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COMSA Newsletter - November 2016

# Mastersplash



## Volunteer Profile: Marcia Anziano



I have been a volunteer with COMSA forever, or it seems that way to me. It started rather innocently. In the mid 1990's my workout group asked me to attend a COMSA meeting as their representative. Back then the meetings were typically held at a bar/restaurant in Morrison. I attended several meetings not participating much and then one meeting it was mentioned that they needed a new Sanctions Chair. I thought to myself, I can do that! So, I volunteered for the position and as they say, 'the rest is history'.

Since that time, I have volunteered in many different capacities. From Sanctions chair to Secretary, Vice Chair, Chairperson, and currently I am the Registrar and Top Ten chair. Our meeting locations have also changed a bit during this time. We eventually stopped meeting at a bar and moved to a library in central Denver. Not nearly as much fun as a bar! We then tried to move the meetings to various parts of town, had a meeting in Highlands Ranch, then one in Northglenn. This was an attempt to attract more volunteers from around the area. But, again the result was the same, not very much participation. At that point, it was decided to have the meetings as conference calls. While these are very accommodating to those not in the Denver metro area they lack a very important part of volunteerism and that is the social aspect. I think it is important to occasionally meet face to face, but then again I am 'old school'.

Another important part of volunteering with COMSA is the opportunity to attend the USMS national convention. It was in 1999 that I attended my first USMS convention. That was quite an experience to say the least. After a few years of attending this convention, I became more

involved at the National level. I served on the Fitness Education Committee, first as a member, then vice chair, and then committee chair for a number of years. In addition, I served as Zone Chair for the Breadbasket Zone for 2 years, and am again currently serving in this position. I also served on the Legislation Committee for a number of years and currently am on the Registration committee.

Enough about me, I would love to see more of you get involved in the dry side of the sport. You can also start as a workout group rep. You can call into the meetings and become familiar with the work that has to be done to support the organization and maybe you would like to volunteer to help out in some way. We always welcome new volunteers. We are not scary, well, maybe Brian is, and could use the help and support. Your input would be appreciated. The meeting schedule is on the COMSA website. If you are interested, just contact one of the board members and ask to receive the meeting notices.

## A Letter of Thanks

### Thank You Swimmers

Dear COMSA,

Perhaps it is just me, or Russian hackers, or the election; but the last college meet I officiated and yesterday's Masters Nash Splash have had computer problems.

Sometimes you just have to fake it without technology.

But I am really writing to thank the swimmers yesterday for their cooperation and understanding for the first 11 events as we had to get creative with getting heats ready because we could not get heat sheets or even know how many entries there were.

For those who were not there, we called for all entrants in an event to come to the table. Then the starter made a quick guess at how many folks showed up (i.e., between 20 and 30 for the women's 400 M Free and therefore about 3 heats) and asked the group to seed themselves by simply having 10 at a time go up to the blocks, and print their name on a sheet the timer had. At the completion of the heat the timer wrote down the time from the scoreboard and the watch time. Then the next 10 did the same 'till there was nobody left standing by the table.

It went very well.

All this time the meet's cyber geek, Molly McGannon, realized that she could bypass the new meet manager's input by her magic of putting the entries in by hand. From event 12 on, we had heat sheets by age and not time, sort of like nationals and the meet went on. We couldn't have pulled this off without their willingness to go with this solution and without Magic Molly's creative fix. So thanks again.

John Tobin, Official

## To Breathe or Not to Breathe

Conventional & unconventional ideas about how often to breathe in sprint freestyle

By: Scott Bay | October 27, 2016

As terrestrially based creatures, we need to breathe. In most sports, breathing happens naturally, without any real thought required by the athlete as to when or how much to breathe. But swimming is different, and sprint freestyle is even more so.

There are several different schools of thought for when and how much to breathe in a 50-meter sprint freestyle race. Some say you should breathe no more than twice, some say once, and still others say not at all. So who's right, if any of them are?

[Continue reading](#)

## 2016 USMS Convention Summary

U.S. Masters Swimming 2016 Convention was held September 21-25, 2016, in Atlanta, Georgia. COMSA had a number of delegates attend this convention. There are a few items that came from those sessions that will effect COMSA members. Here is a list of those items:

- Maximum events per day has increased to 6 a day verses 5
- Membership cost will now be \$52 due to a \$2 increase by USMS
- USMS is now charging \$50 for Recognized events

USMS posts the information to their [website](#) if you would like to see [further details](#).

## COMSA Masters Short Course Championships

Plans continue to solidify for the COMSA Masters Short Course Championships in March of 2017. Here are the current details:

**Date:** March 24-26, 2017

**Location:** [El Pomar Natatorium](#), Grand Junction

**Hotel Information:** (Make your reservation by Feb. 23, 2017 to receive this special rate.)

**Visitor Information**

- [Grand Junction Overview](#)
- [Culinary](#)

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

username: colorado  
password: masters

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### Upcoming Events

**December 29, 2016**

**Denver Masters**

**Holiday Freestyle Clinic**

**Time: 12:00 -2:00 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**

[Schedule for Denver Masters Clinic](#)

### Ongoing Events

**Save the Date**

December 10, 2016  
The DAC SC Winter Championship  
Denver Athletic Club

January 7, 2017  
Colorado Swimming Hall of Fame  
Pentathlon Meet  
George Washington HS in Denver

### Local and National Swimming Links

[USMS Open Water Swimming Connection](#)

### **Breadbasket Zone**

[Iowa Masters Swimming](#)

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[Missouri Valley Masters Swimming](#)

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