



Greetings!

Welcome 2023! We hope this new year brings new hope and joy to you and your loved ones! This is a great time to sit down and think about what you would like to accomplish in the new year. There are several meets on the horizon, so make sure to mark your calendars!

Happy Swimming!  
Katie Glenn  
COMSA Secretary

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## Upcoming Events

### 12th Annual Colorado Swimming Hall of Fame Pentathlon

- Saturday, January 14th
- George Washington High School, 655 South Monaco Parkway, Denver
- Warm Up: 8:00am Meet Starts: 9:00am
- [Meet Registration Link](#)

### 42nd Annual Polansky Sweetheart Meet

- Saturday, January 28th
- Loveland
- More information coming soon so watch [www.comsa.org](http://www.comsa.org) for more details!

### CU Buff Spring Invitational

- Sunday, February 19th
- Veterans Memorial Aquatic Center (VMAC) Thornton
- [Meet Information](#)

### Foothills Masters Fun Meet

- Sunday, March 5th
- The Ridge: 6613 S Ward St, Littleton, CO 80127
- More information coming soon so watch [www.comsa.org](http://www.comsa.org) for more details!

### FAST Masters Meet

- Sunday, March 12th
- Ft. Collins
- More information coming soon so watch [www.comsa.org](http://www.comsa.org) for more details!

### COMSA State Meet

- March 31-April 2nd
- VMAC, Thornton
- More information coming soon so watch [www.comsa.org](http://www.comsa.org) for more details!

### USMS Short Course Nationals

- **Save the Date** April 27-30th
- Irvine, California
- More information coming soon so watch [www.comsa.org](http://www.comsa.org) for more details!

For a listing of events around the country, you can always check out USMS's [Calendar of Events](#).

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## A SPECIAL NOTE FROM COMSA CHAIR DOUG GARCIA

- Special thanks to COMSA's Chris Nolte, Marcia Anziano and Susan Nolte for your many years of service.



- COMSA is always looking for new volunteers to help us run our great masters swimming organization!

Those who know me, are familiar with a frequent saying: “one thing for certain is change.” In the past couple of months, your COMSA board has seen lots of change. Here’s a run-down of those changes, in no particular order:

Marcia Anziano has served as the COMSA registrar for as long as I can remember, and recently turned in her resignation. Marcia’s busy coaching schedule, in addition to her long tenure as registrar, has helped her decide it was time to pass the torch. We do need to replace the position which is now called Membership Coordinator. Many of the tasks Marcia did are now done through the national office, as such, the position will not be as involved as the work of registrar. If you are interested in serving, please contact anyone on the board. Finally, I would like to thank Marcia for her many years of service to COMSA.

Susan and Chris Nolte have also been involved with COMSA for as long as I can remember. As you all know Chris stepped down as chair last summer mainly due to an increasing travel/work schedule. Susan having served as treasurer for more than 10 years was ready to transition the treasurer’s position to a new volunteer. Both will remain active as time allows. Finally, thanks to both Susan and Chris for their many years of service to COMSA and the swimming community.

Mike Wise from Foothills Masters has agreed to step up and take on the responsibility of COMSA Treasurer. Mike is passionate about swimming, is experienced with business practices, and wants to help COMSA. Mike will transition into the position, working closely with Susan Nolte. Thanks to Mike for stepping into this important role.

Sean Phelps of Grand Junction has agreed to serve on our board as representative at large. Sean comes to our board with a vast amount of experience, including having worked for USA Triathlon, as well as the State, Senior, and Special Olympic Games in Montana and Florida. Finally, Sean holds a Ph.D. and serves on the faculty at Colorado Mesa University in the Department of Kinesiology teaching sport management. Welcome aboard Sean.

One of my main goals of taking over as chair was to encourage more participation by a wide variety of COMSA members and not just from the Denver metro area. Everyone has something valuable to contribute, from helping put in timing pads to keeping track of records. One of my other frequent quotes is, “many hands make light work.” If you are at all interested in helping COMSA in any capacity, please reach out to myself or anyone on the board.

Finally, I hope to see each one of you at a meet sometime in 2023. When you see me, please say hello.

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**NEW YEAR, NEW GOALS!  
MAKE THEM SMART!**

Submitted by: Mike Wise

If you’re like me, this is time

of the year when you are considering a New Year's resolution or setting goals for the year. These goals could be swimming related or some other area of your life. When making goals make them SMART!

- **Specific** - The goal you set should be specific, and you shouldn't be able to misinterpret or confuse it
- **Measurable** - The goal should allow you to track your progress
- **Attainable** - The goal needs to be realistic
- **Relevant** - A relevant goal relates to your values, dreams, and ambitions
- **Time Bound** - There needs to be a target date for completion, such as four months or one year. Of course, I learned this as Thrilling. When you hit your goal, you should be thrilled.



Where do SMART goals come from? Goal-setting theories and studies have been around for quite some time. But we have George T. Doran to thank for the SMART goal framework. Building on existing goal-setting theory, he published his findings in 1981. Since then, they've been studied and implemented. Doran originally talked about SMART goals from a business perspective.

When he came up with the framework, many U.S. businesses weren't effectively setting goals. Doran used his framework to discuss business goals like how to increase sales and set benchmarks. Doran wrote his framework to ensure that managers had a solid template for creating meaningful, detailed objectives for their goals.

Fast-forward, it's common to use the SMART goal-setting method for achieving all manner of life goals. Whether you are setting goals for an event this year, reconnecting with old friends, achieving better results at work, learning a new language, or creating a better relationship.

Swimming is the perfect sport to set SMART goals!



### COMSA To Reimburse Club/Workout Group Registration Fees for Clubs/Workout Groups of 10+ Swimmers

COMSA's Executive Board voted and approved that COMSA pay the 2023 club/workout group registration fees for all clubs/workout groups with a 2022 membership of 10 or more swimmers.

Club/workout groups with less than 10 members, should contact the [COMSA Chair](#) for reimbursement requests.

## COMSA Committee Open Positions

COMSA is looking for a few good people to volunteer with COMSA!

Executive Committee open position: Vice Chair  
Appointed Committee open positions: Club Development Coordinator, Coaches,

## Fitness, Long Distance Open Water, and Safety

[Link to description of positions](#)

Anyone who is interested in volunteering and giving back to the sport of swimming, please contact [Doug Garcia](#).

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