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COMSA Newsletter - January 2017

# Mastersplash



## Happy New Year



Dear COMSA Members,  
Welcome to the year 2017. I hope you all started out the year as you had planned. COMSA has a lot coming up in the next few months as you will see below. We look forward to seeing you though out the year.

[Kelly Davis](#), COMSA Newsletter Coordinator

## COMSA Meeting: January 28, 2017

All members and workout group representatives are invited to attend a short COMSA meeting immediately following the Loveland Sweetheart meet on January 28, 2017. Items that will be discussed include the following:

### State of COMSA

- Membership numbers
- Registration for 2017
- Club/Workout registration

State meet update  
Chatfield

- Past and present
- Issues and concerns

The meeting will take place in the pool seating area. Some food and drink will be provided. If you think you might like to attend we would love to have you!

Please RSVP via email to [bkhojt@gmail.com](mailto:bkhojt@gmail.com) if you think you can join us.

Thank you,  
Brian Hoyt  
Colorado LMSC Chairperson  
[bkhojt@gmail.com](mailto:bkhojt@gmail.com)

## Top Five Reasons to Swim in a Meet

Masters competitions are fun for everyone!

By: Terry Heggy | December 30, 2016

Are you thinking about swimming in a Master meet, but always seem to hesitate before you sign up? Here are the top five reasons you should follow through for that next event and start competing!

### 5. Attitude Adjustment

If swim meet experience from your youth has soured you on competitions, you need to recognize that Masters meets are a whole different animal. Attitudes from bygone days no longer apply, and incorrect assumptions should be cast aside. Here are the most frequent excuses for nonparticipation, along with the reasons they lack validity:

**I'm not fast enough.** Everyone is welcome at Masters meets, regardless of speed or ability, and regardless of age, body type, or fitness level! There are just as many high-fives and cheers for the slower heats as there are for the fastest swimmers. The Masters community is universally encouraging to newcomers, and is always delighted to see people try something they haven't done before.

**I can't do flip turns** (or dive off the blocks, etc.). While there are rules regarding proper stroke performance, there is plenty of latitude for style (including encouragement for swimmers with disabilities). And it's fine to start in the water, do open turns, and even to stop at each end of the pool. The point is to finish the event in whatever way works for you.

**I'm not in good enough shape/I can't hit my best times.** Though many swimmers do achieve lifetime PRs as Masters swimmers, the truth is that for most of us, life has intervened. Jobs, families, and the aging process have combined to put a dent in our superpowers. But that's no reason not to get out there and give it your best shot. There's no better way to maintain health and speed than to continually work on it.

[Continue reading](#)

## COMSA Masters Short Course Championships

Fellow Swimmers...State Meet is Right Around the Corner!!

The 2017 COMSA Masters Short Course Championships meet is scheduled for March 24-26th, 2017 and will take place in Grand Junction, Colorado at the Colorado Mesa University, El Pomar Natatorium!

Whether you are a Brute Squad, Sprint Squad, or "I do what I want" swimmer, it's going to be a fun three days! The notorious beer relay of 2014 is returning and this is a very serious event, so start your training now! There will also be a social with food and drinks on Saturday following the meet.

COMSA has reserved a limited number of hotel rooms at three separate hotels, adjacent to one another, in downtown Grand Junction, at a discounted rate of \$109.95. This rate will apply until the rooms have run out, or until Feb 24th, 2017, or which ever comes first. So even if you are not certain which events you are going to swim, reserve a room now to ensure you get the discounted rate! Click on the hotel information on this website for more information.

There are a number of restaurants in walking distance of the hotels, and it is sure to be a fun time with hundreds of swimmers converging on the downtown scene.

There are also a number of fun activities for family members in the Grand Junction area, including local wine tasting tours, as well as local breweries. For the whole family consider an archeological dig for dinosaur bones at the Museum of Western Colorado, a visit to the Botanical Gardens, or drive go-karts at Bananas Fun Park. These are just a few suggestions, and we will continue to provide information on activities in the Grand Junction area.

COMSA has also reserved a 55-passenger bus from the Denver area to Grand Junction and back, for those who would rather not make the drive. Tickets for the bus can be purchased when you register for the meet and will be available until the bus is fully booked.

Links to additional details:

- [Meet Information](#)
- [Online Registration](#)
- [Hotel Information](#)

## Colorado Mesa University and Grand Junction



The Greater Grand Junction Sports Commission and Colorado Mesa University are excited to host the COMSA state meet for 2017. We are thrilled to have the opportunity to share the El Pomar Natatorium, the state-of-the-art pool facility on the campus of CMU, with COMSA. We look forward to bringing people together from across the state to enjoy this great event.

### [El Pomar Natatorium Facility](#)

[SwimSwam](#) has voted the natatorium as one of the [best pools in collegiate swimming](#).

SwimSwam has voted the natatorium as one of the [best](#)

Happy New Year to COMSA from Grand Junction!

We sincerely hope that you all had wonderful holidays! Once again, we are excited that you will be coming in March. Our march weather is typically beautiful. It's the time of year when we, as locals, hike and bike in the canyons and on the Riverfront Trail. We also love to ski for a couple of hours and bike or hike in the same day. The mountain biking and running photo were taken at the Lunch Loops, which is merely a 20 minute ride from Downtown and very popular. The road biking photo is from the Colorado National Monument, featuring riders from Ride the Rockies. The Monument loop is an iconic ride in Colorado, and once again can be accessed from Downtown through the East Entrance.

### **What's New in GJ:**

The owner of [Bin 707](#), Josh Niernberg, is opening up a new restaurant in Downtown called Taco Pary. [Click here](#) for the recipe of their fabulous Chili Pumpkin Tortilla soup of Josh's. Just perfect for snow days.

Lastly, for beer drinkers, [Kannah Creek](#), which owns Edgewater Brewery, within minutes of Downtown has some new craft beers including one that is made with Petite Syrah from local winery Talon.

I am happy to help any of you with group reservations for restaurants or any other information you might need to enhance your stay with us in GJ! More news to come in February.

Happy Swimming.  
[Barb Bowman](#)

# 2017 Speedo USMS 1-Hour ePostal National Championship

Swim as far as possible in one hour in any pool you choose that is 25 yards or longer. Event results are sent electronically to compare yourself to other swimmers doing the same event. Some people do the 1-Hour ePostal event for competition, while others do it for fitness; all who wish to participate are welcome. The recorded distance (total yards swum) that you submit determines the order of finish. If two or more swimmers report the same distance, a tie will be declared. [Further Details and Registration](#)



## Quick Links

[Register Now](#)

[Clubs and Workout Groups](#)

[More About Us](#)

[Contact Us](#)

## Upcoming Events

January 28, 2017

Loveland Sweetheart Meet  
Mountain View Aquatic Center  
Loveland, CO

[Meet Details](#) - [Online Registration](#)

January 29, 2017

Loveland Sweetheart Clinic with  
2008 USMS Coach of the Year  
Susan Ingraham  
Mountain View Aquatic Center  
Loveland, CO

[Clinic Details](#) - [Registration](#)

February 4, 2017 (backstroke)

February 5, 2017 (turns)

Denver Masters Clinic

Time: 3:00-5:00 pm.

Cost: \$40.00 includes video  
analysis.

El Pomar Natatorium  
University of Denver, 2201 East  
Asbury Avenue, Denver, CO 80210

Participants need to be [USMS members](#) for insurance purposes.  
RSVP and save your spot by contacting  
Andrew Le Vasseur, Denver Masters,  
Head Coach [swimmasters@du.edu](mailto:swimmasters@du.edu)  
[Schedule for Denver Masters Clinic](#)

March 18, 2017

[USMS Masters Coach Certification](#)

March 19, 2017

[USMS Stroke Development and  
Improvement Clinic](#)

## Ongoing Events

[2017 Check off Challenge](#)

[2017 Speedo USMS 1-  
Hour ePostal National  
Championship](#)

(January 1, 2017 -  
February 28, 2017)

## 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

password: masters

### Local and National Swimming Links

[USMS Open Water Swimming Connection](#)

#### **Breadbasket Zone**

[Iowa Masters Swimming](#)

[Minnesota Masters Swimming](#)

[Missouri Valley Masters Swimming](#)

[Nebraska Masters Swimming](#)

[Ozark Masters Swimming](#)

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