



Hello Katie,

Congratulations to all of the CMS swimmers who competed at the largest ever USMS Spring Nationals! CMS won the national championship for Regional Clubs by nearly 300 points! A large contingent of Olympians, including Nathan Adrian, Anthony Ervin and Jenny Thompson, a great number of younger athletes (18 through 29), throngs of Masters veterans, including the amazing 101-year-old Maureen Kornfeld, brought their A-games to the Woollett Aquatic Center in Irvine California.

Happy Swimming!
Katie Glenn
COMSA Secretary

Upcoming Events

OPEN WATER SWIM RACES

Solstice Sunrise Swim

- June 18, 2023
- Union Reservoir
- [Link to Race Information](#)
- The Mountain Swim Series offers a 10% discount for COMSA members. Use the Promo code "COMSA2023" to get the discount.

Carter Lake Crossing

- July 22, 2023
- Carter Lake
- [Link to Race Information](#)
- The Mountain Swim Series offers a 10% discount for COMSA members. Use the Promo code "COMSA2023" to get the discount.

Swim Across America

- August 20, 2023
- Chatfield Reservoir
- [Link to Race Information](#)

Castle 2.5K/5K/10K

- August 26, 2023
- Wellington Lake
- [Link to Race Information](#)
- The Mountain Swim Series offers a 10% discount for COMSA members. Use the Promo code "COMSA2023" to get the discount.

Horsetooth Swims 1.2M/2.4M/10K

- September 10, 2023
- Horsetooth Reservoir
- [Link to Race Information](#)
- The Horsetooth Swim offers a 10% discount for COMSA members. Use the Promo code "COMSA2023" to get the discount.

LONG COURSE MEETS

USMS Long Course Nationals

- August 2-6, 2023
- Sarasota, Florida
- Link to [Meet Information](#)

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



The USMS 2023 Summer Fitness Challenge is a 2K swim that takes place from June 1-30. This challenge is open to everyone and can even be done with gear or as a relay! Registered swimmers receive USMS partner discounts, USMS stickers, and a cool (latex) event swim cap. Help Colorado be a top participant in this exciting event benefitting the USMS Adult Learn-to-Swim Program. Learn more and register for the June event [here](#).

COMSA FITNESS CHAIR Barb Martin

Looking ahead, the next event in the USMS Fitness is the [Fall Fitness Challenge](#) 1-mile swim. Entries for fall open on July 1. Access event information, training plans, and more on the USMS [Fitness Challenge website](#).

USMS Articles and Videos

I am signed up for the Summer Fitness Challenge – and as an “adult-onset swimmer” who came to the sport from a background in running, I might just be tempted to swim the entire 2000 yards with my trusty pull buoy!

Lucky for me, the USMS website recently featured an article called How to Tell if Your Feet and Hips are Sinking While You're Swimming and How to Fix It, which included some great tips. Read an excerpt below, and visit the [USMS Articles and Videos Library](#) to access a variety of articles and resources covering topics ranging from swimming 101 to health and nutrition to specialized stroke and dryland technique – and everything in between – designed to help you achieve your swimming goals.

Sinking is a drag—fix this problem to help you swim faster

By Scott Bay

Without getting into too many specifics about fluid mechanics and the laws of physics, it's safe to say that if your feet and hips are low, they produce more drag. More drag needs more propulsion to overcome the drag, and more propulsion requires more energy. In short, sinking hips and feet make you less efficient and slower.

There are two easy ways to find out if your hips and feet are sinking. I recommend you do both. The first is to get a friend or coach to video you from the side. If you can't see your hips or heels at the surface while you're swimming, you're sinking. The other way to find out is to swim a length and count your strokes, then swim it again with a pull buoy and count your strokes. Is it fewer with a pull buoy? Are you faster with a pull buoy? These are telltale signs that something needs to be fixed.

Read more for helpful tips about how to solve this common swimmer challenge

OPEN WATER SWIMMING SEASON ANNOUNCEMENTS

It is less than a month before the first open water event of the Mountain Swim Series, the [Solstice Sunrise Swim](#). This is a good time to remind everyone that these events can not occur without the generous help of lots of volunteers.

Volunteers make our events happen! Please consider volunteering at one of MSS races and you will get a FREE RACE ENTRY to use in the future! You can volunteer as a kayaker on the water or on shore. Sign up to volunteer at <https://mountainswimseries.com/volunteer-signup>.

For Open Water practices, there are the following opportunities:

- **Chatfield Gravel Pond.** There no longer are organized USMS practices but the pond is open to swimming. Grab a buddy and swim outdoors (remember, never open water swim alone).

- **Boulder Reservoir.** There are practices Tues/Thur early AM. <https://www.bamswimming.org/events-open-water>

- **Union Reservoir.** There are no organized USMS practices but there is open water swim available. <https://www.longmontcolorado.gov/departments/departments-n-z/parks-open-space-and-trails/directory-of-parks-trails/union-reservoir-park/fees-and-hours-at-union>

- **Horsetooth Reservoir.** Green Events holds a Tri-training most Wednesdays from 6-7pm during the summer months. You don't need to run, you can just swim the entire hour. There is a 500m course with kayak/SUP support where you can loop as many times as you want during this hour. Information at <https://horsetoothtritraining.com/>

For Events, both the Mountain Swim Series and the Horsetooth Swim offer a 10% discount for COMSA members. Use the Promo code "COMSA2023" to get the discount. The dates are:

- June 18, 2023. Solstice Sunrise Swim. Union Reservoir. <https://mountainsswimseries.com/>

- July 22, 2023. Carter Lake Crossing. Carter Lake. <https://mountainsswimseries.com/>

- August 20, 2023. Swim Across America. Chatfield. https://www.swimacrossamerica.org/site/TR/OpenWater/Denver?pg=entry&fr_id=6591

- August 26, 2023. Castle 2.5K/5K/10K. Wellington Lake. <https://mountainsswimseries.com/>

- September 10, 2023. Horsetooth Swims 1.2M/2.4M/10K. Horsetooth Reservoir. <https://www.horsetoothswim.com/>

SWIM ACROSS AMERICA - DENVER

MAKING WAVES TO FIGHT CANCER

Colorado Masters Swimmers & Families All of us have been affected by Cancer in our lives. Please join us as we Make Waves in the Fight against Pediatric Cancer in Colorado at our 6th **Annual Swim Across America – Denver (SAA-Denver) Open Water**



swim at Chatfield Reservoir on Sunday, August 20 , 2023. SAA-Denver is thrilled to have raised over \$1 Million since our Inaugural Event in 2018 to fund Critical Cancer Research at **Children's Hospital Colorado!** This funding is critical as only 4% of Government Funding goes towards Pediatric Cancer Research!

How can YOU make an impact? Register yourself and even start your own Team to swim a ½ mile, 1 Mile or 2 Mile Swim at www.swimacrossamerica.org/denver. Your Registration Fee counts towards your fundraising goal of \$500 for 18 & older and \$250 for under 18. You will receive a wonderful SAA-Denver towel, t-shirt and other SAA Goodies at the Event! If you go above and beyond to raise over \$1,000 you receive a Special Wavemaker Gift! Once you Register, SAA-Denver makes it easy for you to fundraise via Social Media or e-mail! Most importantly, you can dedicate your swim and fundraising to a loved one who has battled Cancer!

If you would like to fundraise and participate in SAA-Denver but are unable to attend our Event on August 20th, there are several ways for you to Make Waves. You can sign up for SAA My Way and dedicate a swim or other event such as a run, bike, hike and even a walk to raise funds for SAA-Denver. In addition, you can set up a fun Pool Swim at your local pool with your Master's Team or Children's Swim Team. SAA-Denver will provide a webpage, Swag and SAA Prizes for your top fundraisers! Lastly, you can Become a Sponsor for SAA-Denver and be featured on our SAA-Denver 2023 T-shirt! Details on all of the above can be found on our website www.swimacrossamerica.org/denver/

Together we can make an Impact in the Fight against Pediatric Cancer in Colorado and Beyond! Thank you to all of the Masters Swimmers & Families who have been supporting SAA-Denver and Participating in our Open Water Swim Event since 2018! If you have a Special Story of Cancer, we would love to hear it. For more information on all of the above, please contact [Nicole Vanderpoel](mailto:Nicole.Vanderpoel).

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

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.

Visit our Website



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