



Greetings!

Good luck to all of the swimmers competing at the COMSA State Meet! We have over 325 COMSA swimmers competing!!

Spring has sprung and that means the end of the short course yards season and the beginning of the open water season! COMSA is offering many opportunities to train and compete in open water events this summer. More details below!

Happy Swimming!
Katie Glenn
COMSA Secretary

Upcoming Events

COMSA State Meet

- March 31-April 2nd
- VMAC, Thornton
- [Meet Information](#)

USMS Short Course Nationals

- April 27-30th
- Irvine, California
- Entry Deadline April 3rd at 11:59pm Pacific
- [Meet Registration and Information](#)

OPEN WATER SWIM RACES

Solstice Sunrise Swim

- June 18, 2023
- Union Reservoir
- [Link to Race Information](#)
- The Mountain Swim Series offers a 10% discount for COMSA members. Use the Promo code "COMSA2023" to get the discount.

Carter Lake Crossing

- July 22, 2023
- Carter Lake
- [Link to Race Information](#)
- The Mountain Swim Series offers a 10% discount for COMSA members. Use the Promo code "COMSA2023" to get the discount.

Swim Across America

- August 20, 2023
- Chatfield Reservoir
- [Link to Race Information](#)

Castle 2.5K/5K/10K

- August 26, 2023
- Wellington Lake
- [Link to Race Information](#)
- The Mountain Swim Series offers a 10% discount for COMSA members. Use the Promo code "COMSA2023" to get the discount.

Horsetooth Swims 1.2M/2.4M/10K

- September 10, 2023
- Horsetooth Reservoir
- [Link to Race Information](#)
- The Horsetooth Swim offers a 10% discount for COMSA members. Use the Promo code "COMSA2023" to get the discount.

OPEN WATER SWIMMING SEASON ANNOUNCEMENTS

As the snow melts and the flowers grow, the call of the Open Water starts calling swimmers to return to the freedom of the great outdoors. The lakes are beginning to warm up. COMSA is working to get more involved to help create more open water practice and competitions for COMSA and USMS swimmers.

Given the restricted access to many of the Colorado lakes, this is a continuing challenge but there are opportunities. If you know of more opportunities than are listed here, please let me know at [Joe Bakel](#) and I will pass the word in future newsletters.

For Open Water practices, there are the following opportunities:

- **Chatfield Gravel Pond.** There no longer are organized USMS practices but the pond is open to swimming. Grab a buddy and swim outdoors (remember, never open water swim alone).

- **Boulder Reservoir.** There are practices Tues/Thur early AM. <https://www.bamswimming.org/events-open-water>

- **Union Reservoir.** There are no organized USMS practices but there is open water swim available. <https://www.longmontcolorado.gov/departments/departments-n-z/parks-open-space-and-trails/directory-of-parks-trails/union-reservoir-park/fees-and-hours-at-union>

- **Horsetooth Reservoir.** Green Events holds a Tri-training most Wednesdays from 6-7pm during the summer months. You don't need to run, you can just swim the entire hour. There is a 500m course with kayak/SUP support where you can loop as many times as you want during this hour. Information at <https://horsetoothtritraining.com/>

For Events, both the Mountain Swim Series and the Horsetooth Swim offer a 10% discount for COMSA members. Use the Promo code "COMSA2023" to get the discount. The dates are:

- June 18, 2023. Solstice Sunrise Swim. Union Reservoir. <https://mountainswimseries.com/>

- July 22, 2023. Carter Lake Crossing. Carter Lake. <https://mountainswimseries.com/>

- August 20, 2023. Swim Across America. Chatfield. https://www.swimacrossamerica.org/site/TR/OpenWater/Denver?pg=entry&fr_id=6591

- August 26, 2023. Castle 2.5K/5K/10K. Wellington Lake. <https://mountainswimseries.com/>

- September 10, 2023. Horsetooth Swims 1.2M/2.4M/10K. Horsetooth Reservoir. <https://www.horsetoothswim.com/>

SWIM ACROSS AMERICA - DENVER MAKING WAVES TO FIGHT CANCER

Colorado Masters Swimmers & Families All of us have been affected by Cancer in our lives. Please join us as we Make Waves in the Fight against Pediatric Cancer in Colorado at our 6th **Annual Swim Across America – Denver (SAA-Denver) Open Water swim at Chatfield Reservoir on Sunday, August 20, 2023.** SAA-Denver is thrilled to have raised over \$1 Million since our Inaugural Event in 2018 to fund Critical Cancer Research at **Children's Hospital Colorado!** This funding is critical as only 4% of Government Funding goes towards Pediatric Cancer Research!



How can YOU make an impact? Register yourself and even start your own Team to swim a ½ mile, 1 Mile or 2 Mile Swim at www.swimacrossamerica.org/denver. Your Registration Fee counts towards your fundraising goal of \$500 for 18 & older and \$250 for under 18. You will receive a wonderful SAA-Denver towel, t-shirt and other SAA Goodies at the Event! If you go above and

beyond to raise over \$1,000 you receive a Special Wavemaker Gift! Once you Register, SAA-Denver makes it easy for you to fundraise via Social Media or e-mail! Most importantly, you can dedicate your swim and fundraising to a loved one who has battled Cancer!

If you would like to fundraise and participate in SAA-Denver but are unable to attend our Event on August 20th, there are several ways for you to Make Waves. You can sign up for SAA My Way and dedicate a swim or other event such as a run, bike, hike and even a walk to raise funds for SAA-Denver. In addition, you can set up a fun Pool Swim at your local pool with your Master's Team or Children's Swim Team. SAA-Denver will provide a webpage, Swag and SAA Prizes for your top fundraisers! Lastly, you can Become a Sponsor for SAA-Denver and be featured on our SAA-Denver 2023 T-shirt! Details on all of the above can be found on our website www.swimacrossamerica.org/denver/

Together we can make an Impact in the Fight against Pediatric Cancer in Colorado and Beyond! Thank you to all of the Masters Swimmers & Families who have been supporting SAA-Denver and Participating in our Open Water Swim Event since 2018! If you have a Special Story of Cancer, we would love to hear it. For more information on all of the above, please contact [Nicole Vanderpoel](#).

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 2023 club/workout group registration fees for all clubs/workout groups with a 2022 membership of 10 or more swimmers.

Club/workout groups with less than 10 members, should contact the [COMSA Chair](#) for reimbursement requests.

COMSA Committee Open Positions

COMSA is looking for a few good people to volunteer with COMSA!

Executive Committee open position: Vice Chair
Appointed Committee open positions: Club Development Coordinator

[Link to description of positions](#)

Anyone who is interested in volunteering and giving back to the sport of swimming, please contact [Doug Garcia](#).

Visit our Website

