

# Master Splash

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# Challenge Yourself in 2011!

It's a new year, and the perfect time for a new challenge!

*Byline: Heather Hagadorn*

It's a new year and your friends are beginning to put together their race strategies, travel plans and they are working out the precious workout time with their families.

But you are not a competitor. You are not in a situation to travel. You are not going to an Ironman and you have never swum the 200 fly - and you never plan to do it. Who cares? Maybe, though, you do need a little challenge. One that is not timed, just one that says, "Yeah, I really did finish the 200 fly". No one was present with a stopwatch to know how long it took, so they can't prove how fast or slow you were for 8 lengths, and no officials were on top of you to tell you that you forgot to touch the wall with 2 hands. You did it all by yourself, one 25 at a time, until you got to 8. Resting on the wall for 2 seconds or 1:45 is allowed. Just do 8. 200 fly, DONE.

### What's next?

The USMS Check-off Challenge is just for that – it is the time to say you swam something for the first time and want more, or a time to set a stretch goal for swimming events you may never have done otherwise...all on your time.

You can swim the 18 pool events in one workout, or one per workout, or as races during meets. You can take a full year to complete the events. There is 1 open water swim though...how about hitting the ocean on your next vacation?



This year the USMS Check-off Challenge is being run by Maryland Masters. If you've ever been to a YMCA Nationals meet, you'd know that they are one of the most spirited teams and have some of the coolest outfits. Everything matches. Somehow they even get the men to wear black and red nail polish on their toes. The Check-off Challenge t-shirts are sure to be a hit.

**COACHES:** Sign up your entire team and use the event as a team challenge. Spread out the during practice sessions, progressively building up to the tougher events. The entire team can work together, cheering each other on.

**Watch your USMS Streamlines emails and look for details at [www.usms.org/fitness](http://www.usms.org/fitness)!**

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# Training to Race

## The Science behind the Workout

*Byline: Richard Abrahms*

In the last column I focused on the theoretical underpinnings of training to race. In this column I begin to focus on the specifics.

Figuring how to train to activate and improve the energy requirements of a particular event is not rocket science, but it is science... and art. In order to understand the scientific aspects, it is important to consider the three different ways the body converts stored energy into work. Two are anaerobic (without oxygen) and one is aerobic (with oxygen). The first anaerobic system works for a very short period (up to 15 seconds) and is used for pure, explosive speed. The recovery period needed to completely re-energize this system is only about 30 seconds. The second anaerobic system is used for maximum efforts of more extended periods (15 seconds up to 3 minutes) and is sometimes called the lactate system. The time needed for this system for full recovery is much longer (up to 10 minutes or longer for swimmers in excellent condition). The third, the aerobic system, is used to convert energy to work for efforts of 12 minutes or greater. This energy system is self-sustaining as long as there is an adequate supply of food and water and can be used for efforts exceeding 24 hours. These systems are not mutually exclusive and more than one is usually working at the same time. However, one system usually dominates depending on the intensity and length of the effort.

The art component is in designing overall training protocols and particular sets that will get you in the best physical condition for your particular events. An important point to remember is your body will adapt to the particular stresses you expose it to. You can't improve your anaerobic systems by training in the aerobic zones and visa versa.

By far, the best and most effective training to improve any event is to actually compete in that event in a meet. This is true not just physiologically but also for improving the technique and mental focus required to improve. In November, '09 I swam in a meet in Tempe,

Arizona. Over the course of the two-day meet I was able to swim the 100 freestyle four different times. Not only did it give a total turbo boost to my 100 race conditioning for the upcoming season, but in each successive race I was able to enhance both my concentration and relaxation under race conditions which improved my technique and confidence. If there aren't enough masters meets available, considering registering for USA Swimming and swimming in those meets.

The second best training for your events is to simulate an upcoming focus competition during one or more regular practice sessions. I got this idea from Genadi Touretski, Alexander Popov's coach. I also understand this was how Bob Bowman approached the 2008 Olympics with Michael Phelps. This past summer I was training with a group focusing on the USMS long course championships in Puerto Rico. There weren't many local long course competitions so about three weeks before the meet we did three consecutive practices where we mimicked our individual meet programs. After our normal pre-competition warm-ups we raced whatever our events would be on the meet schedule including relays. We would each do three events over the course of fifty minutes, one at the top of the hour, one at 25 minutes past the hour and the last one at 50 minutes. We did long warm downs after each effort. Sure, it wasn't much yardage, but it helped us get the feel for our events and gave a big boost to the specific conditioning we needed to race over the course of a multi-day meet. This type of workout could be incorporated into a team setting and be treated like an intra-squad meet.

My next article will begin to analyze the most effective/productive swimming sets for particular competitive events. The science part is pretty straightforward, i.e. to mimic the energy (and rest) requirements of the specific events. The art part is a little trickier. The key is to design sets in such a way that the swimmer is both physically and psychologically engaged in the specific outcome, and not just going through the motions.

# Race Preparation Super Sessions

Clinic with World Record Holders Richard Abrahams and Bob Strand

**Coming soon to COMSA** - a clinic for masters swimmers of all abilities who wish to improve their swim races. With a combined total of over 100 World Records, Rich and Bob have distilled the core of their knowledge and experience into Super Sessions.

**You will learn to:**

1. Plan like a champion
  - Set long-term, intermediate and short-term goals
  - Create meaningful measurements and benchmarks
  - Establish a personalized training plan for your events
  - Learn the Do's and Don'ts for taper
2. Get what you need in a team setting
3. Discover the keys to maintaining and improving performance over the years
4. Overcome physical and mental plateaus
5. Be at your absolute best both physically and mentally on race day

**The full-day hands on sessions include:**

1. Rich's dryland core program (bring your gym clothes)
2. Extensive in-water analysis with videotaping of key racing techniques
3. One world-class coach for each 6 participants
4. End the day with a fun race prep set

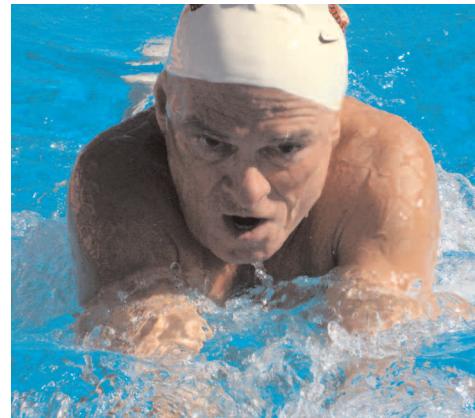
Extras include an informal "meet and greet" dinner the night before, lots of Q & A time for Rich, Bob and our other guest coaches and goodies and discounts from our sponsors blueseventy and Hammer Nutrition.

**Date and Location**

We are targeting February 19th for the clinic, at a Denver metro location yet to be determined. Watch for updates and registration information at [www.comsa.org](http://www.comsa.org). The full day clinic will be open to all USMS swimmers.



*Rich Abrahams has dominated the sprint free and fly events for the past 25 years. He currently holds the USMS record for the 50 and 100 free in 3 consecutive age groups. A multiple winner of FINA's Swimmer of the Year award, Rich is the only master's swimmer ever recognized with the "Performance of the Week" by Swimming World Magazine.*



*Bob Strand has been untouchable in the breaststroke and IM events for the past 20 years. He is a multiple winner of FINA's Swimmer of the Year award and was recently inducted into the International Masters Swimming Hall of Fame for the numerous world records he has set in five different age groups.*

# **2011 COMSA**

## **Short Course Swimming Championships**

### **March 25–27, 2011**

### **USMS Sanction: Pending**

COMSA and the University of Denver invite you to the 2011 COMSA Masters Short Course Swimming Championships, held at the University of Denver's El Pomar Natatorium. The pool is 25 yards by 50 meters, and will be set up with 10 short course yards competition lanes. A Colorado Electronic Timing System with backup timing and scoreboard readout will be used. Bleacher seating is available for up to 375 people, with additional on-deck seating available. We recommend bringing your own chairs if you plan to make use of on-deck seating.

#### **Eligibility**

This is a USMS sanctioned meet. Swimmers must be at least 18 years of age on the day they swim. A valid 2011 United States Masters Swimming (USMS) membership is required to compete, and must be furnished with the entry. Online USMS registration is available at <http://www.comsa.org/joining/join-online.html>. Contact the COMSA registrar at [marcia.anziano@gmail.com](mailto:marcia.anziano@gmail.com) with questions.

#### **Rules**

All 2011 USMS Rules apply, including a NO FALSE START RULE, and whistle alerts announcing the start of each race. No paddles, kick boards or pull buoys are allowed during warm-ups.

#### **Entries and Fees**

\$12 surcharge per swimmer

\$4 per individual event (max of 5 events per day)

\$25 late fee (if received after entry deadline)

#### **No charge for relays**

Fees must accompany Registration Form and Consolidated Entry Form, and must be paid in U.S. Dollars by credit card, check or money order.

Preferred method for receiving entries is online at [www.comsa.org](http://www.comsa.org)

If paying with check, make check payable to: University of Denver

#### **Deadlines**

Online entries are preferable and are due by **Monday, March 21 at midnight**. Paper Entry Cards & Fees are DUE IN HAND **Monday, March 14, 2011, at 5 p.m.** Late paper entries will be accepted after the entry deadline until Monday, March 21 at Noon, and must include a **\$25** late fee. LATE ENTRIES THAT DO NOT INCLUDE THE LATE FEE WILL BE REJECTED. Late entries being charged to a credit card will have the late fee automatically applied. Late entrants will be eligible for individual placing and points earned, but are not guaranteed a participation award.

#### **Preferred method for receiving entries is online at [www.comsa.org](http://www.comsa.org)**

#### **If not registering online, mail or deliver entries to:**

Recreation at the Ritchie Center

COMSA State Meet Entry

2201 East Asbury Ave., Denver, CO 80208

Attn: Carin Orr

**No entry verification will be made via telephone.**

#### **Event Seeding**

All events are seeded slow to fast, including the 1650 and 1000 Freestyle. **"No Time" entries will not be accepted.** All events are timed finals, one swimmer per lane. Men and Women may be combined in events of 200 yards or longer at the discretion of the meet director. Deck seeding is strictly at the discretion of the meet director.

#### **Meet Check-in and Positive Check-in**

All athletes must check-in upon arrival on their first day of competition. At check-in, athletes receive their T-Shirt and participation award. Each athlete need only check-in to the meet once, on their first day of competition.

**ADDITIONALLY**, participants in the 1650 Free, 1000 Free, 500 Free, and 400 IM must positively check-in for those events, separately from the meet check-in process. There will be clearly marked, separate areas for meet check-in and positive check-in. Deadlines for positive check-in are as follows:

#### **Friday's Events:**

1650 Free Positive Check-In closes at 12:30 p.m.

1000 Free Positive Check-In closes at 3:30 p.m.

Saturday & Sunday:

Positive Check-In for the 400 IM and 500 Free closes at 8:00 a.m.

***Lane assignments may be changed at any time, at the meet director's discretion.***

#### **Age Groups and Relays**

Age for the meet is determined as of March 25, 2011.

**Individual Events:** 18-24, 25-29, 30-34, 35-39,...100+

Relay Events: 18+, 25+, 35+, 45+, etc. 10-year increments as high as necessary determined by age of youngest relay member. Relay cards will be available on deck, and will be accepted each day according to deadlines announced at the meet. All relay members must be USMS members and be individually registered for the meet (\$12 fee for relay-only swimmers).

#### **Scoring**

Swimmers may enter up to 5 individual events per day; 12 maximum for the meet, plus relays. If more than 5 events are entered on any day, the meet host reserves the right to eliminate any of the additional events over 5.

Individual Events: 11-9-8-7-6-5-4-3-2-1

Relay Events: 22-18-16-14-12-10-8-6-4-2

Team Awards: Scored by total point counts, Men and Women combined. Top six point-scores will be awarded.

#### **Participation Awards/T-Shirts**

Each swimmer receives a participation award. To guarantee that you receive a meet T-Shirt (available for purchase); you must pre-order and indicate your size on the entry form. A limited number of extra T-shirts may be available at the meet. Late entrants are not guaranteed a participation award and may not receive a T-Shirt.

#### **Heat Sheets and Results**

Heat sheets will be posted online and in several locations around the pool deck. Additional heat sheets are \$3. Results will be available on the COMSA website at [www.comsa.org](http://www.comsa.org).

#### **Brute Squad Award**

The elite group of aquatic wonders who complete the 200 Fly, 400 IM, and 1650 Free will be presented a T-shirt during a break before the 800 Free Relay on Sunday.

#### **Sprint Squad Award**

The elite group of speedsters who manage to complete the 50 Free, 50 Fly, 50 Back, 50 Breast, and 100 IM will be presented a T-shirt during a break before the final Relay on Sunday.

#### **The Jack Buchanan Award**

This award is presented during the opening ceremony on Saturday to the male and female swimmer who has made major contributions to Masters Swimming. Nomination forms are available at [www.comsa.org](http://www.comsa.org)

#### **The Lou Parker Award**

This award is presented during the opening ceremony on Saturday to the outstanding COMSA Coach of the Year. Recipients must be current USMS members. Nomination forms are available at [www.comsa.org](http://www.comsa.org)

#### **Individual Awards**

The top 6 swimmers in each individual event will receive a ribbon. No awards for relays.

An individual high-point award will be given to the highest scoring swimmer, male and female, in each age group.

#### **Entry Confirmations**

Psych sheets will be posted at [www.comsa.org](http://www.comsa.org) 2-3 days before the first day of the meet. Contact the meet host with corrections to errors found on the psych sheet. Entry confirmation can be provided by mail if a self-addressed, stamped envelope is included with the entry. We cannot verify entries by phone or e-mail, nor can we guarantee notification if your entry is rejected. The University of Denver is not responsible for entries we do not receive. Entries may be rejected for failure to complete the entry form, failure to provide proof of current USMS membership, failure to include fees and late receipt.

## 2011 COMSA Masters Short Course Championships - Registration Form

Last Name \_\_\_\_\_ Email: \_\_\_\_\_

First Name \_\_\_\_\_ Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Free Squad T-Shirts –  Sprint Squad (Must complete all Sprint Squad events)

Select size: S – M – L – XL – XXL - XXXL  Brute Squad (Must complete all Brute Squad events)

### Meet Entry Checklist (Be sure to include EACH item; entries will be rejected if incomplete)

**Easiest/Preferred method:** Enter online at [www.comsa.org](http://www.comsa.org)

- Signed Consolidated Entry Form (<http://www.comsa.org/forms/ConsEntry.pdf>)
- Signed Meet Registration Form (this page)
- Check or Credit card for payment (check made out to University of Denver)
- Copy of Valid 2011 USMS Membership Card (Register Online @ <http://www.comsa.org/joining/index.html>)

### Meet Schedule

**Friday, March 25, 2011**

Noon Warm-Up/1p.m. Meet Start

Event# (seeded slow to fast)

1 1650 Freestyle (mixed)

2 1000 Freestyle (mixed)

**Saturday, March 26, 2011**

7:30 a.m. Warm-Up/8:30 a.m. Annual COMSA meeting

Opening ceremonies/8:45 a.m. Meet Start

#### WOMEN

3	400 IM
	30 Min Break/Warm-up
5	200 Mixed Medley relay
7	200 Free
9	100 Fly
11	50 Breast
13	100 Back
15	400 Relays*
	(Or 10 minute break)
17	50 Free
19	200 Breast
21	100 IM
23	200 Free Relay

**Sunday, March 27, 2011**

7:30 a.m. Warm-Up/8:30 a.m. Start

#### WOMEN

25	500 Free
	30 Min Break/Warm-up
27	200 Mixed Free Relay
29	200 Fly
31	50 Back
33	100 Free
35	200 IM
37	800 Relays*

#### MEN

39	(or 10 min break)	100 Breast	40
41		50 Fly	42
43		200 Back	44
45		200 Medley Relay	46

\***Longer Relays:** These relays are swum Women, Men and Mixed together. A swimmer may swim only one relay in each event. **These relays do not count toward team points.**

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 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 LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: THE UNIVERSITY OF DENVER, 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.

**Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

Signing waiver is payment authorization for entrants paying by credit card.

**Online method is preferred: [www.comsa.org](http://www.comsa.org)**

**Credit Card Payment** Visa MasterCard Amex Discover

Expiration Date \_\_\_\_\_ / \_\_\_\_\_

Name on Card: \_\_\_\_\_

**Fees (Limit of 5 ind. events per day; 12 maximum + relays):**

\$12 Surcharge / Swimmer \$12

\$ 4 per Individual Event # \$ \_\_\_\_\_

\$25 late fee \$ \_\_\_\_\_

\$15 Meet T-Shirt (select size: S – M – L – XL – XXL - XXXL) \$ \_\_\_\_\_

**Check is payable to University of Denver** Total \$ \_\_\_\_\_

# MUTUAL OF OMAHA **BREAKOut!** SWIM CLINIC

## DREAM it. BELIEVE it. **BREAKOut!**

Sign up for the Mutual of Omaha **BREAKOut!** Swim Clinic *Hosted by:*  
Swim Labs

A total-person approach to swimming, a **BREAKOut!** Swim Clinic can help you bust bad habits, build new skills and uncover hidden talent.

### **Every participant:**

- ✗ Learns champion performance techniques on all four strokes (in-water and dry-land group instruction)
- ✗ Understands how the body, mind and heart affect swimming
- ✗ Trains with the world's top swimmers
- ✗ Asks questions, gets an autograph and photo
- ✗ Receives a **BREAKOut!** T-shirt, poster, DVDs and other souvenirs

For details, visit [breakoutswimclinic.com](http://breakoutswimclinic.com).

### **Parents and coaches can watch!**

### **Event Information**

Friday, January 21, 2011

#### Swim Labs

15500 East Bronco Parkway | Centennial, CO 80112

4:00 - 8:00PM Check-in begins at 3:30PM

Cost: \$100.00

For more information:

Call: 303-814-9106

E-Mail:[cutlersales@earthlink.net](mailto:cutlersales@earthlink.net)

### **Featuring**



Gold Medalist **Josh Davis**

### **Registration Form** Mutual of Omaha **BREAKOut!** Swim Clinic

#### SwimLabs

[Complete this form and mail to address indicated]

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/ZIP \_\_\_\_\_

Birthday \_\_\_\_\_ Age \_\_\_\_\_

E-mail Address \_\_\_\_\_

Signature of Parent or Guardian \_\_\_\_\_

Date \_\_\_\_\_

### **Register Today!**

Make checks payable:

#### SwimLabs

5640 County Line Place Suite B100

Highlands Ranch, CO 80126

By participating in the Mutual of Omaha **BREAKOut!** Swim Clinic, each participant and his/her parent/guardian agree that the Mutual of Omaha **BREAKOut!** Swim Clinic and Mutual of Omaha have the right to use their images in connection with the promotion of the Mutual of Omaha **BREAKOut!** Swim Clinic and/or the sport of swimming.  
M26000

# NEWSPLASH!

## News from Around COMSA

Monday, December 6

### Volunteer Opportunity

COMSA is currently looking to fill the vacancy of Vice Chairperson.

Primary responsibility : to coordinate the State Meet. This involves selecting the host, securing the facility, negotiating the contract, preparing the meet information, and all other coordination required with the meet host. This process for the 2011 State Meet is well underway, allowing the new volunteer to learn the process prior to beginning the process for 2012.

### Additional responsibilities upon request.

Anyone interested should contact any of the COMSA executive board members by January 15, 2011: Chair: Karen Kaussner; Past Chair: Heather Hagadorn; Treasurer: Susan Nolte; Secretary: Debbie Wilson; Registrar: Marcia Anziano

Sunday, November 21

### Nash Meet

The 4th Annual "Nash Splash" was held at the new Adams County School District 12 facility, the Veterans Memorial Aquatics Center on October 30, 2010.

This was the first short course meter meet held at the facility, and only the second meet since it was built. Ninety swimmers were registered for this event. The age range of the swimmers ran from 20 to 80 years. There were many outstanding swims, but two stand out. An American record in the 100 meter butterfly was set and a new World standard in the 50 meter freestyle was swam. Congrats are sent out to Richard Abrahams for these two over-the-top swims.

The proceeds and donations from the meet go to fund college scholarships for Masters swimmers' children, grandchildren, nieces and nephews. The past three "Nash Splash" meets have raised and distributed \$2,400 in scholarships.

January 1, 2011

### Time to Join or Renew Your 2011 COMSA/USMS Membership!

If you were a member in 2010 with a valid email address in the system, you will be receiving a renewal notice via email with a link to your record so that you can renew online. Members with no email address should receive paper registration forms in the mail. Anyone renewing before December 31, 2010, will receive the following sponsor discounts:

- Barracuda: 10% off total purchase
- blueseventy: \$15.00 off purchase of \$30.00 or more
- Finis: \$10.00 off total purchase
- Fitness Nutrition: 20% off total purchase
- Hammer Nutrition: \$5.00 off total purchase
- SwimOutlet.com: 10% discount on Sporti and ClubSwim products
- TRISWIM: 30% off total purchase
- TYR: 20% off total purchase



Have you visited [www.Comsa.org](http://www.Comsa.org)?

The latest news, sanctioned event information, registration forms, meet results, state records, the US Masters Swimming national swim times database, local workout group listings including their contact person, COMSA administrative information, newsletter archive, links to other swim websites and USMS.org—it's all right there! To sign up for updates and alerts via e-mail follow the instructions on the bottom of the page. Webmaster Kim Crouch welcomes your feedback and contributions. Contact her at: [webmaster@comsa.org](mailto:webmaster@comsa.org).



# Mastering Masters

New COMSA Program takes off!



**15 adults learned the idiosyncrasies of Masters swimming this fall in a wonderful new program COMSA developed to introduce newbies to this sport we all love.**

How many adults do you hear saying, 'it's intimidating to join a masters' or I don't understand what the coach says so I can't go to masters', or 'I don't know how to use a pace clock', etc. Well COMSA formed a committee with the goal of developing a program to alleviate those fears. Jack Nuances, Heather Hagadorn, Marcia Anziano, and Karen Kaussner came up with Mastering Masters, a 6 week course covering things like, how to swim in circles, read a clock, hold intervals; the purpose of drills; terms like descend, build, down/back, etc. The inaugural class was held this fall, and I was lucky to have been allowed to coach it.

I don't understand what  
the coach says so I can't go  
to masters

clock, what fins or paddles are for, how to pass someone properly in a lane and much more. They did look up at me with 'deer in headlights' looks on their faces a time or two but we were able to overcome many fears, uncertainties, and apprehensions. They all agreed that the course was exactly what they needed to feel comfortable joining a team and I look forward to seeing them involved with COMSA in the near future. Thank you to the 'graduates' of Mastering Masters for allowing us to help you duck under the lane rope and join this wonderful sport we all love! This program is sure to grow and will be offered in various locations throughout the region. Thank you to KompetitiveEdge for supplying the equipment for demonstrations and SwimLabs will provide goodies for the swimmers in future courses. I, as well as other coaches will continue to coach upcoming classes and we'd all love to see your friends or family in the water with us.

It was wonderful to see these swimmers make such progress throughout the curriculum. They were so thankful to learn how to read intervals on the pace

# Do not let fear affect your swimming

## Managing Fear and Anxiety

Sometimes, fear and anxiety can get the best of us in swimming. The key is to know how to manage that fear and anxiety. As a result, here is a brief list of techniques that a swimmer can use to help manage their fears and every day anxieties.

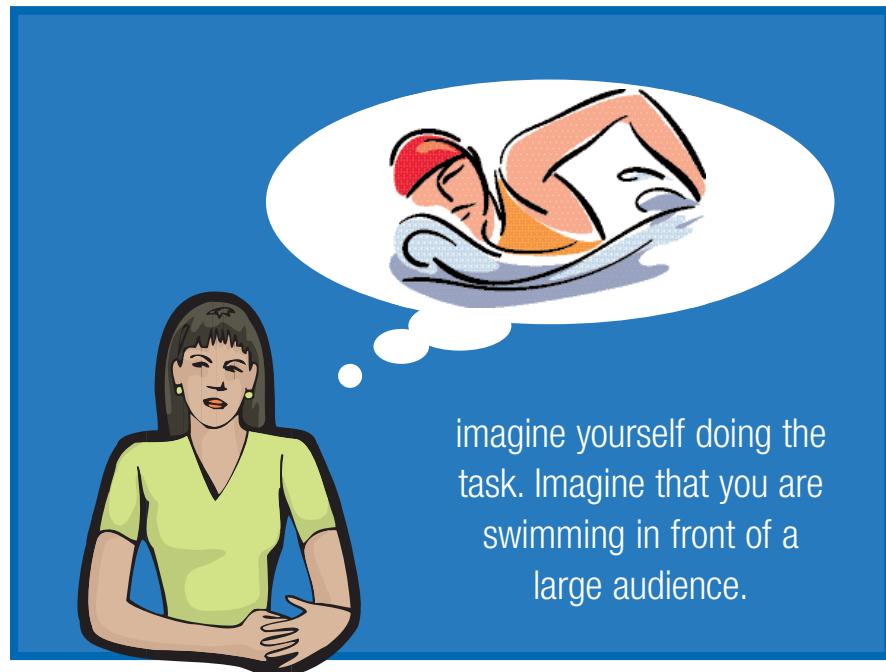
Occasionally, you may become stressed when you have to swim in an important event. When this happens, visualize yourself doing the task in your mind. For instance, you have to swim in front of a large group of people in the next few days. Before the big day comes, imagine yourself doing the task. Imagine that you are swimming in front of a large audience. Self-Visualization is a great way to reduce the fear and stress of a coming situation.

Sometimes we get stressed out when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could read the newspaper, listen to some music or do an activity that will give them a fresh perspective on things.

Another technique that is very helpful is to have a small notebook of positive statements that you can carry around with you. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you.

Whenever you feel stressed, open up your small notebook and read those statements. This will help to manage your negative thinking.

In every anxiety-related situation you experience, begin to learn what works, what doesn't work, and what you need to improve on in managing your fears and anxieties. For instance, you have a lot of anxiety and you decide to take a small walk before your next event to help you feel better. The



imagine yourself doing the task. Imagine that you are swimming in front of a large audience.

next time you feel anxious you can remind yourself that you got through it the last time by taking a walk. This will give you the confidence to manage your anxiety the next time around.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties.

They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Remember that it never hurts to ask for help.

Remember that patience, persistence, and education will go a long way in preventing fear from becoming a factor in the sport of swimming.

Sometimes, fear and anxiety can get the best of us in swimming

**Stan Popovich** is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" – an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com/>

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

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

**Swimmer's Name** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Male:** \_\_\_\_\_ **Female:** \_\_\_\_\_

<b>USMS #</b> ---		<b>Birthdate</b> / /		<b>Phone ( )</b> ---						
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 : .	<b>MEET NAME &amp; DATE:</b> _____					<b>MEET FEES</b> # of Events X \$ _____ = \$			
	800/1000 : .									
	1500/1650 : .									
<b>T-shirt Size (if applicable):</b> S M L XL XXL		<b>TEAM NAME:</b> _____					<b>Surcharge</b> = \$			
<b>SIGNATURE REQUIRED ON BACK</b>										

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.

# Upcoming Events

December 10-11, 2010  
**DAC Short Course Meters Championships Results coming**  
Contact: Daniel Gall

January 8, 2011  
**10th Annual Mile High Masters Invitational (SCY)**  
Heritage High School Pool, Littleton  
Meet Information  
Contact: Matt Beck

January 9, 2011 - 7AM  
**One Hour Postal Swim**  
Northridge Rec Center, Highlands Ranch  
Email Nicole to reserve a lane  
There will be as many heats as necessary to accomodate all participants  
Contact: Nicole Vanderpoel

January 21, 2011  
**Josh Davis Swim Clinic**  
1996 3-time gold medal Olympian Josh Davis will be at SwimLabs.  
A total-person approach to swimming, a BreakOut! Swim Clinic can help you bust bad habits, build new skills and uncover hidden talent.  
Time: 3:30-8 p.m.  
Cost: \$100/2011 COMSA/USMS members, \$150/non-members  
Location: SwimLabs, Broncos Parkway  
Space is limited to allow for individual attention – contact SwimLabs to sign up: (303) 798-SWIM (7946)  
Clinic Information

January 21-22, 2011  
**Colorado Swimming Hall of Fame Pentathlon**  
George Washington High School, Denver  
Information coming soon

March 25–27, 2011  
**2011 COMSA Short Course Swimming Championships**  
El Pomar Natatorium, University of Denver  
Information  
Online Entries - available early 2011

April 28-May 1, 2011  
**2011 USMS Spring Nationals**  
Kino Aquatic Complex, Mesa, AZ  
Information available at usms.org

## Ongoing Events

November 1 - December 31, 2010  
**2010 Brute Squad Postal Event**  
Information  
Contact: Doug Garcia