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COMSA Newsletter - October 2018

Mastersplash



Pumpkin spice and everything nice...
Welcome to your fall COMSA newsletter. We hope you enjoy the news.



Kelly Davis
COMSA Newsletter Coordinator

LET'S GO POSTAL in the 2018 USMS 3000/6000 yd ePostal National Championship

Fall is upon us...Leaves are changing and the first snow has fallen. It must be time to GO POSTAL by swimming in the 2018 USMS 3000/6000 yd ePostal National Championship Sponsored by COMSA.

Whether you Swim for fitness, fun or competition, challenge yourself to completing either distance meters or yards, for a fabulous work out!

[Additional Details and Registration](#)

How much are your USMS fees?



Over the past five years, the National fee was increased \$2 each year as part of an approved budget recommendation that this increase each year for 5 years. As a result, your fees have risen each year. This year, COMSA voted to drop your local fee from \$11 to \$9, thus not increasing dues for local swimmers. So a full registration fee this year will remain at \$54, with \$45 being your fee to Nationals.

COMSA offers several discounts each year. Members that will be 80 or more years of age during the year receive a free membership to both Nationals and COMSA. However, this is just our LMSC, and we cover their fee of \$45 so as they can remain members. The local fees are reduced

for two other groups, swimmers 75 - 79 pay a local fee of \$5.00, resulting in a total fee of \$50. Swimmers under 25 pay no local fee, only the \$45 National fee.

This year, the One Event fee was raised from \$15 to \$20. As in the past, COMSA does not add to that fee, but processes this data for the National office. This fee is mainly to cover the cost of insurance being used at an event and allows for non members to participate. This Option is the choice of the local meet director should they choose to use it.

Welcome Terry "Speed" Heggy - COMSA Vice Chair

Terry has been active in COMSA since the early 1980s. He currently coaches Team Sopris Masters in Glenwood Springs, and serves on the USMS Coaches Committee. His past contributions to COMSA include serving as Chair, Vice Chair, and Newsletter Editor. Before he moved to the western slope, he had coached Masters for the Southwest YMCA, the City of Lakewood, and the Foothills Park and Rec District. His passion for promoting swimming includes writing over 60 articles for USMS and continually recruiting swimmers into the organization. His decades of success in various levels of corporate management (Lockheed Martin, ITN Energy) have shown expertise in leadership, organizational management, budgeting, and efficiency. He has offered to serve COMSA as Vice Chair to help ensure that the organization continues to effectively serve all interested swimmers by offering quality competitions, workouts, and support for athletes and fitness swimmers at all levels of experience.

"I just wanted to congratulate Terry Heggy on his election to be Vice Chair of COMSA. I look forward to working with him as well as the full board to help forward COMSA's roll in promoting swimming for all. Welcome aboard. "

- Chris Nolte, COMSA Chair

Four Friends and Three Masters Swimming World Records

By: Terry Heggy

MISSION VIEJO, Calif. - Four friends from the Denver area recently set three Masters Swimming world records in Mission Viejo, California. The Colorado Masters Swimming (CMS) team of Craig Petersen, Michael Mann, Kirk Anderson, and Greg Scott not only smashed the records for their age group (combined ages of 240-279), but also won all three relays outright, soundly beating teams with average ages that were decades younger.

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Upcoming Events

November 3, 2019

USMS 3000/6000 yd ePostal National Championship
Englewood, CO

[Additional details and Registration](#)

Local and National Swimming Links

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Breadbasket Zone

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