



Greetings!

Summer is (almost) officially here! And that means for many of us long course and open water swimming season! It also means some of us may have vacations planned and may have time to actually sit down and enjoy a book or two! There are many great swimming related books to read, enjoy and inspire. Here are a few of some of my favorite aquatic related reads (and to be read!):

[Why We Swim](#) by Bonnie Tsui

[Swimming to Antarctica](#) by Lynne Cox

[The Three-Year Swim Club](#) by Julie Checkoway

[Relentless Spirit: The Unconventional Raising of a Champion](#) by Missy Franklin, D.A. and Dick Franklin

[Swimming Studies](#) by Leanne Shapton

[Man Vs Ocean](#) by Adam Walker

[Swim: Why We Love the Water](#) by Lynn Sherr

[The Mindful Athlete: Secrets to Pure Performance](#) by George Mumford

Happy Summer!
Katie Glenn
COMSA Secretary

Upcoming Events

Boulder Aquatic Masters Boulder Reservoir Tuesday & Thursday Swims

- Join BAM for coached weekly summer open water workouts at the Boulder Reservoir.
 - June 1st - August 31st
 - Tuesday and Thursday mornings
 - 6:10 am to 7:40 am
- Technique and Critical Skill Work including: endurance, sighting, buoy turn drills, breathing strategies, starts, etc.
- Boulder Reservoir, 5565 51st St., Boulder, CO 80301
- Ample parking right by the course entry point
- [Click here for more information](#)

Chatfield Gravel Pond Saturday Swims

- Chatfield Gravel Pond Swimmers is organizing group swimming at the gravel pond from Memorial Day through Labor Day
- Saturday mornings from 7:30 am to 10:00 am
- [Click here for more information](#)

Pikes Peak Athletics Open Water Series

- Join PPA for the 2022 Open Water Series where you will hone your open water skills, mentally and physically, under the guidance of PPA's skilled and experienced coaches.
- The open water series will be geared toward swimmers training for open water races or who just wish to have a thorough introduction to open water.
- OPEN WATER CLINIC #3: Sunday, June 5 | 12:30pm-2:30pm at PPATC
- NUTRITIONAL CLINIC Sunday, June 5 | 11am-12pm at PPATC
- OPEN WATER TRAINING #1: Saturday, June 25 | 9am-11am, TBD
- OPEN WATER TRAINING #2: Saturday, July 9 | 9am-11am, TBD
- OPEN WATER TRAINING #3: Saturday, July 23 | 9am-11am, TBD
- [Click here for more information on pricing and availability](#)

USMS 2022 Summer Nationals

- August 3-7
- Richmond, VA
- [Click here for more information](#)

USMS 2022 Open Water National Championships

- [Click here for a listing of all open water national championships](#)

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



2022 USMS Summer Fitness Challenge 2K Swim

- June 1-30
- Open to any USMS member who wants to complete this fun challenge!
- February 1 - May 15: \$10
- May 16 - June 31: \$12
- [Click here for more information](#)

COMSA Elected Officers & Open Positions

COMSA is looking for a few good people to volunteer with the COMSA Executive Committee:

Chair
Vice Chair
Representative-at-Large

This is a great time to give back to your sport of masters swimming!

[Link to description of positions](#)

Anyone who is interested in serving on the COMSA Board, please contact [Chris Nolte](#).

Is Your Team Ready to Host a Meet or Open Water Event?

COMSA will pay for your sanction fees and help finance additional costs. If you need help setting up a meet, the COMSA Board is here for you! For help with sanctions, contact [Richard Hess](#). For help with ClubAssistant, contact [Andrew LeVasseur](#). For help with a grant to pay for costs, contact [Susan Nolte](#). Need help with officials, contact [Pete Schwenker](#).

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