



Hello Katie,

Happy New Year!! As we look forward to a new year, many of us think about the goals we hope to achieve in the new year. A select few may be entering a new age group and have their sights set on breaking a record. More of us might define success as finishing the year weighing a few pounds less than we began it. As Masters swimmers who believe in the benefits of fitness and a healthy lifestyle, all of us hope and plan to spend another year counting laps. COMSA and USMS offer a wide variety of programs to help you set and achieve your goals. Be sure to check out [comsa.org](https://comsa.org) and [usms.org](https://usms.org) for more information!

The [COMSA records](#) have been updated to include short course yards and long course meters swims. Congratulations to those swimmers who set new records! [USMS top ten results](#) are also available for short course yards and long course meters!

We are still accepting nominations for your favorite coach for the COMSA Coach of the Year Award or someone you believe is deserving of the Jack Buchanan Service Award. *Nominations are open until February 1st!*

Happy Swimming!  
Katie Glenn  
COMSA Secretary

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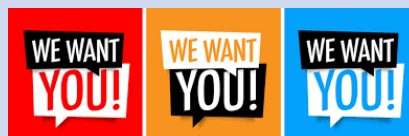
## Upcoming Events

### SAVE THE DATE

January 13, 2024 - 13th CO Swimming HOF & Pentathlon Meet, Denver  
January 16, 2024 - Deadline to enter [Masters World Championships Doha](#)  
January 27, 2024 - Polansky Sweetheart Meet, Loveland  
**April 26-28 COMSA State Meet, Grand Junction**  
June 20-24, 2024 - [Masters Nationals](#), Indianapolis, IN  
July 14, 2024 - [Pure Pactola](#) Open Water Swim, Black Hills, SD  
July 18-24, 2024 - [PANAM Masters Championships](#), Trinidad & Tobago  
August 21-25, 2024 - USMS Long Course Nationals, Mission Viejo, CA

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

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## CALL FOR NOMINATIONS! Colorado Masters Swimming (CMS) Board

From COMSA Chair Doug Garcia:

**Colorado Masters Swimming (CMS) is seeking nominations to fill five board positions (Chair, Vice Chair, Secretary, Treasurer and Member at Large). Each position will be for the 2024 and 2025 calendar year. The duties for these positions will require very little time (2-3 meetings per year), with the board meeting via zoom, email, or possibly in person at USMS nationals.**

Colorado Masters Swimming is the regional club made up of several Workout Groups, and is the organizing body that selects coaches and organizes relays for USMS nationals.

Under US Masters Swimming bylaws, clubs must be governed separately from the local masters swimming committee. Currently CMS does not have a board, and needs to have a board to make personnel and financial decisions as they relate to USMS national competitions. Bylaws for the CMS Club are currently under development by an experienced group of volunteers.

Deadline for nominations is January 31. A few nominations are already in place. Elections will be held via email in February.

Nominations or questions can be submitted to nominating committee chair, Doug Garcia at [doug@dougmarygarcia.org](mailto:doug@dougmarygarcia.org)



## 2024 1-Hour Virtual Championship

Start the new year off right with the 2024 USMS 1-Hour Virtual Championship in January! The Virtual Championship is geared toward swimmers looking to see where they stack up against Masters swimmers across the country.

All participants will receive a cool latex event cap. Clubs with the most participants can win up to \$1,000 plus tons of prizes from our partners.

Virtual Championships can be done individually, but isn't it more fun with friends and teammates? Whether you are looking to set a record or simply tackle a goal to start the year, every swimmer on your club can participate and earn that post-swim donut!

Remember, swimmers will need to register prior to swimming. You are encouraged to register early to receive your cap sooner and beat the Dec. 15 price increase.

Your swim can be completed anytime between Jan. 1-31. Afterwards, you will need to submit your results including your splits. See below for instructions. GOOD LUCK and swim fast!

[Registration Link](#)

## Event Details

**Dates:** January 1-31, 2024

**Objective:** see how far you can swim in one hour and compare your distance to fellow Masters swimmers nationwide

**Location:** any pool 25-yards or longer

**[Link for more information](#)**

## NOW ACCEPTING COACH OF THE YEAR AND VOLUNTEER SERVICE AWARD NOMINATIONS

### COMSA Volunteer Service Awards

Each year since 1983 COMSA has presented an award to one male and female who has made a significant contribution to Master's Swimming and COMSA. From 1983–2007 this award was named the Lt. Governor's Cup. In 2008, the award was re-named as the Jack Buchanan COMSA Service Award.

### COMSA Coach of the Year Award

Is your coach exceptional? Do they go above and beyond to help every swimmer?

Nominate them below for the [COMSA Coach of the Year Award!](#)

**Nominations Open: October 1st**  
**Nominations Close: February 1st**



**Nominations Open: October 1st**  
**Nominations Close: February 1st**  
[COMSA Service Award Nomination Form](#)

Awards will be presented during the COMSA State Meet.

We will also include the nomination questions for the [U.S. Masters Swimming Dot Donnelly Service Award](#). This section is optional. We would love to elevate the recognition of our volunteers if they meet the criteria. Please include as much information as possible.

Awards will be presented during the COMSA State Meet.

We will also include the nomination questions for the [U.S. Masters Swimming Coach of the Year Award](#). This section is optional. We would love to elevate the recognition of our coaches if they meet the criteria. Please include as much information as possible.

## How Long Does it Take to Get Back Into Swimming Shape?



### Coming back after a break can be challenging, but stick with it

No matter how dedicated a swimmer you are, sometimes it just happens: the dreaded layoff. Whether because of an injury, work commitments, family matters, travel, or any other reasons why your swimming routine might get disrupted, a period away from the pool happens to all of us at some point.

When things finally shift and you find your way back to the pool, you might find that you've lost a lot of ground. A workout that once felt effortless might now be too much for you to handle. It's not a fun feeling, and it can be really discouraging. If you're struggling with that, know you've got good company among those battling to get back in shape.

While you're there in the trenches, feeling winded on 50s, you might be wondering how long it will take to get back in shape and back to your previous form. Unfortunately, there's no simple answer to that question. Figuring out how long it'll take you to come back after having lost fitness depends on a variety of factors including:

- The level of fitness you had before the period you took off.
- How long you were away.
- Whether you engaged in other kinds of activity aside from swimming during that period.
- Your age and general health.
- Your genetics.
- Whether your strength or mobility changed during the time away.
- How frequently and intensely you're swimming now.

### **How We De-Fitness**

When you stop going to practice regularly, your body changes. Without the regular input of a training stimulus, your body slides into a less active state and no longer needs to maintain the adaptations that facilitate a high exercise capacity. These detraining changes tend to be more pronounced in older adults, who typically lose fitness faster than younger adults. And elite athletes have farther to fall when detraining than a casual swimmer who wasn't as fit to begin with.

Cardiovascular endurance is one of the first places you'll notice a change. For example, you may get winded easily during swim sets that didn't used to feel difficult. This is because after less than two weeks of total rest, the volume of blood in your body decreases. That's according to a 2020 study that looked at the effects of detraining that resulted during the earliest days of the COVID-19 pandemic. This drop in blood volume is important to endurance and stamina, because it's the blood that moves oxygen to all the hardworking cells and muscles that power your swimming.

Another key aspect of the decline in fitness that accompanies total rest is a change in the number of mitochondria your body maintains. These tiny organelles inside each muscle cell provide the energy your body needs to move. In response to training, your body makes more mitochondria to facilitate greater exercise capacity. But after just a few days of total rest, the number of mighty mitochondria begins declining.

If your layoff has been less than two weeks, you may not notice much difference in your performance. But as the weeks drag on, you'll continue losing fitness. After a few months, the changes will be noticeable – you'll breathe harder and fatigue faster when you first return to exercise.

Although strength is slower to abate than cardio capacity, if you're returning after years away, it might feel like you must start from scratch in rebuilding your swimming capacity in both the strength and endurance arenas. You might find that muscles you didn't even know you had are suddenly sore after a workout in ways they never were before, and you'll likely be tired and need more rest once you return to the pool. But that's to be expected as your body rebuilds its fitness capacity.

### **So, How Long Already?**

Getting to a point where you feel like you're back in shape can take weeks or months for most people, and again, it depends on myriad factors including age, genetics, diet, and much more.

But, with regular input of exercise stimulus, you can ramp up to your old self relatively quickly, especially if you were well trained before the layoff. That's because it turns out muscles really do have a sense of memory, according to a 2021 study in *Function*, a journal of the American Physiological Society. This is good news for anyone who's trying to get back into the swim of things. You might never get back quite to the same pinnacle, but you could get pretty darn close if you apply yourself.

Although it's difficult to say for sure how long it will take for you specifically to get back into what you deem to be your top shape, it's best to give yourself a solid month or two of regular training before expecting to see noticeable results. But that's only if you're training consistently, getting good sleep, and making sure your nutrition is on point to provide your muscles with all the calories and nutrients they need to rebuild, generate more mitochondria, and grow stronger.

There are so many variables that contribute to how your body responds to each training session, it's best to stay patient and keep plugging away. In time, you'll get stronger, faster, and tap back into that love of swimming you once had. And even if you don't reach the heights you once achieved, isn't it nice to be back in the water?

Elaine K. Howley, [USMS Website](#)

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## **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 2024 club/workout group registration fees for all clubs/workout groups with a 2023 membership of 10 or more swimmers.

Club/workout groups with less than 10 members, should contact the COMSA Chair for reimbursement requests.

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Visit our Website



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