

Mastersplash



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UPCOMING EVENTS

August 10,
2014

Team Fort
Collins

AUGUST 2014

Great job so far and continued well wishes for fast swims to all competing in the FINA World Championships in Montreal, Gay Games in Cleveland, OH and to those going to Long Course Nationals in College Park, Maryland!!! August is here, it's time to race!!

Have fun, swim fast and GOOO Colorado!!

Send photos from the meets to heidecrino@gmail.com

Thanks !

Heide Crino

2014 Check Off Challenge

There are 5 months left to complete the Check Off Challenge!

From the USMS website:

The Check-Off Challenge is a postal event designed to motivate swimmers to complete 18 pool events and an open water swim during the 2014 calendar year.

The events may be swum in practice or in meets, in yards or in meters, any time during 2014. The challenge is to complete all events or try new events. COACHES: Sign up your entire team and use the event as a team challenge. Spread out the events over a period of time during practice sessions, progressively building up to the tougher events. The entire team can work together, completing all of the events. The event is open to all registered Masters swimmers. Enter by filling out the entry form (coming soon).

How do I score the Check-Off Challenge?

Scoring is simple-just mark the event on the event T-shirt-it's on the honor system!

When do I receive my T-shirt?

Swimmers whose entries are received by the end of each month will receive their shirt and cap in the following month. Entries will be accepted until November 1, 2014.

How much does it cost?

Each entry is \$20, which includes a custom-designed Check-Off Challenge t-shirt (\$24 for XXL+ shirts) and shipping.

How do I enter?

[event entry form](#)

**Horsetooth
Open Water
Swim**
Horsetooth
Reservoir
event info

[Event info page](#)

Open Water Swimming at Chatfield State Park in the Gravel Pond

May 1 - September 30
Saturday 7:30 am to 10:00 am
Monday and Wednesday 4:30 pm to 7:00 pm

Thank you to everyone who has volunteered to monitor this summer.

Monitors are still needed for spots in August and September.

Check the sign up genius if you are able to help fill in!

We will be using Sign Up Genius for monitor sign up. All members that swim at the pond are expected to monitor one time during the summer.

The monitoring sessions will be split so that you can monitor half the time the pond is open and will be free to swim the other time.

To view the current list of signups or to sign up for a monitor slot, please do the following:

1. click on <http://www.signupgenius.com/FindASignup>
 2. Type in the following email address: comsaswimmer@gmail.com
- You will get a list of all current sign up sheets available.

Full details about the pond and swimming rules :

<http://www.comsa.org/openwater.html>

Other Open Water Venues

Grant Ranch, Littleton Open Water Swimming

Weekends: May 17-August 31, 2014

Weekday: Mornings June 4th-August 29, 2014

Evenings June 5-August 29, 2014

<http://www.milehighmultisport.com/open-water-swimming/about/>

Boulder Aquatic Masters (BAM), Boulder Reservoir Open Water Swims

Tues/Thurs : May 27-September 4, 2014

Sat : June 28 & July 6

<http://www.bamswimteam.org/w/page.cfm?pagetitle=Open%20Water>

Continue to check the [COMSA website](#) for local open water event listings, as well as the <http://usopenwaterswimming.org/> site for events throughout the nation.

**SAVE THE
DATE:**

**October 12,
2014**
Pumpkin
Plunge
EPIC
Fort Collins,
Co

**November
15, 2015**
8th Annual
Nash Splash
VMAC
Thornton, CO

**March 27-29,
2015**
Colorado
Masters State
Meet
VMAC
Thornton, CO

[More Information](#)

Ongoing Events

**2014 Nike Go
the Distance**
event info

**2014 Check
Off
Challenge**
event info and
registration

**Butterfly is
Not a Crime**
Postal Swim
Oct 15, 2013-
Aug 31 2014

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/lgsteams/productcart/pc/viewCategories.asp?idCategory=2980&idAffiliate=677>

username: colorado

event
info/registration

password: masters

Planning Ahead:

Contact

FINA World Championships Montreal Canada
July 27 -August 10, 2014

USMS Summer Nationals will be held in College Park, Maryland
August 13-17, 2014

USA Swimming Foundation Fantasy Camp Olympic Training Center Colo.
Springs, CO
Oct. 17-19, 2014
[registration](#)

Pumpkin Plunge
EPIC
Fort Collins, CO
October 12, 2014

8th Annual Nash Splash
VMAC
Thornton, CO
November 15, 2014

Colorado Masters Swimming State Meet
VMAC
Thornton, Co
March 27-27, 2015

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](#)