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COMSA Newsletter - July 2016

## Mastersplash



### Isn't it time to give back!

The Colorado Masters Swimming Association (COMSA) is a volunteer organization. There are different roles and responsibilities that our volunteers serve in. Here is a list of the many varied tasks carried out by our volunteers: <http://www.comsa.org/leadership/index.html>.

I am writing to each of you with the hope you feel like I did several years ago when I asked myself how I could give back to the activity that had given so much to me. It was after I had been to about 12 state meets when our local team coach announced that COMSA was looking for some volunteers. I must admit I had no idea what it took to run an organization of this size. Since that time I have been impressed with everyone I have come across, past and present, who has donated even just an hour of their time to our great sport.

Whether you have an hour a week or an hour a month, we could use your assistance. Simply signing up to monitor and/or check-in swimmers at Chatfield helps us keep this great open water venue open. We could also use some help with our State meet. In past years this has been primarily a one person task which was way too much to ask of any one individual. Instead, wouldn't it be better if we could plan and run this meet as a committee? I know not everyone is at a place in their life where they can afford to donate some time, but if you find yourself in a place where I was some six years ago then please reach out to me. We have a great group of volunteers and always looking to add more!

Each of our volunteers serve for different reasons. I can only share my view, but please feel free to ask any of our leadership on why they volunteer for COMSA.

Brian Hoyt  
COMSA Chair  
bkhoyt@gmail.com

## YourSwimLog.com

Looking to spice up your workouts over the summer? Here 15 different swim practices from top swimmers like Michael Phelps, Ryan Lochte and more. Whether you are a distance swimmer or a short twitch sprinter there is a little something for everyone. View them by clicking here: <http://www.yourswimlog.com/swimming-workouts/>

## Opposites Day

Flip your focus to break out of your training rut

Performance improvement comes when you continually add challenges as you increase your fitness and expertise. This process of escalation is called progressive adaptation . Once your mind and body adapts to a certain workload, you become stagnant if you don't progressively force yourself to strive beyond your current level.

[Full Article on USMS.Org](#)

## 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/lgstems/productcart/pc/viewCategories.asp?idCategory=2980&idAffiliate=677A>

username: colorado  
password: masters

### Quick Links

[Register Now](#)

[Clubs and Workout Groups](#)

[More About Us](#)

[Contact Us](#)

### Upcoming Events

July 16, 2016

Denver Masters LCM Invitational  
University of Denver

1:00pm warmup

2:00pm Meet start

6:00pm expected finish

[Meet and Registration Info](#)

October 15, 2016

USMS Coach Certification  
Levels 1&2

9:00am - 5:00pm

Location of Classroom

Instruction:

Courtyard Denver Cherry Creek  
1475 S. Colorado Blvd  
Denver, CO 80222

[Details](#)

October 16, 2016

USMS Stroke Development Clinic  
- Denver, Colorado

### Ongoing Events

[COMSA Registration](#)

[2016 Check off Challenge](#)

[2016 Go The Distance](#)

Stroke Clinic  
Sunday, October 16, 2016  
9:30 AM - 12:00 PM  
[Details](#)

### 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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