

Mastersplash



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UPCOMING EVENTS

- December 7, 2014**
- "Be Our Guest" Thornton Masters

DECEMBER 2014

Happy Holidays!

"Be Our Guest" : Practice groups inviting others to join in their workout and social activity. **Thornton Masters** and coach Brian Hoyt kick off this fun way to get to know other swimmers and practice with a different team **December 7 at 830 am. VMAC**

JAM will host January 11, 2015 8:30 am Meyers Pool. See below for details.

You can now register for USMS/COMSA for 2015. Registration at this time will be effective through December 2015.

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

You will now find information about meets, events and swim news in multiple places: the website, Comsa.org, Facebook, Twitter and the monthly e-newsletter.

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

Follow us on twitter @COMSASwimming.

Heide Crino
heidecrino@gmail.com

Be Our Guest..

Thornton Masters December 7, 2014 8:30 am

Thornton Masters, coached by Brian Hoyt, invite you to Be Their Guest Sunday, December 7, 2014. Veterans Memorial Aquatic Center. A fun and "interesting" practice will begin at 8:30 am. Thornton Masters will feed you breakfast afterwards. There will be a \$5 drop in fee collected by Brian that day.

Please RSVP for an accurate breakfast head count to bkhoyt@gmail.com

8:30 am
VMAC
RSVP to Brian
Hoyt

**December
13, 2014**
The DAC
Short Course
Meters
Championship
Denver
Athletic Club
Denver, CO
meet info and
registration

**January 11,
2015**
"Be Our
Guest"
JAM Masters
8:30 am
George J
Meyers Pool

**February 3,
2015**
Mastering
Masters
Registration

**Save the
Date:**

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

[More Information](#)

**Ongoing
Events**



Be Our Guest..
JAM January 11th, 2015 8:30 am

Jeffco Aquatic Masters (JAM), coached by Dag Seymour, invite you to "Be our Guest" for their January 11, 2015 practice.
8:30 am
George J. Meyers Pool
7900 Carr Dr, Arvada, CO 80005

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>

City of Longmont Winter Sprinter

Longmont Recreation Services

Order of Events

- 1-500 Free- 8am Start
- 2- 200 IM- 9:15am Start
- 3-100 Back
- 4- 200 Free
- 5- 200 Medley Relay
- 6-50 Breast
- 7- 100 IM
- 8- 50 Back
- 9- 100 Free
- 10- 50 Fly
- 11- 100 Breast
- 12- 50 Free
- 13- 200 Free Relay

THE WINTER SPRINTER
CENTENNIAL POOL
CITY OF LONGMONT, CO

City of Longmont Winter Sprinter Swim Meet
Sunday, January 18, 2015 at Centennial Pool

Check-In and Day of Registration 7am - 8:30am
\$20 Early Bird/ \$25 Day of Race

Both USMS & non-USMS are welcome
Please submit estimated swim times for events
Heats will be created by estimated swim times
Can swim up to 5 individual events plus 2 relays
Relays will be formed on day of race- please sign up during check-in
Diving-well will be available for warm-up/cool down through-out the meet
Results will be available on the City of Longmont's website

Swim Fast, Swim Hard, Make Friends and Have Fun!

How do I sign up?! Registration forms available at:
Centennial Pool & Longmont Recreation Center
Online: <http://www.ci.longmont.co.us/rec/special/wintersprinter.htm>

Swim Meet for Adults!

COMMUNITY SERVICES
RECREATION SERVICES
GET WITH FREEDOM

Hello Swimmers,
The City of Longmont is hosting its annual Winter Sprinter adult swim meet on Sunday January 18th! Attached is a flyer and entry form for anyone who might be interested. Please forward this message on to your masters clubs or organization. Call Centennial Pool at 303-651-8406 with any questions.

Mark Dorow
Aquatic Specialist
Longmont Recreation & Golf Services
303-651-8408 (Office)

[registration form](#)

*no sanction # noted for USMS. Times may not be eligible for top 10 or national records. Direct questions of this matter to meet director.

4 Reasons Swimmers Lose Motivation by Brenton Ford, Effortless Swimming

Motivation is like a roller coaster. It peaks and troughs throughout the day, the week and your entire season. When we talk about 'motivation', it's easy to be ambiguous with what it means. I'm talking about having the motivation to 'get it done'. To do the training you've set yourself. To do what you said you were going to do.

Motivation is absent when there's:

1. **No big over-arching goal driving you**
2. **No immediate goal**
3. **Nothing new about what you're doing**

4. No one to share it with

Let me explain....

1. What's Your Big Goal?

To begin any journey, you need a destination. There's no point jumping in the car and hoping you arrive somewhere you like. Let's say my big dream this year was to visit the Sydney Harbour Bridge. I've now got my destination and I'm ready to drive the 847km from Melbourne to Sydney.

How it relates to swimming: Pick something 6-12 months out and make that your target. You can go longer term but it's easy to lose focus if it's too far away. If you have a goal to make the Olympic team in 4 years time, you still need to set goals 6-12 months out from today.

2. What are you looking forward to in the near future?

I could drive to Sydney without stopping on the way. The problem is I'd get bored and easily distracted. Rather than being excited about my destination, I'm going to be thinking about how much hate sitting the car. By adding some small events into my plans I soon become much more excited about the trip. Planned coffee stops, a big chicken parma for lunch along the way...now I'm looking forward to it.

How it relates to swimming: Selecting a handful races to target in the lead up to your 'big goal' will keep you focused along the way. Racing is also a great way to track your progress.

3. Introduce Something Different

If I listen to the exact same Spotify playlist as I did last time I took the journey, there's good chance I'll tune out and get annoyed at the songs. But if I have something new - an interesting podcast, a funny radio host or a new album to listen to, it's much easier to pass the time.

How it relates to swimming: If you're doing the same workouts, have no focus with improving your technique, doing the same gym program as last year you'll get over it...quickly. Find a new type of training structure, have a coach analyse your stroke and give you specific areas to improve, try a new strength program. Whatever it is - you need to be excited about doing it. Swimming is a game. Make it fun.

4. Is It Still A Road Trip If It's Only You?

Road trips are much better with someone by your side. It's a long journey on your own.

How it relates to swimming: Training on your own gets lonely. Find someone training for the same or a similar event and work together. Set yourselves challenging sets that get progressively harder each week. Race one another in training. The pain is much less when it's shared with others.

Read more articles at Effortless Swimming:

<http://effortlessswimming.com/>

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

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](#)