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COMSA Newsletter - April 2017

Mastersplash



Lou Parker COMSA Coach of the Year: Eric Neilsen

This years recipient of the Lou Parker COMSA Coach of the Year award went to Eric Neilsen from the Fort Collins Area Swim Team (FAST). Eric received numerous nominations each highlighting his ability to work with swimmers of all different abilities and goals. In just over a year he has grown FAST from a team of about 30 swimmers to one with over 90 swimmers, an effort for which the team received recognition from USMS. Coaches are the first introduction for many into masters swimming and with ones like Eric, masters swimming is in good hands.

Congratulations Eric and keep up the great work!



State Meet Wrap-Up

How much fun were those beer relays? Of course the Officials wanted to play along, so the relays started with each official drinking a beer (albeit rather slowly), and once they were done, the

swimmers got to start: drink a beer, dive and swim 25, drink a beer, dive and swim 25, and keep going until everyone is done. To get a look at the fun, watch the videos on Facebook: @comsaswimmers.

Prost Brewing Company provided our beer this year; and while you don't normally drink good German beer fast, this stuff went down so smoothly. We had two types to choose from: Kolsch and Dunkel. Yum. Everyone was also enjoying Prost beer at the social on Saturday night.

Speaking of the social, over 80 people were present and several great prizes were drawn! We had Starbucks gift cards, swim shop gift cards, and wine (we were in wine country after all).

So there were lots of great swims too. Colorado Mesa University has a super facility to swim in - it's big, open, clean and fresh, and there was plenty of space for lounging around. Thornton, the largest team - 26 swimmers strong, won the meet overall. Several of their swimmers entered all 14 events allowed, and several also challenged themselves to do the "5050" (racing that many yards) - big congrats to all who braved that humdinger!

The top six trophy-winning teams:

1. Thornton - 2209
2. Greenwood Athletic and Tennis Club - 1167
3. BeeGees - 899
4. Pikes Peak - 825
5. University of Denver - 817
6. Jeffco Aquatics - 501

On Saturday morning we kicked off the meet with our Annual General Meeting. Congratulations to FAST Coach Eric Nielsen, our 2017 Lou Parker Coach of the Year, and also to Stacy Broncucia and Nicole Vanderpoel, our two newest members of the board of directors.

Grand Junction welcomed everyone in a grand way and several organizations helped us make this event spectacular. Many thanks go out to the Grand Junction Visitor & Convention Bureau, the CMU pool staff, the Greater Grand Junction Sports Commission, Prost Brewing Company (Denver), the COMSA officials, Cami and Paula at the timing system, and all of the high school timers.

Finally, the meet wouldn't have been such a success if it weren't for all of the volunteers who dedicated a lot of their own time before, during and after the event. Please thank a COMSA volunteer next time you see them!

Good luck to everyone who is going to USMS Nationals, and we'll look forward to seeing you in the Open Water this summer, and then at next year's state meet, which will be announced later this year!

2017 Nationwide Spring National Championship - Announcement

Andrew Le Vasseur is putting together the relays for Club CMS at the 2017 Nationwide U.S. Masters Swimming Spring National Championship (SCY) in Riverside, California April 27-30, 2017.

Please contact him regarding your ability to participate in relays at swimmasters@du.edu.

If you do not want to swim relays or have limited availability, he needs to know so you are not assigned to a relay when you are not available. If you want to swim relays he needs your 50 splits to make the best combination of swimmers for each relay.

Summer is almost here - Are you ready to swim open water?

Open water swimming this summer at Chatfield State Park is being organized by the workout group Chatfield Gravel Pond Swimmers. Chatfield Gravel Pond Swimmers is a new workout group under CMS and COMSA, and anyone who is a member of COMSA or USMS is welcome to swim with us at the Gravel Pond at Chatfield State Park.



Currently we are hoping to have swimming on Saturdays from Memorial Day weekend thru Labor Day weekend, from 7:30 am to 10:00 am. As we are part of COMSA and USMS, our insurance requires that we have volunteer monitors each session. This year, we will need 6 total volunteers per session. However, unlike last year, you will only need to volunteer for half the session, allowing you to swim the same day you volunteer! We ask that all swimmers volunteer for at least one session. We will be using Sign Up Genius for check-

in/monitor sign up, just as COMSA has in the past. If we have a good volunteer response, we will also offer swimming on Monday and Wednesday afternoons from 4:30 pm to 7:00 pm.

The link to Sign Up Genius will be posted on the Chatfield Gravel Pond Swimmers Facebook page once we receive our permit. Our Facebook page can be found at www.facebook.com/chatfieldgps, and for questions or more information you can contact Susan Nolte at chatfieldgps@gmail.com.

We hope to see you at the pond this summer!

Time to Ditch the Kickboard

We don't swim with our heads up, so why kick that way?

By: Scott Bay | March 13, 2017

You've seen them, the kids at the pool doing a happy little social kick-with their arms stretched out over the kickboard-just chatting away as they cruise up and back along the lane in packs. You might even have a social kick at your Masters practice. But this can cause a great deal of tension in your lower back, upper back, and neck. And really, how often do you flutter kick in swimming with your head up like that? You shouldn't ever, actually, unless you're doing a drill or playing water polo.

In addition, kicking with your head up can cause you to develop an asymmetrical kick, where you spend most of your effort kicking down, rather than up and down, to keep your hips up. This is also true in dolphin kick.

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Upcoming Events

April 15, 2017

**USMS Adult Learn to Swim - Instructor Certification Program
Colorado Springs, CO**

[Additional Details and Registration](#)

Ongoing Events

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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=677A>

username: colorado

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