

Mastersplash



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UPCOMING EVENTS

May 14, 2016

Denver Masters -
Be Our Guest

Time: 9:30am-11:00am
Practice,

Cost: admission to DU pool at no charge, just sign the assumption of risk form at the front desk.

Breakfast on the Veranda from 11:00am-12:00pm.

\$5.00 for burrito, fruit and sugar free green tea.

RSVP to Coach Andrew at swimmasters@du.edu

APRIL 2016

Greetings!

So, you're probably wondering, what do pigs have to do with anything?



Honestly, absolutely nothing, at least as far as this newsletter goes. I was stumped as to how I should start this newsletter off and was searching the web for swimming items. And what I've learned today is that it appears that pigs can swim...

With that being said, I hope you find a new token of information in your reading of this

month's newsletter.

If you have a swimming picture, comic, poem, or story that you would like to share, please feel free to send them to me at: webmaster@comsa.org. As you can tell, I need all the help I can get.

Kelly Davis
Newsletter Coordinator

MEET WRAP UP - 2016 COMSA Short Course Championships

Thank you swimmers for attending the 2016 COMSA SCY State Championship meet at VMAC this year! We had a great turnout with so many amazing swims to watch and cheer for.

Here are some stats:

- We had 350 entrants, with 2083 individual events entered (average of 6 per entrant).
- Three most popular ages: 56, 55, 33
- Two largest age groups: 50-54, 55-59
- Almost a 50/50 split between male and female entrants: 179 female, 171 male

Congratulations to the top 6 teams.

1. Greenwood Athletic and Tennis Club
2. University of Denver
3. Pikes Peak Masters
4. Bee Gee's

June 19, 2016

July 3, 2016

2016 USMS National 5K &
10K ePostal National
Championships
Lowry Pool (775 Akron
Way, Denver)
Time: 7:00 am

To reserve a lane:
nicolevanderpoel@msn.com
Additional details

ONGOING EVENTS

COMSA Registration
registration link

2016
Check off Challenge
registration

2016 Go The Distance
registration link

[Contact](#)

5. Thornton Masters
6. Fort Collins Area Swim Team

We are heading back to Grand Junction next year to swim at Mesa University's el Pomar Natatorium so mark your calendars for March 24-26, 2017. Be prepared for another fun, very social weekend of swimming! Keep an eye out for more details coming in the future.

Lastly we will be putting together a State Meet Committee for future meets. We are looking for help in coordinating timers, hospitality, meet social, t-shirt design, check-in and awards. If any of these areas interest you please contact [Stacy Broncucia](#).

[Here are a few pictures](#) from the swim meet. (Courtesy of Eduardo Cruz)

MINUTES FOR ANNUAL COMSA MEETING

The annual COMSA general business meeting was held at the COMSA Short Course Championships meet on April 2, 2016 at 8:30 am.

Meeting Minutes

1. Chair Brian Hoyt welcomed everyone to the annual state meet and thanked the organizers and volunteers
2. The Jack Buchannan Service Awards were presented:
 - o Carol Craft
 - o Kelly Davis
3. The following officer positions were uncontested and therefor decided by acclamation:
 - o Chair - Brian Hoyt
 - o Vice Chair - Stacy Broncucia
 - o Secretary - Heather Hagadorn
 - o Treasurer - Susan Nolte
 - o Registrar - Marcia Anziano
4. Next year's state meet will be held in Grand Junction, March 24-26, 2017
5. There were no discussion items and the meeting was adjourned

2016 USMS National 5K & 10K ePostal National Championships

Spring is in the air, open water swimming and outdoor pools will be opening soon. It must be time for the 2016 USMS National 5K & 10K ePostal National Championships!!

There are 5 ePostal Swims the USMS ePostal National Championship Series: One Hour in January, 5K & 10K May 15th - Sept 15th, 3000 yd & 6000 yd Sept 15th - Nov 15th. Once you complete an ePostal, you enter online via the event host and you compete Nationally with other participants in your age group! If you complete all 5 in a year, you receive a "cool" patch from USMS. However, if you complete any one of the ePostals in Colorado, you receive a "super cool" Colorado Goes Postal Cap!

Date: Sunday, June 19, 2016 & July 3, 2016

Time: 7:00 am

Location: Lowry Pool (775 Akron Way, Denver)

[Additional Details](#)

2016 POSTAL SWIMTATHLON LEAGUE

Calling all Masters Swimmers and Coaches! Challenge yourselves with a completely new USMS Sanctioned Year Long Postal Event! The 2016 Postal Swimtathlon League originated by Flow Swimmers in Montana, is a fun way to

participate in a Year Long Postal Pentathlon event where participants swim events in all strokes and submit times in stages throughout the year.

Five events are included in each Pentathlon stage (Fly, Back, Breast, Free and IM) and cumulative times are used for league standings and results. There are 15 cumulative events total throughout the year. For complete information, check it out on-line. Go to www.FlowSwimmers.com and click on events and then 2016 Postal Swimtathlon League where you can register. Submitted times may be from a meet OR during a practice verified by a Coach or Verifier. There is a bonus of 1.5 seconds which will be subtracted from an in-water start so no excuses if you cannot start from a block!

The Swimtathlon League standings and rankings will be updated monthly and posted online at the host website: www.FlowSwimmers.com . Certificates of accomplishment, complete with event rankings, and awards will be presented at the end of each stage and at the end of Stage 4.

[Additional event details and sign-up](#)

CMS Apparel

Colorado Masters apparel is now available through the Swim Team Store website. Long and short sleeve tee shirts and hoodies are available in black or white. Shorts and swim suits are in black only. Colors are all shown in black, the white choice is available once item is clicked on. All items have the Colorado Masters Swimming logo from this year as seen above. Purchase your apparel now and have items shipped directly to you.



<http://www.thelifeguardstore.com/lgsteams/productcart/pc/viewCategories.asp?idCategory=2980&idAffiliate=677>

username: colorado
password: masters

Local and National Swimming Links

<http://usopenwaterswimming.org/>

Breadbasket Zone

<http://www.iowamasters.org/>

<http://www.minnesotamasters.com/>

<http://www.movymasters.org/>

<http://www.nebraskamastersswimming.com/>

<http://www.ozarkimsc.org/>

What's Happening at U.S.M.S.

As members of COMSA, you are also members of U. S. Masters Swimming. Check that website for information on Fitness Events, Coaching tips, Competitions nation wide, and many other areas of interest to swimmers everywhere [U. S. Masters Swimming](http://www.usmastersswimming.com/)

