

# Mastersplash



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## UPCOMING EVENTS

**April 23-26, 2015**  
2015 Nationwide U.S.  
Masters Swimming

## APRIL 2015

Congratulations to the volunteer and coach of the year award recipients! The coaches and volunteers are what keep COMSA going and growing! Thank you to Shelle, Eduardo, Brian and all coaches and volunteers! Your time is well appreciated!

To join in the volunteering, or coaching and for up to date Information about meets, events and swim news, see the website, [Comsa.org](http://Comsa.org)

Like us and share photos and posts on Facebook -- Colorado Masters Swimming Association.

Follow us on twitter @COMSASwimming.

Thanks and have fun swimming!!

Heide Crino  
[heidecrino@gmail.com](mailto:heidecrino@gmail.com)

## Lou Parker Coach of the Year and Jack Buchannan Service Award Recipients

**The Lou Parker Coach of the Year Award** was created in 1986 to recognize outstanding coaching. One who contributes to their team with respect to camaraderie, technical advice, motivation and support of team members.  
**Congratulations Brian Hoyt, Thornton Masters**

**The Jack Buchannan Service Award** selection is based on contribution to Masters Swimming and COMSA.

**Congratulations Shelle Freund and Eduardo Cruz**

**State Meet Wrap UP**

Spring National  
Championship  
San Antonio, TX  
meet info

**May 16, 2015**  
"Be Our Guest"  
hosted by DU  
9:15 am-11:15 am

**June 6, 2015**  
12th Annual Mile High  
Masters Long Course  
Masters Invitationals  
Lowry Swimming Pool  
meet info

**Save the Date**

**June 13-14, 2015**  
Senior Games  
Greeley

**ONGOING  
EVENTS**

COMSA  
Registration  
registration link

2015 Check Off  
Challenge  
info and registration

2015 Go The  
Distance  
Enter Go the Distance

[More Information](#)

[Contact](#)

# 2105 Colorado Masters State Meet



The 2015 Colorado State Masters Swim meet was brought back to the Denver Metro area this spring, and was held at Veterans Memorial Aquatic Center (VMAC) in Thornton.

361 swimmers participated including first time entrants to veterans. 32 teams competed and 7 national records were broken!

The combined (men's and women's) team scores of the top 6 teams were:

DU 2298 points  
Greenwood athletic club 1745  
Thornton 1637  
Bee Gees 1345  
Colorado Athletic Club 680  
Cherry Creek Athletic Club 680

[Combined team scores - team names and initials](#)

[complete results](#)

The social at CB&POTTS very successful with about 70 participants, hope to see more of you there next year!

Special thanks to all of the volunteers and staff that helped to put together this event. COMSA is always in need of volunteers, please contact us at [COMSA.org](http://COMSA.org) if interested in helping out.  
Stacy Broncucia,



Photos from Eduardo Cruz

### Congratulations! Relay All Americans 2014

#### CMS - Colorado Masters Swimming

Jon Christianson  
Kim Crouch  
Emmanuel David  
Logan C Dawson  
Doston Ganiyev  
Kathy L Garnier  
Kelly J Seavall  
Kathleen Steffe



Below find the link for the Relay All American Request form if you swimmers would like to purchase a Relay All American certificate and patch.  
[Relay All American Request Form](#)

### 2015 Nationwide Spring National Championship San Antonio, TX April 23-26, 2015

The 2015 U.S. Masters Swimming Spring National Championship will be held April 23-26 at the Northside ISD Aquatic Complex in San Antonio, Texas.

Good Luck to the 75 CMS Swimmers who are registered!!



Andrew LeVasseur will be coordinating relays for CMS. Be sure to notify him with your information if you choose to participate in relays.

[swimmin4fun@msn.com](mailto:swimmin4fun@msn.com)

[meet info](#)

[order of events](#)

[National Qualifying Times](#)

[Travel and Hotel Details](#)

## Be our Guest at DU May 16, 2015

COMSA "Be our Guest" at DU

When: Saturday, May 16, 2015

Time: 9:25am-11:45am

Cost: Free entry to the pool and practice, \$5.00 for breakfast, Santiago's Breakfast Burritos, Fruit, Coffee and Juice. COMSA membership not required, although always recommended.

## Leverage Your Legs from USMS.org

Triathlon

### Leverage Your Legs:

#### What runners and cyclists need to know for effective swimming.

by Terry Heggy

April 1, 2015

Experienced runners and cyclists have strong legs and excellent lower-body endurance. Therefore, it's only natural to assume that your legs will provide an advantage in swimming. It makes sense to apply most of your energy toward a powerful kick when you race in the water. Doesn't it?

Well, no. I'm afraid it's exactly the opposite. Allocating the majority of your energy to the legs is probably going to have a negative impact on your triathlon results. Let's review Water Physics 101:

- The more space you take up in the water, the more resistance (drag) you have to overcome. A large kick can create a lot of drag while generating very little propulsion.
- With flutter kick, your legs can only create propulsion through up and down motions, which creates thrust by deflecting the water off your feet. Your arms, however, can actually grab water and propel you forward, which is a much more efficient way to generate thrust.
- Many runners and cyclists do not have good ankle flexion. If you can't point your toes, the entire foot contributes to drag-and the harder and deeper you kick, the more resistance you create.

Does that mean our legs are useless in the swim? Oh no, far from it-strong legs are still an asset! We just need to implement a few strategies to take the best advantage of them.

[keep reading](#)

About the Author-Terry Heggy

Terry "Speed" Heggy has been swimming for more than 50 years. He won his age group in the 2006 USMS 6+ Mile Open Water National Championship, and competed in the USA Triathlon Olympic-Distance National Championship in 2014. He has coached the Foothills Masters Swim Team in Littleton, Colo., since 1986, and is a National Academy of Sports Medicine Certified Personal Trainer. Heggy is also the author of "The Shy Man's Guide to Success with Women."

## 2015 Go The Distance.. Ongoing

Go the Distance in 2015

GTD is a self-directed program intended to encourage Masters swimmers to regularly exercise and track their progress. There's no time limit for the distance milestones, except that they must be achieved in the calendar year. Speed doesn't count-just the effort to attain whatever goal you set for yourself.



GTD is on the honor system-you track the distance you swim. Daily, weekly, or monthly, enter that information into your online Fitness Log (FLOG). When you achieve certain milestones, you'll be recognized on the U.S. Masters Swimming website and have the opportunity to purchase GTD awards that note the milestones you achieved.

There's no cost to enter GTD. You can register through your FLOG in the My USMS section of the website. Your FLOG allows you to track all your fitness activities-such as running, biking, weight training, and yoga-while participating in GTD. Track your weekly, monthly and annual totals online. Once you've entered GTD, your results are automatically included in the daily summary reports, and the link to purchase your milestone awards will appear on your FLOG when you reach the various milestones.

[Enter Go the Distance now](#)

## 2015 Check Off Challenge.. Ongoing

The poster has an orange background with white and blue text. At the top, 'THE 2015 USMS' is written in a simple, spaced-out font. Below this, 'BIG ORANGE CHECK-OFF CHALLENGE' is written in large, bold, white letters with a blue outline. A blue checkmark is integrated into the 'F' of 'CHECK-OFF'. The text is separated by blue wavy lines. Below the title, 'HOW TO:' is written in a bold, white font. Five numbered steps are listed in white text, detailing the sign-up process, swim events, and completion requirements.

THE 2015 USMS

**BIG ORANGE  
CHECK-OFF ✓  
CHALLENGE**

**HOW TO:**

- #1) Sign up! At USMS.org under Fitness Events.  
It's \$25. You get a cap and a t-shirt.
- #2) Swim the following events:
  - 50, 100, 200 Free • 400/500 Free • 800/1000 Free •
  - 1500/1650 Free • 50,100, 200 Back • 50,100, 200 Breast •
  - 50,100, 200 Fly • 100, 200, 400 IM • Open Water Swim •
- #3) The swims can be done at a meet, in practice, on your own, as a team, however you want to get 'er done before the end of the year!
- #4) Check the events off on your t-shirt.  
Psych yourself up for that 200 Fly.  
Be pumped to try new stuff!
- #5) Congratulate yourself when everything is checked off!!!

## Register now for 2015 USMS/COMSA

Registration in United States Masters Swimming and the Colorado Masters Swimming Association is based upon a calendar year (not from the time you register). Registration fees are \$45 (January 1-December 31). The registration period for each calendar year starts on November 1, with memberships expiring on December 31 of the following year (14 months). Your membership in USMS/COMSA includes:

SWIMMER magazine, the official publication of United States Masters Swimming. Content is directly related to all areas of swimming for adults. The Master Splash newsletter, the official publication of COMSA, announces local swimming related events.  
Secondary insurance coverage, which covers all workouts and events where all participants are USMS registered.  
Opportunity to participate in local, national and international competitions as well as open water swims, and clinics.

Find all details about registration here:

<http://www.comsa.org/joining/index.html>

## CMS Apparel

Colorado Masters apparel is now available through the Swim Team Store website. Long and short sleeve tee shirts and hoodies are available in black or white. Shorts and swim suits are in black only. Colors are all shown in black, the white choice is available once item is clicked on. All items have the Colorado Masters Swimming logo from this year as seen above. Purchase your apparel now and have items shipped directly to you.



<http://www.thelifeguardstore.com/lgstears/productcart/pc/viewCategories.asp?idCategory=2980&idAffiliate=677>

username: colorado

password: masters

## Local and National Swimming Links

<http://usopenwaterswimming.org/>

Breadbasket Zone

<http://www.iowamasters.org/>

<http://www.minnesotamasters.com/>

<http://www.movymasters.org/>

<http://www.nebraskamastersswimming.com/>

<http://www.ozarklmsc.org/>

## What's Happening at U.S.M.S.

As members of COMSA, you are also members of U. S. Masters Swimming. Check that website for information on Fitness Events, Coaching tips, Competitions nation wide, and many other areas of interest to swimmers everywhere .... [U. S. Masters Swimming](http://www.usmastersswimming.org/)



Try it FREE today.