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COMSA Newsletter - September 2016

Mastersplash



Welcome Debra Butler - Incoming Vice Chair

COMSA would like to welcome, Debra Butler, as our incoming Vice Chairman. Debra comes to us from Greenwood Athletic Club Masters Swimming program.

Debra started swimming in the masters swim program 3 years ago, and says that it has changed her life, and has added a dimension to her life that she never expected.

Debra will tell you that she has always loved to swim, even as a child, and has swam for exercise all of her adult life. However, she never swam competitively, was never on a swim team, and never swam in a swim meet until she joined the Masters Swimming program at her athletic club.

"I immediately fell in love with the swimming program and with the people. I have met so many amazing people and have made some wonderful friendships. In addition to that, the challenge of pushing myself to my limits and doing things that were out of my comfort zone has really been a personal growth experience. Masters offers so much to so many people, and I am very excited to give back by volunteering for COMSA".

Although Debra does not have a background in competitive swimming she has made it her goal to learn as much as she can to best serve her position as Vice Chair.

Her professional background is that of a physician, specializing in Diagnostic Radiology. After a long and fulfilling career as a physician she retired in 2012 and is now enjoying her free time by working out, swimming, hiking, spending time with family and friends and enjoying her hobbies of painting and photography.

COMSA Membership Survey



Today we will be gaining your thoughts and opinions to better serve you in the future. We would appreciate it if you could take a few minutes and complete our survey. Be assured that all answers you provide will be kept confidential.

[Survey Link](#)

2016 Nash Scholarships

The 2016 Nash Scholarships were awarded to Brody Lewis, from Greeley, Veronica Morin from Cascade and Ian Dretzka, from Northglenn. The funding for these scholarships are from the proceeds of the 2015 Nash Splash and donations from two individuals.

Colorado Goes Postal



Congratulations Colorado on Going Postal this Summer in the 2016 USMS 5K & 10K National ePostal Championships at Lowry Pool! We had an awesome group participate on both dates June 19th and July 3rd. Not only did we have a few swimmers "Go Postal" for the first time successfully, but also had one swimmer, John Batchelder, swim butterfly the entire 10K Long Course! In addition, there were several Swimmers who did the 5K and 10K at different locations who could not attend. Whether you swam at Lowry or at your own

Pool, we applaud your efforts! The USMS 5K & 10K ePostal Championships were particularly special this year as the event Hosts, South Texas LMSC along with Western Hills Athletic Clubs are donating ALL of the profits to Colin's Hope & USMS Swimming Saves Lives Foundations!

If you missed out on all of the Postal Fun this summer and especially want to earn the incredibly cool "Colorado Goes Postal Cap", don't worry. There are still two more Postal opportunities left... The 2016 USMS 3000 yd. & 6000 yd. National ePostal Championships, hosted by Sawtooth Masters. You may participate in both!

Here are a [few pictures from this event](#)
Next events details can be found on the [COMSA website](#)

Seven Secrets of Successful Swimmers

Small habits that make a big difference

When talking to people at the pool, I often hear the phrase, "Oh, I'm not a real swimmer." The person then proceeds to tell me that they are a triathlete or a runner, or perhaps just someone who enjoys working out in the water. And yet, there they are swimming.

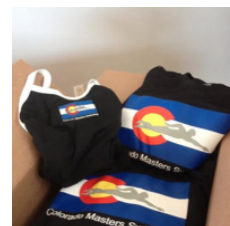
Well, guess what, folks? If you propel yourself through the water without a boat, you ARE a real swimmer. You may not have moved directly from diapers to Speedos like most Olympians did, but you can still incorporate the thought processes lifelong swimmers use to excel at the sport. By adopting a few simple habits, you'll find it easy to proudly identify yourself as a real swimmer.

[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/lgsteams/productcart/pc/viewCategories.asp?idCategory=2980&idAffiliate=677A>

username: colorado
password: masters

Quick Links

[Register Now](#)

[Clubs and Workout Groups](#)

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Upcoming Events

October 2, 2016

October 9, 2016

2016 USMS 3000 yd. & 6000 yd.

National ePostal Championships

Time: Starting at 7 am

Location: Colorado Athletic Club at

Inverness (CAC)

Register: e-mail

nicolevanderpoel@msn.com to

reserve a lane and specify your

distance. You must be a USMS

Registered swimmer to participate.

What to bring: Cap, goggles, suit and

a human counter/verifier (Stop

watches, clipboards, split sheets will

be provided)

October 18 - November 22, 2016

Mastering Masters Class

Build Skills to

Join a Masters Group

When: Tuesday Evenings

Oct 18 - Nov 22

Time: 7:00 PM - 8:15 PM

Cost: \$85

Carpenter Recreation Center

11151 Colorado Blvd, Thornton

[Details & Registration](#)

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

Stroke Clinic

Sunday, October 16, 2016

9:30 AM - 12:00 PM

[Details](#)

October 22, 2016

Buff Invitational (Recognized meet)

CU Recreation Center

Boulder, CO

Ongoing Events

[COMSA Registration](#)

[2016 Check off Challenge](#)

[2016 Go The Distance](#)

[Meet Details & Registration](#)

November 5, 2016
10th Annual Nash Splash Memorial
Veterans Memorial Aquatics Center
Thornton, CO

The format of the meet will be 25
short course meters. Warm-up begins
at 7:30 am with the meet beginning at
8:30 am.

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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