



Greetings!

For this first time in our existence, I believe, we have had to cancel one of our championship meets. The current crisis has made us look at what is best for our members, our community, and the country. The decisions made were basically made for us with the closing of pools and gatherings, but they have been the correct decisions. Although the meet has been cancelled we do have some COMSA business that needs to be handled that would have been presented at the swim meet.

First, this is an election year and a board slate has been presented in a previous email to membership. We still need to have a formal vote for this slate. In lieu of a voice vote at the swim meet we will be sending out an online voting process to our members. Please look for this and vote. This is important for us as a group within USMS to regularly vote for our board members. If there is any question about this please feel free to contact me.

We also have awards presented at the swim meet annually to recognize volunteers and coaches for the work they have done for USMS and COMSA. This year is no different. We will just need to get the awards to the winners.

**Jack Buchanan Service Award - male**

This year's winner has been involved with masters swimming for many years. He is currently involved with any USMS swim meet held and sanctioned by COMSA and I have attended most of these personally. I would suspect every member doing swim meets knows him and many consider him a friend. This year's winner is Pete Schwenker our Officials Chair.

**Jack Buchanan Service Award - female**

This year's winner has been involved with masters swimming and COMSA and has served on USMS boards and committees for many years. She has been recognized previously by COMSA, as well as nationally with USMS for her volunteering work. She is a swimmer, a coach, a mentor, and the board appreciates her continued hard work for COMSA. This year's winner is Marcia Anziano.

**Coach of the Year Award**

This year's winner recognizes a coach whose swimmers really pushed for her to be recognized last year. We could only give one award last year and that went to another coach that also had a big push by her swimmers. So this year I wanted to also recognized this year's winner as she had a large backing by her swimmers for this award. She has been around the state meets, open water, as well as attended nationals last year. This years winner is Stephanie Bunevitch from Foothills Masters.

Congratulations to all this years winners.

I hope we can get through with current crisis as safely as we can and start seeing everyone back in the water soon. Be safe, and please look for the online voting of the board members for COMSA.

Thank you  
Chris Nolte  
COMSA Chair

We are still hopeful that the following will be able to take place:

### Off Piste Aquatic Members Swim Camp

Vail Racquet Club, Vail, CO

Thursday, June 11th through Sunday, June 14th

[Registration & Information](#)

## Voting Info for the COMSA Board

Elections are now open for COMSA's 2020 election. We have 7 positions to fill for the next two years. All current registered members of COMSA as of March 22nd are eligible to vote. To vote, click on this link: [VOTE!](#). Once there, log in with your last name and USMS number. Here is a sample number: 3284-123V5. Log in with all digits/letters, including the dash. If you do not know or can't find this number, you can look it up at USMS.org. The best way to find your number is to go to [USMS](#) and log in or create a log in to the site if you haven't created one. Once you have done this, your number will be displayed when logging in. Another option is to click the renew button, enter your information, and then if you are current, your id will pop up. The old search for your id number has been disabled. If you can't locate your number with the lookup, please contact the USMS membership office at 941-256-8767 or email them at [membership@usmastersswimming.org](mailto:membership@usmastersswimming.org).

Happy Voting! -Susan Nolte

## 2019 SCM Top Ten Members

Each year, USMS honors the top ten swimmers in each age group, gender, and pool event. This is done three times a year: short course yards, long course and short course meters. A big congratulations to our members who made the 2019 SCM Top Ten!!

Maddie A Wrolson-Gaunt

Iva Majeticova

Brittany A Biggs

Sara E Holman

Mary E Holman

Lyndsey M Linke

Chelsea M Gibbons

Stacey Pitcher

Jodi L Lee

Julie F Dussliere

Erin C Framke

Karina Plocek

Collette H Sappey

Kathy L Garnier

Ellen A Campbell

Lisa A Bennett

Suzy L Cotton

Karen K Rosener

Cynthia E Shaffer

Ben A Sappey

Stephen T Schmuhl

Brian Bergford

Will Ronco

Eric J Robinson

David A Tonini

Kevin J Doherty

Ignacio Jimenez

Patt Chaiyaroj

Edward Melanson

Robert N Tveitmoe

Stuart S Waterbury

Kent Carney

Congratulations COMSA Swimmers!! To celebrate your accomplishment, you can purchase your patch [here](#)

## 2019 All-Americans

To earn the title of All-American with USMS, a swimmer must finish first in either a Top Ten pool event or in a recognized Long Distance Championship. This is an incredibly difficult feat and we have 18 members who accomplished this in 2019!! Let's extend a hardy congratulations to:

Long Distance: Jane Oberg

John Batchelder

Pool: Maddie Orgill

Sara E Holman

Katie Glenn

Jodi L Lee

Bonnie M Moss  
Heather L Wagner  
Ellen A Campbell  
Jeff Garnier  
Ramunas Paknys  
Stephen T Schmuhl  
Chris O'Sullivan  
Kevin J Doherty  
Robert Garland  
Christopher M Coveney  
Stuart S Waterbury  
Richard T Abrahams

To celebrate this amazing accomplishment, you can find the order form for your certificate and patch [here](#)

## Volunteer Opportunities

COMSA is looking for a few good people to join our team of friendly volunteers. We are still looking to fill spots for Safety and Open Water. If swimming is your passion, please consider sharing your talents with our wonderful COMSA community. Please contact Chris Nolte at [chris\\_nolte@comcast.net](mailto:chris_nolte@comcast.net) for further information.

## It's Official!

Why can't you do a backstroke turn going from backstroke to the breaststroke during the IM?

All strokes on the IM are judged as finishes for that particular stroke. Since you can't turn past vertical towards the breast at the end of a backstroke race, you can't do a backstroke flip turn when changing to breaststroke. You may have noticed some swimmers touching the wall with their hand while on their back then proceeding to do a backwards or sideways oriented flip when changing from backstroke to breaststroke. If you've got the flexibility and lung capacity to pull that off, go for it! Just make sure you practice keeping towards the back until that hand touches the wall.

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## Swimming Links

United States Masters Swimming [USMS](#)

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Visit Our  
Website

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