



Hello Katie,

Goodbye summer, hello fall! I don't know about you, but summer went by too quickly. Mornings are getting cooler and fall colors are about to starting showing off up here in the mountains. This is a great time to start thinking about goals and aspirations for 2025. One of my swimmers achieved 2 big lifetime swimming goals (way to go Karl!) and now he's back to the drawing board to set new goals for himself. It is really incredible what you can do when you set SMART goals:

- Specific – highly detailed statement on what you want to accomplish (use who, what, where, how etc.)
- Measurable – how will you demonstrate and evaluate how your goal has been met?
- Attainable – they can be achieved by your own hard work and dedication – make sure your goals are within your ability to achieve
- Relevant – how does your goals align with your objectives?
- Time based – set 1 or more target dates- these are the “by whens” to guide your goal to successful and timely completion (include deadlines, frequency and dates)

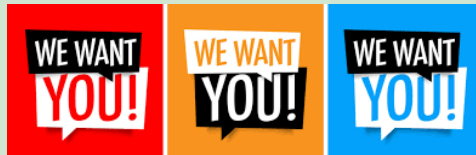
Set all three types of goals – process, performance, and outcome – but focus on executing your smaller process goals to give you the best chance for success!

Happy Swimming!
Katie Glenn
COMSA Secretary

Upcoming **SAVE THE DATE** Events

September 8, 2024 - [Horsetooth Open Water Swims](#), Horsetooth Reservoir
April 4-6, 2025 - COMSA 2025 State Meet, VMAC, Thornton

For a listing of events around the country, you can always check out USMS's [Calendar of Events](#).



Calling All COMSA Masters Coaches!

Tuesday, September 17th @ 7pm. I will be hosting a [ZOOM informational meeting](#) for current masters coaches in COMSA. Goal is to meet and greet and get to know a little bit more about you, your program and any ways that COMSA can better support your team.

Please [email me](#) (even if you are not planning to attend so I can update our coach contact list) at coacheric8@gmail.com no later than Monday, September 16th.

If you have not already done so, please save the date for 2025 COMSA

Thanks,

Coach Eric Neilsen

Lane Etiquette

How to Be a Good Lanemate

If you are new to masters swimming or a long-time masters swimmer, here are a few rules of the pool to make workout more enjoyable for everyone:

Lane Organization

- Masters coaches should have the practice organized by lane, usually by speed / interval.
- Before you get into a pool with plenty of swimmers, try to figure out who is roughly your pace to know your lane.
- While circle swimming, be aware of your lanemates. Pay attention where you push off the wall when flipping and where you come up.

Lane Leader

- Who should lead the lane? Nothing makes a set run smoother than a great lane leader.
- The first swimmer in the lane must understand the set and all the intervals, be able to see and read the pace clock and have a good sense of pace.
- If you are hanging on to keep up the pace with the rest of your lane, consider moving down a lane to people your own speed. Some days we just don't have what it takes to keep up and that's ok!
- Yield to faster swimmers. Never ever begin your lap as they are approaching your wall for a flip turn. Let them go first.
- Getting lapped? Consider sitting out a 50 or move down a lane.

Be a Good Lane Mate

- When you need a rest break, don't stand at the end of the pool in the middle of the lane. Other swimmers need to use the wall for flip turns.
- To take a break, swim into the wall on the right side, and stay as close to the lane line as possible.
- If you have more than 3 swimmers in a lane, move out of the way of the finish to allow the other swimmers full access to the wall.
- Don't be the swimmer who wears their equipment the whole practice and runs over their fellow lanemates. Move up!
- Don't "borrow" your lane mate's fins/kickboard/pullbuoy without asking.
- If you modify a workout, don't disrupt your lanemates

Passing Politely



General Rules of the Pool

- Be courteous to your fellow swimmers
- Have a good attitude in the water, to your teammates and coaches
- Be on time!
- If you don't already know them, introduce yourself to your lane mates during warmup
- Swim in a lane where you can make the intervals
- Do the prescribed set, unless you warn others
- Leave space between you and the swimmer in front - 5 to 10 seconds apart
- Anticipate when others will catch you and pull over at the wall for faster swimmers

It is best to make the pass at the walls rather than in the middle of the laps. Here is how it works:

- Passer: Gently taps feet of Passeur.
- Passeur: At the next turn, pulls over to the Right Corner and stops.
- Passer: Makes flip turn at Left Corner of wall.
- Passeur: Starts swimming again, behind the Passer.

Showers, Sinks, Mirrors, and Electrical Outlets

- It is not proper etiquette to bask, shave, and/or brush one's teeth in the shower, when fellow swimmers are waiting.
- Hot water supply may be limited so be courteous!
- Be sure to share the sinks, mirrors, and electrical outlets with your teammates as well.
- If you aren't in a hurry, let someone who is get on their way.

- When finishing a set or swim, touch the wall and move to the left, allowing those behind to touch the wall as well
- Visiting as a guest? Introduce yourself to the coach and find the right lane
- Help with pool set up - lanes or pool covers

COMSA To Reimburse Club/Workout Group Registration Fees for Clubs/Workout Groups of 10+ Swimmers

COMSA's Executive Board voted and approved that COMSA pay the 2024 club/workout group registration fees for all clubs/workout groups with a 2023 membership of 10 or more swimmers.

Club/workout groups with less than 10 members, should contact the COMSA Chair for reimbursement requests.

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