>st</sup> for the November 4<sup>th</sup> swim. We will run as many heats as time permits, with only 2 swimmers per lane. You will have to bring your own counter/verifier.

Fall is a great time of year to build your endurance base by increasing your yardage. So, think of swimming the 3K or 6K National Postal as a great way to build your base! Don't miss out! Mark your calendars and reserve your lane!

# Experience Horsetooth. A Long Swim Indeed!

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## Marcia Anziano—DU Aquaholics Swim Team

The USMS 10K Long Distance National Championship for 2006 was contested right here in Colorado at the Annual Wingshadow Horsetooth 10K. This was the 8<sup>th</sup> year for this event, the first time that it was a USMS National Championship. The race was capped at 100 swimmers, however, with cancellations and no-shows, only 83 swimmers started the race. And I will say that they were the fortunate 83 of the 100. It was a spectacular event. Well known to swimmers here in Colorado, this year the race attracted swimmers from 17 other states, those brave enough to test their skills at altitude.

The race is a benefit for Wingshadow, Inc. and this year also for Team Ft. Collins. Wingshadow, Inc. is an organization providing educational, recreational, housing, crisis counseling and other services to endangered youth and families in Northern Colorado. Team Ft. Collins is a non-profit community organization dedicated to preventing the abuse and illegal use of alcohol, tobacco, and drugs, especially among youth and families, by promoting healthy lifestyles through community mobilization, educational programs, and interactive events. Proceeds from this race and pledges from participants go to help fund these two organizations.

For those of you not familiar with Horsetooth Reservoir, it is a 6.2 mile long body of water just west of Ft. Collins. Many of the swimmers had participated in past events, however, there were many swimmers that were swimming this race for the first time. Participants ranged in age from 20 to 61 in the women's division and 20 to 76 in the men's. Of the 83 that started the race, only 4 did not finish in the allotted 5 hour limit. The overall winner was Brooks Felton, 20, of Goleta, California, with a time of 2:09.31, and the first woman to finish was Alicia Kendig, 24, of Colorado Springs with a time of 2:27.09. Colorado was well represented in the top three, as the second finisher was Todd Bryan, 55, of Boulder with a time of 2:20.22 and third was Kevin Doherty, 33, of Denver with a time of 2:21.51. It would be great to be able to mention all of the finishers, but the results can easily be found on the website, [www.whswim.com](http://www.whswim.com).

The race is a great event. Starting with a pre-race meal of pasta and salad on Friday evening followed by a meeting on safety and rules, the swimmers are well prepared to start the race the following morning. The volunteers run a super event, and everything ticks away like clock work. The race started promptly at 7 a.m. This year the weather was great, slightly overcast most of the race, and the water temperature was around 70 degrees. One could not have asked for better conditions.

Another important component of this race is the contingent of volunteer paddlers, one accompanying each of the swimmers. They are there to set the course for the swimmer and to protect them from other water craft that are in the area. While many of the paddlers are family or friends of the swimmers, many more are simply volunteers that love to paddle and are out there to help out a great cause. The race would not be a success without all of these great people to help out.

All in all, this was a super event. Hopefully, many of you will be able to participate in future years. Although it takes many, many hours of training to be prepared for the event, the day of the swim proves to be well worth the effort. I have to say that I was thrilled to be part of the race.

## USMS 2007 One Hour National Championship Postal

Although January, 2007 seems a long way off, the date has been set for Colorado Masters to swim the One Hour National Postal Championship as a group. The Postal will take place on Sunday morning, January 21<sup>st</sup>. Please check the COMSA website this fall for further details on pool and time.

Now, you have plenty of notice, so reserve the date. Any questions? Contact Nicole Vanderpoel at [nicolevanderpoel@msn.com](mailto:nicolevanderpoel@msn.com).

# Colorado Takes on the World & Brings Home Gold

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## Will Amos—Records Chairperson

More than 5,500 swimmers representing 74 different nations converged on Palo Alto, California and the Avery Swim Center at Stanford University to compete in the XI FINA World Masters Championships. Colorado was well represented by 71 swimmers who made the trip.

A meet of that magnitude requires outstanding preparation on the part of the meet organizing committee, and their hard work was apparent in a well organized, smoothly run meet. Competition took place in two separate long course pools, with additional facilities for warmup/warmdown. Hundreds of volunteers worked long hours to make sure that the meet operated smoothly, with the result that a meet that could have been a nightmare was instead a pleasure to attend.

The word of the day every day was “fast”. An astonishing 161 World records fell during the seven days of the swimming competition, the most ever in a single meet. Congratulations to the three Colorado swimmers who set individual world records: Rich Abrahams in the Men’s 60-64 50 Free with a 25.23, Trip Hedrick in the Men’s 50-54 100 Free with a 55.38, and Steve Wood in the Men’s 45-49 100 Back with a 1:01.73.

A trio of Colorado Masters Swimming relays also set world records in the 200-239 age group. The Mixed 200 Free Relay of Trip Hedrick, Kim Crouch, Kathy Garnier, and Rich Abrahams dropped the record by nearly 5 seconds with a 1:44.96. In the Men’s 200 Free Relay, Jack Groselle, Hedrick, Steve Wood, and Abrahams smashed the old record by 7 seconds with a 1:38.24. Finally, Wood, Groselle, Hedrick and Abrahams were back in the 200 Medley Relay with a 1:50.83 and another amazing 7 second drop.

9 different Colorado swimmers won 19 World Championships. Congratulations to the following:

|                           |                                    |
|---------------------------|------------------------------------|
| Richard Abrahams (M60-64) | 50 Free, 100 Free, 50 Fly, 100 Fly |
| Todd Bryan (M55-59)       | 800 Free                           |
| Kim Crouch (W45-49)       | 200 Breast                         |
| Kathy Garnier (W45-49)    | 100 Free                           |
| Jack Groselle (M50-54)    | 100 Free, 100 Breast               |
| Trip Hedrick (M50-54)     | 50 Free, 100 Free, 50 Fly, 100 Fly |
| Michael Mann (M50-54)     | 200 IM, 400 IM, 800 Free           |
| Carolyn Roche (W55-59)    | 800 Free, 200 Fly                  |
| Steve Wood (M45-49)       | 100 Back                           |

## Colorado Masters Swimming Team Roster

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|                  |                 |                  |                     |                   |
|------------------|-----------------|------------------|---------------------|-------------------|
| Richard Abrahams | Will Amos       | Marcia Anziano   | Percy Ballatine     | Jack Truby        |
| Jeff Barber      | Todd Bryan      | Bill Burson      | Kent Carney         | Nicole Vanderpoel |
| Steve Cattles    | Randy Cox       | Kim Crouch       | Laura Dravenstott   | Tim Varner        |
| Kim Eden         | Morgan Edwards  | Chuck Fischer    | Tiffany Forbes      | Susie Wasson      |
| Jared Foster     | David Fuller    | Kathy Garnier    | Manu Ghaffari       | Amy Webb          |
| Mike Gonzales    | Jack gorselle   | Heather Hagadorn | Patricia Harkreader | LeighAnn White    |
| Alison Hayden    | Trip Hedrick    | Richard Hess     | John Hughes         | Chuck Wolff       |
| Richard Hunt     | Mark Johnston   | Elene Jones      | James Jordan        | Steve Wood        |
| Thomas Joyner    | Steven Kahl     | Heather Keaten   | Amanda Krause       | Margie Yoder      |
| Judith Laney     | Marshall Lee    | Sarah Lee        | Tim Lenneman        | James Zurcher     |
| Lyndsey Linke    | Heather Lopez   | Michael Mann     | Dave McCarty        |                   |
| Matthew Moseley  | Ellie Najjar    | Kevin Nash       | Cheryl Olson        |                   |
| Bob Patten       | Craig Petersen  | Kathryn Potter   | Carolyn Roche       |                   |
| Karen Rosener    | Thomas Rosinski | Greg Scott       | Dana Shieman        |                   |
| Carrie Slover    | Laura Smith     | Schuyler Smith   | Andrea Taydus       |                   |

# Four Keys to Great Backstroke

## Sheri Hart—Swimmer & Coach, DU Aquaholics

**Head Position** – good head position defines your body position in the water. Ideally, you want your head in a straight line with your spine or even tilted back slightly. Think about balancing a quarter on your forehead when you swim. The most common mistake I see people make is to bring their head to far forward causing the quarter to slip off the front. This also causes the hips to sink, making it very difficult to maintain an efficient stroke. If the quarter goes to the right or left, you are most likely over-rotating and bouncing from side to side. I like to think of having eyes on the top of my head that are focused on getting to the wall as quickly as possible. There should be little movement of the head in backstroke.

**Deep Catch** – having the flexibility and strength to really drive your hand into the water on the entry sets you up for an ideal pull. The key here is to have your hand enter the water at about 11:00 or 1:00. It is very common to see people overreach and have their hand enter the water somewhere across to top of their head (myself included). When you do this, you are forced to pull to the side before you can start your pull downward. This might help you move to the side of the pool, but won't help you get further down the pool. Once your hand enters in the proper place, you want to think about driving it down as far as possible, so when you bend your elbow, you set yourself up for a great finish. Ideally, you want to achieve this position without having to roll too much to one side. However, if you have flexibility problems in your shoulders you can compensate for this by rolling your body slightly to each side.

**Strong finish** – once you've set yourself up properly with your catch, you want to focus on maximizing the water you push forward as you finish your stroke. When you get tired, the tendency is to push the water out to the side and finish your stroke somewhere outside of your hip. To get the most out of your stroke, you want to feel like you're grabbing as much water as possible and pushing that water forcefully down to your feet. Your thumb should brush the side of your leg as close to the knee as possible.

**Underwater dolphin kick** – this is something I didn't use much when I was competing in college. We had to actually touch the wall with our hand and we did backstroke kick to the surface. When the rules changed, allowing you to flip without touching the wall with your hand, and letting you dolphin kick for 20 meters underwater, backstroke times started dropping significantly. This is because you are theoretically faster under the water than you are on top of the water. I say theoretically because it takes a lot of practice, breath control and leg strength to take advantage of this. As a master's swimmer, I find these things much more challenging to work on than if I would have started out doing this as an age group swimmer. A couple of tips can help you take advantage of your time underwater. Think about pushing off the wall and streamlining with your arms pointed slightly down rather than the usually position forcing you to break the surface of the water faster. Use fast, but strong, dolphin kicks, originating from your core, until you can see your body fully passing the backstroke flags. Start your first stroke before you break the surface of the water and switch to the normal backstroke kick.

In 1992, Sheri Hart graduated from USC and hung up her swim goggles for good. "I gave all my suits, caps and goggles away. I never wanted to swim another lap." It wasn't until she was pregnant with her first daughter that Sheri re-entered the water and rediscovered her love of swimming. Sheri now trains and coaches with the DU Aquaholics. In May, at the National Championships, Sheri won 4 individual events and set 3 National Records. In August, at the FINA World Championships at Stanford, Sheri won the 200m back, 100m free, 100m back, and 50m back. In her fifth event, the 50m free, Sheri finished second to none other than Olympian Dara Torres. To top it off, she set 4 World Records and 2 meet records.



Sheri is a mother of two girls and volunteers her time coaching special needs children and adults.

An outstanding backstroke, Sheri shares her Four Key Elements to mastering the stroke and a few of her favorite workout sets.

My favorite 2 backstroke sets are not originals. The sets I like the most were given to me this summer from Rich Abrahams. The third set is a set I designed that I like to do once a week. Finally, I try to include a breath control set at the end of most my workouts. A sample is below.

**200 Focus** – all the pace 50's are backstroke – intervals for short course yards  
16 \* 50 on :50 every 4<sup>th</sup> is 200 pace  
12 \* 50 on :55 every 3<sup>rd</sup> is 200 pace

8 \* 50 on 1:00 every 2<sup>nd</sup> is 200 pace  
4 \* 50 on 1:05 all 200 pace

**Just Cruisin'**  
3 \* the Following, r 1:00 between sets  
200 @ E3 effort  
3\*100 @ E2 effort  
4\* 50 @ E1 effort

**Finish workouts with breath control**  
Sample Set:

8 \* 50 3 breaths per 50, 2 breaths, 1 breath, 0 breaths \* 2

**50/100 Focus** –  
4 \* Broken 100's \* 6-8 Minutes  
50 all out kick, r:15 sec, 50 all out swim, 200 easy swim \* 2  
50 all out swim, r:15 sec, 50 all out kick, 200 easy swim \* 2

1<sup>st</sup> round: IM, free, back  
2<sup>nd</sup> round: free, back, IM order  
3<sup>rd</sup> round: back, IM, free  
Free on 1:20 per 100 pace; IM/Back on 1:30 per 100 pace

# 1<sup>st</sup> Annual Castle Rock Masters Open

October 8<sup>th</sup>, 2006

Castle Rock Recreation Center

Sanctioned by COMSA for USMS, Inc, Sanction #32-06-16-S

**When:** Sunday, October 8<sup>th</sup>, 2006  
Warmup begins at 8:00am  
Meet Begins at 9:00am

**Where:** Castle Rock Recreation Center  
2301 N. Woodlands Blvd.  
Castle Rock, CO 80104  
Altitude: 6,300 feet

**Facility:** 7 lanes, 25 yards  
Competition will be in 6 lanes, 1 lane for continuous warm-up/down  
Electronic timing

**Fees:** \$20 for up to 5 events if postmarked by October 1, 2006  
\$25 late entry. Deck entries will be accepted up until 8:30am on race day.

**Mail Entries to:** Will Amos  
5296 E. Hamilton Ave.  
Castle Rock, CO 80104

Make Checks payable to **Castle Rock Swimming**

**Info:** Sanctioned by COMSA, for USMS, Inc. (sanction # 32-06-16-S). All swimmers must have a valid USMS registration. Entries must include a copy of current USMS card, or swimmers will be required to show one on day of meet. Use attached consolidated meet entry form. Additional entry forms available online at [www.comsa.org](http://www.comsa.org). Events will be swum women first, then men. The 500 freestyle may be combined men/women at the discretion of the meet director.

## Order of Events:

| Event# | Event                  |
|--------|------------------------|
| 1/2    | 500 Freestyle          |
|        | <i>10 minute break</i> |
| 3/4    | 100 IM                 |
| 5/6    | 50 Butterfly           |
| 7/8    | 200 Breaststroke       |
| 9/10   | 100 Backstroke         |
| 11/12  | 50 Freestyle           |
| 13/14  | 200 Butterfly          |
| 15/16  | 50 Breaststroke        |
| 17/18  | 200 Backstroke         |
| 19/20  | 200 IM                 |
| 21/22  | 100 Freestyle          |
| 23/24  | 50 Backstroke          |
| 25/26  | 100 Breaststroke       |
| 27/28  | 100 Butterfly          |
| 29/30  | 200 Freestyle          |

# Foothills Fall Fest Masters Short Course Meet

## Sunday, October 22<sup>nd</sup>, 2006

The Ridge Recreation Center, Littleton CO  
Warm-up: 8:00 am Meet Starts at 9:00 am  
Sanctioned # 32-06-14-S

**Location:** 6613 S. Ward Street, Littleton, CO 80127 (303-409-2333) . Take C-470 to Bowles, exit east on Bowles and go south on Coal Mine to Ward St. Go south on Ward for approximately one mile to the Ridge Rec. Center on the south side of Ward Street, across from the Peak Wellness Center.

**Facility:** The pool is a 10-lane 25 yard indoor pool. There will be 8 lanes used for competition, with 2 lanes available for continuous warm-up and warm-down.

**Eligibility:** 2006 U. S. Masters Swimming rules will govern conduct of the meet. Because of insurance regulations, all swimmers must be registered U.S. Masters Swimmers. **A copy of your 2006 USMS card must accompany your entry form, NO EXCEPTIONS.** Limit 5 individual events and 2 relays.

**Age Groups:** Age of competitors on October 22, 2006 will determine age group. No awards at this meet.

**Seeding:** Heats will be formed by times, and progress from deck entries slowest to fastest. **NOTE:** In the interest of time, men and women may be combined and swim in the same heat in any event. Breaks may also be put into the meet depending on the number of entries.

**Deadline:** Entry forms accompanied by entry fees and a copy of your USMS card are DUE (not just postmarked) in the hands of the Meet Coordinator by **Monday, October 16, 2006 at 5:00 pm.** Deck entries will be accepted until 8:30 am on Sunday, October 22<sup>nd</sup>.

**Fees:** There will be a flat fee of \$20.00 to attend this meet, which includes 5 individual events and 2 relays. The deck entry fee will be \$25.00. **A copy of your USMS card must accompany your entry form.**

***Make checks payable to Foothills Parks and Recreation.***

Mail entries and fees to:

Stephanie Bunevich  
Re: Masters Swim Meet  
4 Vinca Court  
Littleton, CO 80127

Contact Information:

Email (preferred): straightastephanie@comcast.net  
Phone: 303-933-0047

### ORDER OF EVENTS

- |                              |                            |
|------------------------------|----------------------------|
| 1 200 Yd Mixed Medley Relay  | 2 100 Yd Fly               |
| 3 50 Yd Breast               | 4 100 Yd Free              |
| 5 200 Yd IM or Stroke Choice | 6 100 Yd Back              |
| 7 500 Yd Free                | 8 50 Yd Free               |
| 9 100 Yd IM                  | 10 50 Yd Fly               |
| 11 100 Yd Breast             | 12 50 Yd Back              |
| 13 200 Yd Free               | 14 200 Yd Mixed Free Relay |

**The DAC Short Course Meters Championships**  
**November 17-18, 2006**  
**Sanctioned by USMS [#32-06-17-S](#)**

- Facility** The Denver Athletic Club  
1325 Glenarm Place  
Denver, CO 80204  
8 Lanes x 25 Meter pool.
- Timing** Automatic, Colorado Time System 5 with touch pads, with back-ups and Hy-tek Meet Manager Software.
- Times** Friday: Warm-up for the 1,500 will be from 4:30 pm-5:15 pm.  
**The 1,500 free will start at 5:20 pm.**  
Warm-up for remaining events will tentatively be from 6:30 pm-7:15 pm.  
**The meet will tentatively start at 7:20 pm.**  
**Specific warm-up and start times will be posted once the number of entries in the 1,500 Free has been determined.**  
Saturday: Warm-up will be from 7:00 am-8:20 am.  
**The meet will start at 8:30 am.**
- Age Groups** 18-24, 25-29, 30-34, 35-39, 40-44, ...100+
- Eligibility** Only current USMS registered members with a USMS card
- Entries** **Entries are due by Wednesday November 8<sup>th</sup> at 6:00 PM**  
Entry fee will be \$25.00 for up to 5 events.  
Make checks payable to the Denver Athletic Club  
**Consolidated Entry forms must be accompanied by entry fees and a copy of USMS card. Psych Sheets will be posted on the DAC website at [www.denverathleticclub.org](http://www.denverathleticclub.org), under the CRST section, on November 10th.**  
Send entries to:  
Rich LeDuc/CRST      [rleduc@denverathleticclub.org](mailto:rleduc@denverathleticclub.org)  
529 Josephine St.  
Denver, CO 80206      (720)931-6712
- Late Entries** Late entries will be accepted provided the following requirements are both met:  
1) **LATE ENTRIES ARE RECEIVED AT LEAST 30 MINUTES PRIOR TO THE START OF THE SESSION.**  
2) **THE LATE ENTRY DOES NOT CREATE AN ADDITIONAL HEAT.**

**Rules** Rules to be enforced per the [2006](#) USMS Rule Book

**Friday Evening**

1 **\*\*1,500 FREE**  
2 **200 IM**  
3 **100 BACK**  
4 **200 BREAST**  
5 **50 FLY**  
6 **400 FREE**

**Saturday Morning**

7 **200 FREE**      13 **50 FREE**  
8 **100 IM**      14 **200 BACK**  
9 **50 BACK**      15 **50 BREAST**  
10 **100 BREAST**      16 **100 FLY**  
11 **200 FLY**      17 **100 FREE**  
12 **400 IM**      18 **800 FREE**

**ALL EVENTS WILL BE COMBINED AND SEEDED ACCORDING TO ENTRY TIME**

**\*\* The 1,500 free will start at 5:20 PM and will be limited to two heats.**

# 6<sup>th</sup> Annual Highlands Ranch Masters Invitational

## Saturday, January 6<sup>th</sup>, 2007

### Meet Information

Sanctioned by USMS - #32-07-01-S

- FACILITY** The recently rebuilt Northridge Recreation Center in Highlands Ranch, Colorado at 8801 S. Broadway. Take C-470 to Broadway, exit South on Broadway and take Broadway South about a half mile to the Rec. Center on the East side of Broadway. An 8-Lane, 25-Yard competition pool with separate diving-well and hot tub for continuous warm-up and cool down. Colorado Timing Systems touchpads and 1 line scoreboard will also be used.
- TIMES** Saturday, January 6<sup>th</sup>, 2007 7:30AM Warm-Up - 8:30AM Start
- AGE GROUPS** 18-24, 25-29, 30-34, 35-39, 40-44,.....100+ No awards at this meet.
- ELIGIBILITY** Only current USMS registered members with a USMS 2007 Registration Card.
- ENTRIES** Entry forms accompanied by entry fees and a copy of your USMS card, are DUE (Not just postmarked) in the hands of the Entry Coordinator by Saturday, December 30<sup>th</sup>, 2006 at 5:00PM.
- Send entries to:  
Matt Beck / HRA  
8801 S. Broadway  
Highlands Ranch, CO 80126
- Contact Information:  
Phone – (303) 471-8942 E-mail (Preferred) – [texbeck25@aol.com](mailto:texbeck25@aol.com)
- Entry Fees:  
Flat Fee of \$15.00 for up to **5 events**  
**Make Checks payable to HR Masters**
- RULES** Rules to be enforced per the 2006/2007 USMS Rule Book

#### Events and Event Numbers

| <u>Women</u> | <u>Men</u> | <u>Event</u>     |   |
|--------------|------------|------------------|---|
| 1            | 2          | 500 Free*        | (10-15 Min. break after last heat of event 2) |
| 3            | 4          | 50 Butterfly     |   |
| 5            | 6          | 100 Backstroke   |   |
| 7            | 8          | 200 Breaststroke |   |
| 9            | 10         | 50 Freestyle     |   |
| 11           | 12         | 100 Butterfly    |   |
| 13           | 14         | 200 Backstroke   |   |
| 15           | 16         | 200 Ind. Medley  |   |
| 17           | 18         | 50 Breaststroke  |   |
| 19           | 20         | 100 Freestyle    |   |
| 21           | 22         | 200 Butterfly    |   |
| 23           | 24         | 50 Backstroke    |   |
| 25           | 26         | 100 Breaststroke |   |
| 27           | 28         | 200 Freestyle    |   |
| 29           | 30         | 100 Ind. Medley  |   |

**\*Note:** In the interest of time, men and women may be combined and swim in the same heat in any event. **BREAKS** may also be put into the meet depending on the number of entries. 500 will be swum fast to slow, all other events will be swum slow to fast.



## Freestyle and Multi-Stroke Clinics

Swimmers - Are you tired of your old stroke?  
Do you seem to work harder but not go any faster?  
How would you like to become a more efficient (and faster) swimmer?  
Would you like to improve your: Breaststroke, Backstroke, or Butterfly

...Then these **four-hour** clinics are just for you! **You do not need to swim all three strokes to participate in the multi stroke clinic ...you can decide!** The clinics will offer the following:

- Videotaping with stroke analysis
- Step-by-step freestyle stroke progression
- Emphasis on correct head and body position
- Training and recovery suggestions

The clinics may be just what you need! Using simple terms, in water drills, **video analysis** and a lot of **FUN**, we will teach you the basic stroke mechanics.

**When:** Saturday, Jan 27 (Freestyle 1-5 pm) Sun., Jan 28 (Freestyle 8 am – noon, Multi-Stroke 1-5 pm)  
**Where:** at Fitzsimons, 1924 Wheeling St, Aurora, CO 80010 – watch website for a map to the pool.

**Karlynn Pipes-Neilsen:** Has her own DVD entitled *Freestyle Swimming with Karlynn Pipes-Neilsen* available from Go Swim (visit [www.goswim.tv](http://www.goswim.tv) to watch a preview). She is the 2004 World Masters Swimmer of the Year and holds 46 FINA Masters World records. For more info, do a "Google" search.

**Eric Neilsen:** A tried and true multi-sport athlete with over 15 years of experience coaching and teaching both masters & youth swimmers. Eric is also an All-American masters swimmer and a 2:57 Boston marathon runner. Eric is a certified Level 4 coach by the American Swim Coaches Assoc. (ASCA)

**Cost is \$50 per clinic if received by December 15, 2006; \$60 per clinic after that date due by January 15, 2007. Space is limited. 2007 USMS membership required at time of the clinic.** Complete registration form below and mail with check payable to **COMSA** to: Marcia Anziano, 190 Roslyn St #805, Denver, CO 80230 Questions? Contact Marcia at [marfer@att.net](mailto:marfer@att.net)

✂-----

### COMSA Freestyle and Stroke Clinics with Aquatic Edge

*Please attach a copy of your USMS Card and submit with registration form*

First Name (s) \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ Email \_\_\_\_\_

Emergency contact info: \_\_\_\_\_ USMS number: \_\_\_\_\_

Age(s): \_\_\_\_\_ Level of swimming:  beginner  intermediate  masters  multi-sport

Please identify one goal for the clinic: \_\_\_\_\_

\_\_\_\_\_

Clinic:  Freestyle Jan 27, 1-5 pm  Freestyle Jan 28, 8–12 noon  Multi-Stroke Jan 28, 1-5 pm

Total # of participants \_\_\_\_\_ Check payable to COMSA Total Amount Enclosed: \$ \_\_\_\_\_

Trim around outside heavy line, fill out & fold in the middle

**COLORADO LOCAL MASTERS SWIMMING COMMITTEE — CONSOLIDATED ENTRY CARD**

Swimmer's Name \_\_\_\_\_ USMS # \_\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

| Event #                           | FREE (Submitted Time) | Event #                     | BACK (Submitted Time) | Event # | BREAST (Submitted Time) | Event # | FLY (Submitted Time) | Event # | I.M. (Submitted Time) |
|-----------------------------------|-----------------------|-----------------------------|-----------------------|---------|-------------------------|---------|----------------------|---------|-----------------------|
| 50                                | : .                   | 50                          | : .                   | 50      | : .                     | 50      | : .                  | 100     | : .                   |
| 100                               | : .                   | 100                         | : .                   | 100     | : .                     | 100     | : .                  | 200     | : .                   |
| 200                               | : .                   | 200                         | : .                   | 200     | : .                     | 200     | : .                  | 400     | : .                   |
| 400/500                           | : .                   | MEET NAME & DATE: _____     |                       |         |                         |         |                      |         |                       |
| 800/1000                          | : .                   | CLUB IF NOT COLORADO: _____ |                       |         |                         |         |                      |         |                       |
| 1500/1650                         | : .                   | TEAM NAME: _____            |                       |         |                         |         |                      |         |                       |
| <b>SIGNATURE REQUIRED ON BACK</b> |                       |                             |                       |         |                         |         |                      |         |                       |
|                                   |                       |                             |                       |         | MEET FEES               |         |                      |         |                       |
|                                   |                       |                             |                       |         | # of Events X           |         |                      |         |                       |
|                                   |                       |                             |                       |         | \$ _____ = \$           |         |                      |         |                       |
|                                   |                       |                             |                       |         | Surcharge = \$          |         |                      |         |                       |
|                                   |                       |                             |                       |         | TOTAL = \$              |         |                      |         |                       |

fold here ---- fold here

**PLEASE READ CAREFULLY: Late or incomplete entries (no fee, incomplete entry card, incomplete entry data, no copy of USMS Registration Card), or entries postmarked after the due date MAY BE REJECTED.**

ALL Masters swimmers will be required to send a photocopy of their USMS Registration Card along with their entry card. ALL Masters swimmers may be asked to show their USMS card, if requested, at the meet. THERE WILL BE NO EXCEPTIONS.

"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 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 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."

**Please Sign AND Date:** \_\_\_\_\_

**Street Address:** \_\_\_\_\_

**City, State, Zip:** \_\_\_\_\_

**Make checks payable to and mail to the address specified on the Meet Information Sheet.**



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

*Friends, Fitness, & Competition*

COMSA  
P.O. Box 260523  
Highlands Ranch, CO  
80163-0523  
Phone: 303.367-1323  
Email: marfer@att.net

**ASSOCIATION  
COLORADO MASTERS SWIMMING**

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Permit NO. 37



Some Colorado Masters Relays  
at the 2006 Short Course national  
Championships, Coral  
Springs, Florida, May 11-14.