

Mastersplash



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FEBRUARY 2013

Greetings!,

Hello,

You receive this newsletter as a benefit of being a member of COMSA, either in 2012 or having registered in 2013. If you have not renewed your COMSA membership for 2013, please consider doing so this month as the newsletter for March and forward will only be sent to current 2013 members. There are many events in the next few months, including the state meet, and looking ahead to summer open water, that require COMSA membership. So sign up today and don't miss out! See the registration block below for details.

Heide Crino
heidecrino@gmail.com

Fran Holmes Memorial Service

Here's a recent update passed to us by Steve McDanal, from George Holmes (Fran's son);

Dear Family and Friends,

We apologize for the group e-mail, but just wanted to get out the word that my Mom Frances Holmes passed away today after her struggle with pancreatic cancer. The family is very sad, but we feel that she is now at peace. The past few days were especially difficult for her.

We will be holding a memorial service on February 9 at 10:30 AM at the Riverside Baptist Church, 2401 Alcott St, Denver. In lieu of flowers, the family is requesting that you support your favorite charity.

We have really appreciated all of your thoughts and prayers over the past several months and your love and support to Mom over the years.

3rd Annual Colorado Swimming Hall of Fame Pentathlon & Decathlon Challenge

Thanks to the 70+ Masters swimmers who participated in the

Upcoming Events

February 10, 2013
2nd Annual Rock
Classic Masters Swim
Meet
Castle Rock
meet info and
registration

February 23, 2013
34th Annual Loveland
Masters Sweetheart
Swim Meet (SCY)
Mountain View Aquatic
Center, Loveland
meet info and
registration

March 23, 2013
Highlands Ranch
Masters
Short and Sweet Meet
Northridge Rec Center
meet info and
registration

April 5-7, 2013
2013 COMSA Short
Course Swimming
Championships (SCY)
VMAC, Thornton
meet info and
registration

April 6, 2013
Breadbasket Zone Meet
Grinnell College,
Grinnell Iowa
meet info and
registration

May 9-12, 2013
USMS Spring National
Championship
IU Natatorium
Indianapolis, IN
meet info and
registration

[More Information](#)

Ongoing Events

Go the
Distance 2013
more info



pentathlon/decathlon meet! Three new members were inducted at the 3rd Annual COSHOF Pentathlon & Decathlon Challenge at George Washington HS on Saturday, January 19th, 2013:

Janet Culp-Redwine - USA Synchro - Janet was part of the USA Synchro Team at the 2008 Beijing Olympics. Janet grew up in Littleton and attended Littleton High School. (Red and white jacket, center photo with Dana Johnston and GW swimmers)

Bernie Wrightson - USA Diving - Gold Medalist in the 3M Springboard in the 1968 Mexico City Olympics. Bernie was born and raised in Denver and attended Denver East. (not pictured)

Wendy Lucero-Schayes - USA Diving - Wendy was part of the USA Diving Team at the 1988 Seoul, Korea Olympics. She grew up in Denver and attended Thomas Jefferson. (not pictured)

Written by Mark Johnston on COSHOF homepage.
Photos by Dana Johnston

Registration for 2013

Registration for 2013
[REGISTER HERE](#)

Registration for the calendar year of 2013

Some important things to know about this years' registration are:

Check off Challenge
2013
more info and
registration

[Contact](#)

Dues this year will be \$43.00. Over the past few years, dues paid to Nationals has increased \$2.00 per year and COMSA has absorbed that fee for the swimmers. However, this year we have voted to pass along that \$2.00 increase along with an increase of \$1.00 for the local organization, a total increase of \$3.00. Of the \$43.00, \$10.00 stays with the local organization (COMSA) for use within Colorado and Wyoming.

Chatfield swimmers, please note that the waiver is now available both during online registration or attached to the paper registration. There is an immense amount of paperwork that takes place during the summer and at the pond to ensure that members sign the proper forms before swimming. The registration forms that you can download from the website will have a copy of the Chatfield waiver attached, if you plan to swim there next summer, please read and sign that additional page. **Online registration will also provide the capability to read and agree to the Chatfield waiver and rules.** When registering online, there will be a question asking you to read the document (it will require that you click on it and review it) and then agree to the terms. Any of you who swim at the pond know that this will be a benefit to all concerned. Please read and agree to this if you have any thought of swimming at Chatfield next summer. It will be a great benefit to the volunteers that keep the pond alive.

Special discounts are offered to our older swimmers. If you are in the 75 to 79 age group for the coming year, you will receive a \$5.00 discount on your membership. If you are in the 80+ this coming year, you will receive free membership. You should be receiving a letter about this along with a special form for registration soon if you have not already received one.

Please review your address, phone and email information. Often when registering, swimmers misspell or transpose numbers and letters. This can lead to invalid emails and or mailing addresses. Please verify that you have entered that information correctly.

If you have any questions regarding registration, please direct them to the Registrar, Marcia Anziano, at CORegistrar@usms.org.

Mastering Masters Class

An upcoming Mastering Masters class:
Saturdays, February 16 - March 30 (no class 3/2).
Time: 12:45 - 2 PM
Location: El Pomar Natatorium, DU, Denver
Coach: Katie Walkenhorst
Cost: \$85 for COMSA members, \$100 Non- COMSA members

[Registration Information](#)

DU Masters 2012-2013 Clinic Schedule

DU Masters 2012-2013 Clinic Schedule:
Attending a stroke clinic is the single most important thing you can do to improve your performance in the water. As we mature as swimmers we need to refresh our minds and muscles of the best swimming technique available. Most of us will not get any stronger or taller so if we are going to swim faster, we have to swim smarter! Attending a clinic where you receive one on one feedback from our staff of qualified and certified coaches on the latest developments in drills and techniques being examined will help you focus on areas of improvement through specific suggestions. We will have video replay of your swimming/diving/turns so you can see what you are doing well and what you can do better. Consider joining us for our remaining

clinics.

Starts and Turns: Saturday, February 16, 2013 3:00-5:00pm This clinic will cover the basics of the racing start and turns as they apply to the four competitive strokes including the latest information on how to make these parts of your race as efficient as possible.

Sprinters Clinic: Saturday, March 16, 2013 3:00-5:00pm This clinic will cover advanced details associated with measuring your success with the application of specific modifications to each part of your race including the start, turn and finish. Consider bringing a friend who can help record your data and conclusions.

Cost: Please pay cash for the clinic on deck directly to the clinician. \$30.00 per clinic for non- members \$25.00 per clinic for USMS/DU members

Depending upon your memberships, the cost will be: \$30.00 for non-DU/USMS/COMSA plus \$15.00 to DU for a Day Pass at the CFC front desk \$25.00 for USMS/COMSA Members for clinic plus \$15.00 to DU for a Day Pass \$25.00 for USMS/COMSA/DU Members for clinic, no Day Pass required

Contact Andrew Levassuer

[email](#)

USMS Coaches Certification Clinic

April 20, 2013 Level 1 &2

April 21, 2013 Level 3

9AM - 5PM

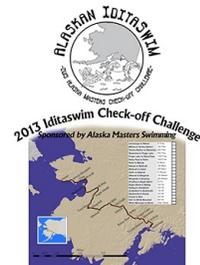
City of Thornton Recreation Center

Registration and more information as it becomes available.

Check off Challenge 2013

"2013 Check-Off Challenge

The CHECK-OFF CHALLENGE is a postal event designed to motivate swimmers to complete 19 "pool" events and an "open water swim" during the 2013 calendar year. It challenges all levels of swimmers. Novice swimmers can swim new events. Experienced swimmers can try for their personal best times in as many events as practical. Simply "Check-off" each swim on your t-shirt when you complete the event." USMS website



[read more and register here.](#)

Go The Distance 2013

"Go the Distance in 2013

Nike 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.

Nike 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 receive



special prizes from Nike Swim, our title sponsor for the event." USMS website

[more info and registration](#)

Breadbasket Zone Events

SAVE THE DATE!
Breadbasket Zone Meet - 2013
April 6, 2012
Grinnell College Grinnell, Iowa
[Meet info](#)

Colorado Masters Swimming Association is part of the Breadbasket Zone within USMS. Some of the other members of the Breadbasket Zone with websites are: Minnesota, Iowa, Missouri Valley and Ozark Masters. If you are looking for other swimming events, both pool and open water in our zone, check out their websites below.

[Minnesota Masters](#)
[Iowa](#)
[Missouri Valley](#)
[Ozark](#)
[Nebraska Masters](#)

2013 USMS Spring National Championships

2013 U.S. Masters Swimming Spring National Championship
IU Natatorium, Indianapolis, Indiana
May 9-12, 2013
Short Course Yards

[meet info, qual. times and order of events](#)



2013 Pan -American Masters Championship

"U.S. Masters Swimming is pleased to host the 2013 Pan American Masters Championship. The Championship, awarded by Union American de Natacion, will be hosted in partnership with the Sarasota Family YMCA, in Sarasota, Fla. Our Travel page includes our Letter of Invitation.



Masters synchronized swimming and pool swimming competition will be held at the Selby Aquatic Center adjacent to the Sarasota Y's Evalyn Sadlier Jones branch in Sarasota, Fla. The synchro event dates are June 1-4, and swimming events June 5-12. An open water swim will be hosted June 13 at Siesta Key in Sarasota, Fla.

This will be the first time the USA has hosted the biennial event. The Championship is expected to attract up to 2,000 adult swimmers from the South America, Central America, the Caribbean, Mexico, Canada and the USA." Pan-American Masters Championship meet page

[Meet info](#)

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](#)



Try it FREE today.