

# Mastersplash



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January 5, 2013**

## JANUARY 2013

### Greetings!,

New suits, new goggles, new beginnings, new goals, new events to challenge oneself ... all the makings of a fantastic 2013!! Send your inspirational photos.

Numerous Open Water events, USMS Spring Nationals in Indiana, and Pan-American Masters Championships, in Florida all occur in 2013. What a fun year !

Happy New Year !!

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

### Holiday Workouts at Inverness Masters

12th Annual Mile High  
Masters Invite  
Englewood High  
School  
Meet info  
Entry form

**January 19, 2013**

3rd Annual  
Colorado Swimming  
Hall of Fame  
Pentathlon &  
Decathlon Challenge  
George Washington  
High School  
meet info

**February 10, 2013**

2nd Annual Rock  
Classic Masters Swim  
Meet  
Castle Rock  
meet info and  
registration

**April 5-7, 2013**

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

[More Information](#)

**Ongoing Events**

Go the  
Distance 2013  
more info

Check off Challenge  
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more info and  
registration

[Contact](#)

**THE 12 DAYS OF CHRISTMAS WORKOUT**



**INVERNESS MASTERS**

ON THE 12TH DAY OF CHRISTMAS,  
MY COACH GAVE  
TO ME:

12 X 50 SWIM

11 X 50 PULL

10 X 25 KICK...



COOKIES!





## 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

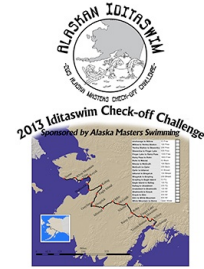
[more info and registration](#)

## 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.



## Registration for 2013

Registration for 2013

[REGISTER HERE](#)

### **Registration for the calendar year of 2013 began November 1st.**

New and returning members may register for the remainder of 2012 and all of 2013. Some important things to know about this years' registration are:

**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](mailto:CORegistrar@usms.org).

**Stroke Clinic - DU \* NEW TIME\***

Stroke Clinics by DU Masters Coaches  
Stroke Improvement and Video Analysis

Saturday, 3-5pm \*\*\*NEW TIME\*\*\*

Butterfly, January 19

\$30.00 per clinic

\*\* COMSA members receive a discount. \$25.00 per clinic  
\$15 fee to DU if you are not a DU member

Contact Andrew LeVasseur, DU Masters Head Coach, for more information

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

## 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.

## Breadbasket Zone Events

SAVE THE DATE!

Breadbasket Zone Meet - 2013

April 6, 2012

Grinnell College Grinnell, Iowa

Meet info will be posted when it becomes available. In the mean time check out [the facility](#).

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](#)

## 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](#)

## 15th FINA World Masters Championships Montreal, Quebec, Canada July 27-Aug.10th, 2014

Hello USA Masters Swimmers!

As some of you may already be aware, the 15th FINA World Masters Championships will be hosted by your friendly neighbor to the north, in the beautiful city of Montreal, Quebec, Canada, from July 27th to August 10th, 2014. The swimming events in the pool will take place between August 3rd and 9th, with the 3km open water event taking place on August 10th.



Many masters swimmers we've talked to, were not even aware the event is being held in Montreal during the summer of 2014. They were also surprised to find out they have the Qualifying Times to compete at these Championships after checking out the Qualifying Standards on our website.

Here is the link to the official Championship website:  
[finamasters2014.org](http://finamasters2014.org).

Check it out and see if you have met the qualifying standards in your favorite events. If you haven't yet met the standards, this could be your next goal in the pool!

[Time Standards](#)

While on the website, take the time to join our Fan Club. It's as simple as entering your e-mail address. We'll keep you up to date with the all of the latest information. You can also follow us on Facebook and Twitter. Just follow the links on our website.

Looking forward to seeing you all in Montreal in 2014!

Pierre Cloutier

PDG Montréal 2014 \* CEO Montréal 2014

: 514.519.8968 | : pierre.cloutier@finamasters2014.org | :

[www.finamasters2014.org](http://www.finamasters2014.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](#)



Try it FREE today.