



Hello Katie,

Good luck this weekend to all those swimmers (70+) competing in the Pikes Peak March Masters Meet!

Registration opens today for the [Foothills Masters 2nd Annual Spring Splash Meet 2024!](#)

Stay tuned for more upcoming details for the COMSA State Meet in Grand Junction April 26-28, 2024! Please see more information below and also on the [COMSA website here](#).

Hurry and register before March 5th for discounted pricing for [USMS Spring Nationals](#) in Indianapolis June 20-24!

Happy Swimming!  
Katie Glenn  
COMSA Secretary

## Upcoming Events

### SAVE THE DATE

March 2-3, 2024 - [Pikes Peak Master Swimming Meet](#), Colorado Springs  
March 9-10, 2024 - [CU Buff College Club & Masters Meet at VMAC](#)  
April 7, 2024 - [Foothills Masters 2nd Annual Spring Splash Meet](#), Littleton  
**April 26-28, 2024 - 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](#).

## Volunteer Candidates for the Colorado Masters Swimming (CMS) Board of Directors

**CMS is the Colorado and Wyoming Regional Club. There are approximately 28 Workout Groups under CMS.**

The CMS Board Nominating Committee respectfully presents the following volunteer candidates for the board of directors of the Colorado Masters Swim Club - CMS.

The main work of this board will be to select a coach to help CMS swimmers at USMS Masters national championships, and in conjunction with the CMS swimmers, plan relays at nationals.

According to USMS Masters rules, clubs must be run independently of the Local Masters Swimming Committee (LMSC), which for our area is the Colorado Masters Swimming Association (COMSA).

Sometime in March, all registered CMS swimmers will receive an email allowing them to cast their ballots for these candidates.

### Stephanie Bunevich, Chair candidate

Stephanie Bunevich has been involved in swim coaching for 39 years and at many different levels, including: triathlon, high school boys and girls, USA Swimming clubs to Masters. She is currently the

coach of Foothills Masters where she has coached for the past 20 years. Stephanie also serves as the Head Coach of the Foothills Fast Fins youth recreational team.

Recently Stephanie has taken on the role of Swim Teams Coordinator for the Foothills organization. She has served as the business operations manager for a coach owned USA team. Stephanie is a USMS Level 3 certified coach, and served as the on-deck coach for CMS at the 2023 USMS Spring Nationals in Irvine, California. In addition to her passion for coaching, she is also a swimmer as well.

### **Brad White, Vice Chair candidate**

A USMS Level 2 certified coach, Brad has been coaching the Broomfield Bee Gee's Masters for close to 15 years. He also serves as the COMSA Safety representative. In 2018, Brad was named the Colorado Masters Swimming Association 2017-2018 Coach of the Year.

At the 2023 USMS Spring Nationals, Brad's Broomfield Bee Gee's had one of the highest representations of COMSA swimmers, with five athletes. During the meet, Brad spent many hours volunteering his time as a coach.

Brad has also coached with the Westminster CARA program, Standley Lake High School, a USA Swimming club team, and currently serve as the assistant coach at Horizon High School for girls and boys. He is a USA Swimming Official, and has spent countless hours on deck as a Stroke and Turn Judge, Chief Judge, Starter and an Open Water Judge.

As a swimmer representing the Broomfield Bee Gee's, Brad has swum the Horsetooth 10K in 2014, the Horsetooth 1.2 mile in 2015 and 2017. In addition, he has completed 84 meet swims, and one USMS top ten time. He was a competitive swimmer on a local USA team and swam for three years in college, mostly the 500 and 1650 Freestyle, the 400 Individual Medley, and 200 Butterfly.

### **Meghan Varner, Secretary candidate**

Meghan grew up in a swimming family where her parents met through Boulder Aquatic Masters over 30 years ago. Growing up in Boulder, she started swimming before she could walk and swimming competitively when she was 7 years old. As a youth, Meghan competed for various summer leagues, Boulder High, the North Jeffco club swim team.

In college, Meghan swam for Trinity University (DIII) in San Antonio, Texas. As an adult, she feels she's just getting her toes wet with USMS competitions and open water. Meghan currently swims with Boulder Aquatic Masters, and has been their Secretary for almost three years. She volunteers her time in support BAM's website, sponsorships, newsletter, events, social media, and marketing. Her professional strengths lie in marketing and communication.

### **John Abrami, Treasurer candidate**

John Abrami comes to the Colorado Masters Swimming with a rich swimming history including as a swimmer, coach, team owner, meet and open water race director. John has coached at all levels of the sport from beginners to masters world record holders and Olympic Trial athletes. His most recent positions were in Santa Barbara, California with the UCSB Masters Club, UCSB USA Swimming club team, and the UCSB Triathlon team.

John recognizes the success of CMS at USMS national championships, and wants to continue and build on this success. "The strength of US Masters Swimming is its swimmers, coaches, and clubs. I believe we should do everything we can to support them all."

### **Dag Seymour, Board Member candidate**

Dag Seymour grew up in Colorado and joined the Lakewood swim team at age 11. In high school, he swam at Pomona High School for Coach Ken Kelley. During high school, Dag earned conference and state awards as well as being awarded Pomona High School Outstanding Male Swimmer his junior and senior years. Dag graduated from Fort Lewis College, and was named outstanding male swimmer all four years, in addition to his awards as the all-college athlete of the year and honorable All American. He is a member of the Fort Lewis College Swimming Hall of Fame. He is also a member of the Rocky Mountain Athletic Conference Swim and Dive All-Time team.

After college, Dag became an accomplished triathlete and runner. He has completed Ironman Canada twice, many marathons including the Boston Marathon, in addition to ultra-marathons. Dag has completed the Leadville Trail 100 two years in a row.

Dag met his wife Anne while swimming at a local pool. They have been married for 33 years and have raised two daughters who have both swam competitively.

Dag started coaching Jeffco Aquatic Masters (JAM), now AJAM in 2012. AJAM has produced numerous Masters state champions and three National champions. In 2023, Dag, along with his co-coach Steven



## COMSA State Meet - April 26-28, 2024



The 2024 COMSA State Meet returns to Grand Junction and the campus of Colorado Mesa University after several years. Since some time has passed since then, here's a brief re-introduction to the facility, community and what makes the Western Slope someplace more than just over the hill from the Front Range.

Colorado Mesa University is the host institution with the meet taking place at the Hamilton Recreation Center. Within "Hamilton Rec" is the [El Pomar Natatorium](#). It is the home of the CMU Mavericks men's and women's swimming and diving teams. It is also the training facility for the varsity women's triathlon team (one of two in the entire state of Colorado). The Mavs are the dominant swim program in the Rocky Mountain Athletic Conference as well as being a Top 5 NCAA Division II program nationally. You'll get to meet many of these college swimmers (with their numerous All-American awards) as they will be timers, lap counters and other volunteers.

Meet configuration for the pool includes 10 competitions lanes and a minimum of six warm up lanes (more may be available if the diving section of the pool is incorporated). A balcony with a seating capacity of around 750 overlooks the pool. Colorado Timing Systems are used which includes a 21' x 10' video scoreboard for results. For those wondering if it is fast pool, you can review the women's and men's pool records and decide for yourself. CMU also has a boutique hotel on campus, less than ½ mile from the pool. [The Maverick Hotel](#) has a restaurant and bar on the fourth floor with outdoor access that looks south. There is also a coffee shop on the ground floor. Additional lodging information is forthcoming as we are working with the Greater Grand Junction Sports Commission for meet assistance. In the meantime, you can click [here](#) for places to stay.

If you're looking for on campus entertainment during the meet weekend, the CMU baseball team is in action that Friday, Saturday, and Sunday. The Mavs are a perennial contender in the NCAA tournament every year, and their stadium is located next to the pool. If women's softball is more to your liking, the women are also at home that weekend, and their stadium is also next to the pool. Click [here](#) for the campus map. You'll be able to park in any of the lots on Saturday and Sunday. If you arrive on Friday before 5 p.m. be prepared to only park in Pay-to-Park areas. Grand Junction is a town of 60,000 with Palisades (to the east) and Fruita (to the west) as bedroom communities. The elevation is 4593' so altitude adjustments are still in effect. Palisades is where the vineyards and wineries are located while Fruita is a jumping off point for mountain biking. All three communities have multiple micro-breweries to visit. Grand Junction has a small, eclectic downtown area that is easily walkable. There are some hotels located in downtown which puts you only a couple of miles from campus. Be sure to check out the street corner sculptures when you are here. While you're outside, look at the Colorado Monument to the west and the Grand Mesa to the southeast. To refuel during the meet there are numerous choices and a wide variety of cuisine to choose from for food.

To get to Grand Junction from the Front Range, take I-70 and go west. If you're feeling more adventurous, Amtrack runs from Denver to Grand Junction. The train station is about five miles from campus.

As more information becomes available, it'll be disseminated both in the newsletter and the [COMSA website](#). Because of Grand Junction's location, we may also see some Utah teams competing.



## How Swimming Might Help You Live Longer

by Elaine K Howley  
January 2, 2024

### **Swimming and longevity seemingly go hand-in-hand**

It's often been said that swimming is the fountain of youth, and there are several ways in which swimming, as with other forms of exercise, may well aid in longevity. Here's how adopting a regular swimming routine might help you live longer.

#### **It supports good cardiovascular health**

Heart disease is the leading cause of death for Americans; the Centers for Disease Control and Prevention report that one person dies every 33 seconds in the U.S. from cardiovascular disease, which adds up to nearly 700,000 people per year. Some 20% of all deaths in the U.S. are related to heart disease.

But regular aerobic exercise—the kind where you're breathing hard for an extended period of time—can have powerful effects on heart health. These benefits include a strengthened heart muscle that can more efficiently pump blood and the oxygen it contains to all the cells of your body, lowered blood pressure, and improved circulation. That all adds up to a healthier cardiovascular system that can continue pumping for the long haul.

#### **It builds strong, healthy lungs**

Because swimming requires you to control your breathing, that can strengthen your respiratory muscles and improve lung capacity. This is why it's often recommended that kids with asthma take up swimming to build their lung strength.

In turn, that increased capacity can lead to better oxygenation of the body's tissues and organs, which supports overall health and wellness for a lifetime.

#### **It builds muscle strength and tone while being gentle on joints**

### **It can help you maintain your ideal weight**

Obesity is increasingly a problem for many American adults with the CDC reporting that 41.9% of Americans have the disease. Obesity has been associated with several chronic conditions including heart disease, stroke, Type 2 diabetes, and certain types of cancer, including breast and colorectal cancer. Taken together, these diseases constitute most diseases that cause preventable, premature death, the CDC reports.

Although obesity is a complex disease that can have multiple contributing factors, eating right and moving more are nearly always cited as part of the solution. Regular aerobic exercise such as swimming can help you burn calories and better manage your weight. Maintaining a healthy weight has been linked with reduced risk of the chronic conditions that obesity increases risk for or exacerbates.

#### **It supports good cognitive and mental health**

It's often said that what's good for the heart is good for the brain, and that means aerobic exercise can support good brain health. One very specific way that aerobic exercise supports brain health is via the generation of brain-derived neurotrophic factor, a protein that helps repair brain cells and support the development of new brain cells.

In fact, exercise has been described as "Miracle-Gro for your brain" by John Ratey, a Harvard psychiatrist and author of the book "Spark: The Revolutionary New Science of Exercise and the Brain."

BDNF may help reduce your risk of developing Alzheimer's and other forms of dementia, and it can also help delay or prevent age-related cognitive decline.

In addition, getting outside in nature can be a powerful antidote to some health-challenging aspects of modern life, and increasingly, researchers are unraveling why we humans



Over time, wear and tear on the joints can lead to arthritis and other chronic conditions that can make movement difficult or painful. But swimming is a low-impact exercise that still provides muscle strengthening and toning benefits that can keep you strong and fit as you age.

Unlike most weight-bearing forms of exercise, such as running, swimming offers a joint-friendly form of aerobic exercise that doesn't put as much wear-and-tear on your ankles, knees, and hips. Maintaining mobility as you age is critical to remaining independent into your later years when arthritis and other joint problems can cause pain and stiffness.

The more you move now the better you'll be able to continue moving as you age, so the more you swim, the more likely you'll be able to keep swimming as you age. Use it or lose it!

tend to feel better after spending time in green spaces such as forests or blue spaces such as the beach.

A 2020 review study published in the journal Health Promotion International noted that water environments are essential to promoting health, which in turn has implications for longevity. As many swimmers know full well, there's just something about being submerged in water that many humans respond positively to.

The feeling of moving through water also often provides stress relief and helps with mental health management. And that's important for longevity because according to a 2022 study in The Lancet, people with severe mental illness live on average 10 to 20 years less than the general population.

What's more, the friends you make through Masters swimming can push back feelings of loneliness, which is known to contribute to mortality. Research has suggested that loneliness can cut your life expectancy by up to 15 years, so getting out, staying social, and spending time with friends at your Masters swim practice could literally add years to your life.

## 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.

[Visit our Website](#)



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