

Cindy's Chatterings

Cindy Sue Hawkinson - COMSA President

Hello everyone and welcome to Fall! It has been a most interesting summer with the drought and all. I do hope many of you had an opportunity to swim at the Gravel Pond at Chatfield this summer. It was a great way to unwind after a stressful day or start a Saturday.

Fall, it seems, is the season for new beginnings. School is back in session, triathlon and open water season winds down, the weather gets cooler and we bring ourselves from the outdoors to the indoors. Many teams across the state use the Fall to get you back in swimming shape. I've heard from so many that its 'drills, drills, drills' and 'technique, technique, technique' and coaches yelling 'think about what you're doing!' So, let's think about what we're doing both in and out of the water.

A few of us (Marcia Anziano, Jack & Peggy Buchanan and I) have just returned from the USMS National Convention held at the 'minimum security' Hyatt DFW in Dallas. You'll read in this issue Marcia's wonderful wrap-up of what the four of us, along with the other delegates around the country, accomplished this year. Contrary to what many of you may think, this is NOT a vacation. We are fortunate enough to attend practice at 5:30 each morning, but then it is rush to the shower, rush to get dressed, grab a bagel and then be sitting in meetings ready to be alert by 8:00 a.m. each morning. There is no time for socializing unless it is late in the evening. Meetings typically last until about 6:00 p.m. each evening. Your delegation was able to attend all but a couple of meetings. As you'll see from the Report, there is much going on nationally and we have highlighted how each committee's work throughout the year has impacted Colorado Swimming. We're glad to represent Colorado in a positive way. In fact, two of your delegates now serve at the National level.

The swim meet season is upon us now. By the time you receive this, the Evergreen Meet will have just concluded. It is always a fun time and a great place to find out how out of shape you are! Plan on attending several meets this year. It doesn't matter if you're fast or not-so-fast, can dive off the blocks or must use a push-off, can flip or not. There are the hot-shots out there but there are also the ordinary-shots too! Those of us who enjoy swimming, like to get faster but will never be the top-ten swimmer, and just enjoy being with our friends.

Check out our website as well as the national website. www.comsa.org and www.usms.org. Rob Nasser and Steve McDanal do a fabulous job of keeping our website up-to-date. And, each day I look at the usms.org site I find new things. Those fitness swimmers out there...there's a whole section just for you! Check it out!

Happy Swimming!

Cindy

WHAT SHOULD I EAT???
Nicole Vanderpoel,
Inverness Masters Swimmer,
Inverness Stingrays Age Group Coach

SWIMMER'S GUIDE TO PROPER NUTRITION

As athletes, we face the special challenge of fueling ourselves properly for training, as well as for competition. Numerous studies have been done, by both U.S. Swimming, as well as the U.S. Olympic Training Committee, regarding how swimmers should eat in order to maintain the nutritional demands placed upon them. The following is a guideline based upon those nutritional studies, which may actually improve your fitness level, as well as provide your body with the right fuel in order to recover properly for your next race!

SWIMMER'S DIET ON A DAILY BASIS:

Water: Swimmer's must stay hydrated each and every day!

If you don't have to "go" at least once throughout the night, then you're not drinking enough water!

Carbohydrates: Swimmer's diet should contain 60% carbs! Carbohydrates provide your muscles with the appropriate fuel necessary for intense exercise. Examples include whole grain breads, pasta, rice, cereal, bagels, fruit & grain bars.

Fat: Swimmers should consume up to 25% "healthy" fat on a daily basis. Fat is used for fuel during prolonged exercise. It also facilitates cellular reactions and the regulation of hormones. Healthy fat can be found in fish, lean meat, low fat dairy, nuts and olive oil.

Protein: Swimmer's diet should contain only 15% protein. Protein is used by your body for the preventive maintenance of repairing muscle tissue broken down during exercise. It is not used as fuel for exercise. As a rule, you should consume 1.4-1.8 grams of protein per pound of body weight.

SWIMMER'S DIET FOR RACE PREPARATION

Two to Three days prior:

Swimmer should focus on carbs. Your body takes 72 hours to "Carbo load". Try to maintain steady blood sugar levels. Therefore, eat steadily throughout the day. Several small meals are preferred over a few large meals. Fat and protein intake should remain steady at the recommended levels.

Night Before: Dinner should include carbohydrates with only a little protein and fat. Good examples include pasta, salad, vegetable soup, turkey sandwich, baked potato, thick crust pizza or a bean burrito.

In addition to dinner, eat a high carb, bedtime snack.

Race Day: Eat a high carb, no fat breakfast with water before warm up (approx. 250 to 350 calories).

This could include dry cereal, pancakes (no butter), fruit and a bagel with jelly.

The closer the swim, the more easily digestible foods you should eat. For example, two to three hours before your race, consume fruit plus bread or bagel with only a little peanut butter or cream cheese, as fat and protein are not easily digestible.

With one hour or less to go, consume only water with fruit or carbohydrate gel (GU or Powergel).

As always, you should consume plenty of fresh fruits and vegetables each and every day! Good Luck!

Are Y-O-U Afraid to go Back into the Water?

By Nanette Thompson

The mere mention of the “Masters Swim Team” conjured up nerves that I thought I had long overcome. . . Being a comfortable forty something, tail-end baby boomer, I’ve been most places and done most things. So, what’s there to be nervous about?

Listening to the tales of my competitive, swimming, adult friends about their world wide travels to compete, complete with phenomenal finishes at various Masters Swim Meets kept me – an average, slim on technique swimmer - assuring myself that this program wasn’t for me!! Besides, I already pay a pretty penny for the membership to the athletic club where I work out – and have full use of the pool. Did I need a coach? Did I need to share a lane? Did I need someone to “push” me? I didn’t think so . . . and then . . .the trophy room!

My husband decided to add some shelves to the game room for our family’s trophies and discovered that I was the ONLY family member not represented. The heat was on!! And so began my relationship with two wonderful, encouraging, talented coaches! Through the process of training for my triathlon (. . . okay, so it was a sprint distance . . .and the only thing that I do quickly is drink adult beverages! . . .) I discovered that a lot of improvements could be made to my technique and my training program to minimize my time in the water!! After months of training and a personally satisfying finish to my race (not to mention a medal for the trophy room), I was yet again encouraged to join the masters swimmers. Okay, I had worked hard and didn’t want to lose what I had gained. I decided to give it a try.

The first day in the water with the already savvy swimmers, I found myself continuing to minimize my abilities. I asked a lot of questions about the workout “lingo” and chattered nervously between sets to get to know my lane mates. By the end of practice, I had discovered that I wasn’t the only new swimmer, I wasn’t the slowest swimmer and it didn’t matter if I had been! This is a group of highly motivated, friendly, adults, not afraid to work hard, not afraid to improve, not afraid to get back in the water! I’m still not

interested in competing which is OK! But I’ve found a more focused, more efficient use of my pool time and would highly encourage Y-O-U to give it a try . . . you might find a renewed interest in a life sport!!

Excerpts from ASCA

MASTERS SWIMMING ETIQUETTE

By Mike Collins (Coach of Novaquatics, UCLA, California)

1. Learn to read the Pace Clock and know your time & interval.
2. Stay on your interval and help your lane mates.
3. Count your laps and stop at the right number.
4. Don't change interval without conferring with your lane mates.
5. Get in the right order in the lane.
6. The slowest person in the lane should be able to make the interval.
7. Don't sit at the feet of the person in front of you.
8. Leave at least 5 seconds apart.
9. Stay on the right side of the lane.
10. Turn at the middle of the wall.
11. If you're about to get tapped, then stop at the wall and let them pass you.
12. Be aware of where others are in your lane.
13. Don't push off in front of someone before their turn.
14. Finish swims to the wall and then move.
15. If you're unable to do the drill, then swim at the drill pace.
16. Don't breath on other people at the wall.
17. Brush your teeth.

Convention Hi-Lights

By Marcia Anziano

Let me start by saying that Peggy, Jack, Cindy and Marcia are happy to have been released from the minimum security prison where they were detained from Wednesday through Sunday, the 11th thru the 15th of September. Suffice it to say that when the convention selection committee decided to locate the convention at an airport hotel, they must have been suffering from a lack of oxygen. Cindy is still dizzy from running laps around the top deck of the parking lot. Need I say more?

Minutes for all meetings will soon be available on the National web site. In addition, all delegates have printed copies of the minutes. If any of you are interested in reading the details, check the web site or ask one of the delegates for a copy of the particular minutes that you would like to review. In this report, a very brief summary of what was covered at each of the meetings will be presented along with what is considered to have an impact on us at the local level. This is not to say that everything does not effect us at the local level, as it does, but some things are more immediate and need to be addressed by the LMSC.

The format of the convention was changed this year. The meetings were grouped into 5 major blocks, each focusing on a specific area. The blocks were developed with committees that share common themes. Many of the items cross over between committees in the various blocks. In addition to Block Meetings, several committees were given exclusive time slots so that the entire House of Delegates could attend the session.

Block 1, 'Teaming Together to Bring out the Best', consisted of Championship, Coaches, International, Officials & Rules.

Championship: Approved a new early check-in policy for the 2003 SC Nationals in Tempe. Check for other than the distance day will be completed on the prior day. This will allow for Heat Sheets to be available for each day of the meet other than the first day. Also for the SC Nationals in Tempe, a policy was incorporated that if a swimmer makes an NQT in either the 800m or 1500m free, that they will be able to swim both distance events. Logos for the 2003 SC and LC Nationals were approved. Several rules were submitted to the Rules Committee. These will be discussed in that section. In a second session, a five-day format was approved for the 2003 LC Nationals at Rutgers.

Championship Bids: In a session attended by the entire House of Delegates, the Bids for the 2004 Nationals were presented. Of interest was that 17 bid packets were requested and initially no bids were received for SC Nationals. Bids for LC Nationals were received from

Indianapolis, New Orleans and Savannah. Due to the lack of a SC bid, Indianapolis changed it's bid to SC and was awarded the meet for April 22-25, 2004. Savannah was awarded LC Nationals for Aug 12-15, 2004.

Coaches: The coaches committee has many active programs. We need to note that in addition to the Mentor Clinic that we brought to Colorado last year, an Open Water Clinic is also available. The Snooper program continues and information on this should be made more available in our LMSC.

International: The United States plans to bid for the 2006 World Championships. The bid is due in one year, but first the committee must find and secure the pool. The cost to bid is \$25,000 and a bid is only submitted when it is predicted to win. Expecting 5000 to 7000 participants. A new pool in Maui will probably bid for either the SC or LC Nationals in 2005.

Officials: A policy for the naming of officials for the SC and LC National Championship meets was developed for review and approval by the Championship Committee and the USA-S. The USMS Officials Certification Procedure was passed. (Copy in the minutes.)

Rules: As this was what is referred to as a "Rule's Year", there were several changes to the rules. Some involved only updating rules to keep them in line with those of USA Swimming. Three schedules were adopted for meet formats. These are shown in detail in the minutes. Schedule numbers 1, 2 and 5 were chosen. The SC Nationals in Tempe will be using Schedule 5.

Important → records that are not governed by FINA and top ten times: rules were adopted that apply to pool certification. For times to be accepted, the pool in which the event was contested will have to be certified. USA swimming will make their database of pools that have been certified available for us. Forms will be developed and procedures established for submitting pool certification. For fixed pools, once they are certified, the process is complete unless they undergo a renovation. However, when events are contested in pools with movable bulkheads, the pools will have to be re-measured at each meet. More information on this will be forthcoming.

Other rules of interest allow a meet director to combine men and women in the distance events at Championship meets, rotate the order of men's and women's events and alternate heats of men and women in distance events instead of combining men and women, if they so choose.

(see CONVENTION on p. 5)

(CONVENTION)

Block 2, 'Teaming Together to Take Care of Business' consisted of Finance, Legislation, Planning and Legal Counsels.

Finance: For the first time in three years, the House of Delegates approves a balanced budget, as opposed to a deficit budget. **Of Importance** → This budget includes a dues increase to Nationals of \$5.00 a year. This is the first increase in dues since 1990. The amount going to Nationals beginning in 2003 is \$20.00. Over the past years, many programs have been added, and more continue to be added each year. In addition, insurance costs are escalating at a very fast rate.

In addition, FOG was amended to add the Zone Reps to the list of those who are eligible for reimbursement of convention expenses. The contribution to the International Swimming Hall of Fame was dropped to 25 cents per swimmer.

IMPACT LOCALLY: We have briefly discussed increasing dues at the local level. This must be determined at this meeting, as the registration forms are being printed. Consider – would it be best to add 1 to 2 dollars into our local dues at this point instead of having another increase in the next year or two, or do we need to do this at this point??

Ad Hoc Legal Counselors: Online registration is still off in the future, due to the inability to verify online signatures.

Legislation: This was not a legislative year. Mostly housekeeping legislation was passed.

Planning: Emphasis on helping the weaker LMSC's.

Block 3, 'Teaming Together to Spread the Word' consists of Communications, Marketing, Publications and Registration.

Communications: National Webmaster position has been expanded to a full time position. Remember that USMS can host the local LMSC web sites. National Office and Webmaster are constantly working to keep alleviate SPAM but never, ever hit 'remove' from a SPAM email. Streamlines (the national newsletter) is available on-line. Working with LMSC Newsletter editors to be sure that the communications committee receives a copy. SWIM Magazine Editor is working to better balance the magazine between education, entertainment, and enlightenment. **LOCAL LEVEL impact:** We need to be sure to email the newsletter to Hugh Moore for his files.

Marketing: This committee has hired a professional consultant to help with the editorial and news media component of marketing. They have developed key messages and standard paragraphs to use when dealing

in these areas.

Copies of these were distributed to all in attendance. We need to be sure to use these when we are working in this area.

We have many National Sponsors. We should make a list of these available to the membership and try to support them whenever possible.

Publications: Continue with the standard publications and begin compiling a USMS policy manual.

Registration: Current membership is at 40,224. **Of note** → once you receive your new registration card, your old one is no longer valid. For example, when you send in payment and receive your card for 2003, it is the valid number from that point forward. Even though the 2002 card says 'valid until December 31', the new card is now the valid card. Online registration is still being investigated and may be possible once permanent swimmer id's are developed and implemented.

Block 4, 'Teaming Together to Strengthen and Protect' consists of Fitness, Insurance, Long Distance, Safety Education and Sports Medicine.

Fitness: Established 3 new Fitness events for 2003, the 30 Minute Swim, Check-Off Challenge and the Virtual Swim Series. As an LMSC we need to promote these with our members. This committee has a very active presence on the web site, including a Fitness Handbook.

Insurance: Quotes for next years insurance will not be available until after December 1, 2002. An investigation into coverage for libel, slander, copyright infringement will be made. **OF IMPORTANCE** → It was pointed out that for coverage to be effective during workouts, the coach must be supervising the workout ON DECK. It is okay for them to get into the water to demonstrate, but they cannot get in the water and do the workout with the team.

Long Distance: All of the Long Distance bids were awarded for 2004. One of the sponsors of the open water swims noted that flags were much more effective than buoys as they do not blow around as much. If we have not already purchased our buoys, we should investigate this further.

Safety Education: There will be CPR training offered during the 2003 Convention. The Safety Handbook will be put on the web site, as is, once it passes the Legal. They are encouraging coaches to have CPR training.

Sports Medicine: They will discontinue sending a representative to the High Altitude training camp in Colorado Springs.

(see CONVENTION on p. 6)

(CONVENTION)

Block 5, 'Teaming Together to Preserve and Honor' consists of ISHOF Nominating, History & Archives, Recognition & Awards and Records & Tabulation.

ISHOF Nominating: Frank Piemme will be our nominee to be considered by ISHOF for induction in the hall - There is a branch of the ISHOF being formed called: International Masters Hall of Fame (IMHSOF)

History & Archives: Continue to collect stories and information.

Recognition & Awards: They will be developing a way to submit entries online for the awards on their section of the web site.

Records & Tabulation: A copy of a birth certificate or passport will be required for National Records. This committee will publish the forms for National and World Records and Pool Length Certification. These rules will be going into effect on January 1, 2003.

Check-Off Challenge

Back by popular demand! The Check-Off Challenge returns in 2003, and will be hosted by New England Masters and the USMS Fitness Committee. The objective of this event is to challenge yourself by making a check list and swimming each of 18 swimming events. The participating swimmer will get a T-shirt in advance, which will list the 18 swimming events on the back. These events will include: 50 free, 100 free, 200 free, 400 or 500 free, 800 or 1000 free, 1500 or 1650 free, 50 back, 100 back, 200 back, 50 breast, 100 breast, 200 breast, 50 fly, 100 fly, 200 fly, 100 IM, 200 IM, 400 IM. As you swim the events, simply check them off on the back of the T-shirt using

an indelible marker. You can swim them during practice, or during a swim meet -- any time, any place, at your own pace! The 2003 Check-Off Challenge will feature a fun T-shirt for lovers of great literature. Using a clever play on words between (Russian literary genius Anton)"Chekhov" and "Check-Off" -- swimmers will be inspired by the famous quote, "If you cry 'forward,' you must without fail make plain in what direction to go." For additional details and an entry form the 2003 Check-Off Challenge, [go to the usms.org website/fitness](http://go.to.the.usms.org/website/fitness).

ATTENTION COMSA MEMBERS - VOLUNTEER NEEDED!!

Starting with the April, 2003 issue of *Mastersplash*, your COMSA newsletter editor will be retiring. Here is your opportunity to contribute to a worthwhile cause! Please contact Cindy Sue Hawkinson (cinswims@earthlink.net) or Nancy Kern (n-gkern@worldnet.att.com) if you can help out.

EVERGREEN FUN MEET & BRUNCH - September 29, 2002

The Evergreen Fun Meet and Brunch was once again quite successful with some 70 swimmers kicking off the season finding out just how out of shape they were. Of note was new Evergreen swimmer Kevin DeForrest, 44, who showed that he has a long way to go with only a 0:21.75 in the 50 Free and a 0:24.48 in the 50 Fly.

DENVERITE SHATTERS MASTERS SWIM MARKS

**Rocky Mountain News, Aug. 20, 2002
Rich Abrahams of Denver set three world records in the U.S. Masters Swimming National Long Course Championships in Cleveland last weekend.**

Abrahams, 57, set records in the 50-meter freestyle, the 100-meter freestyle and the 50-meter butterfly in the 55-59 age group.

In the 50 freestyle and the 50 butterfly, he broke his own record. Abrahams also won the 100-meter butterfly.

IMPORTANT REGISTRATION INFORMATION!!!

Re-registration for 2003 -

Forms will be in current members' mail boxes by November 1st. Forms for new members will be on the web site at that time. Coaches and Swimmers: the team rosters for 2002 are on the web site for you to look at and make sure you are where you are supposed to be. Swimmers must mention their team when they register. Please remind your club members.

We will update the website rosters monthly as the year progresses. Team reps need to get their forms in ASAP after November 1st - PLEASE DO NOT SEND IN ANY 2003 FORMS UNTIL AFTER NOVEMBER 1, 2002.

ALSO - In addition to the Individual and Team registration forms in this newsletter, please see the registration form for the 3000/6000 Yard Postal National Championships.

COMSA Executive Members and Committee Chairs

GREETINGS LMSC CHAIRMAN, REGISTRARS AND EDITORS -

Below you will find the Statement from USMS explaining the \$5 increase in USMS Membership dues.

YOUR DUES AT WORK

United States Masters Swimming is a dynamic, growing organization, dedicated to providing the highest level of service for its members. During the last decade, we have experienced a substantial increase in services for our members. These services include communications information and resources, such as the USMS web site and the USMS National Publication, SWIM Magazine – plus liability and secondary accident insurance coverage for individuals, clubs, officials, and meet hosts, toll-free access to the National Office, coaching resources and programs, and free, web-based publications. Continued support for these services requires a necessary financial commitment, and it has been 12 years since USMS last increased dues.

Therefore, delegates at the annual USMS convention held in Dallas September 11-15, approved a dues increase of \$5 per swimmer effective for 2003 member registrations. This change applies to full-year and partial-year dues, and it represents only the USMS portion of membership dues. Each LMSC's total annual dues include local and national dues, which are combined into one registration fee. Since LMSCs determine their own local dues, there will be variances in total registration fees between LMSCs. Any local dues increases would be determined by and communicated from the LMSCs, and reflected in the total fee. The matter was given careful consideration, and the resolution was unanimous. USMS is perhaps the best kept secret in adult fitness, and it also continues to be the best bargain. We appreciate your understanding as USMS renews its commitment to offering a program that will continue to benefit you and provide great enjoyment.

Hope all is well with you and your LMSC!
Tracy

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VISIT OUR SPONSORS!!

These local Colorado businesses are sponsors of COMSA. Please visit them, contribute to their success by purchasing your swim gear through them, and, when you go in - tell them you appreciate their support!

OUT OF BREATH SPORTS

Suits, fins, team equipment, all manner of swim products.

42 E. Arapahoe Road
Littleton, CO 80122
(303) 798-5037
Owner: Jim Cotsworth

SPEEDO

COMSA members can now receive a 15% discount with their COMSA Registration Card on all regularly priced in store merchandise at the Speedo Authentic Fitness Store in the Cherry Creek Mall:

3000 E. First Avenue
Suite 190, Denver, CO 80206
(303) 377-9711
Manager: Rebecca Jordan

RUNNERS ROOST - Colorado Boulevard. COMSA members receive a 15% discount on all regularly priced in store merchandise:

1685 S. Colorado Blvd.
Denver, CO 80222
(303) 759-8455
Store Manager:
Nancy Hauck

AQUA SPHERE Regional representative Tim Hola - 303-619-1080, or timhola@yahoo.com.

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