

# Mastersplash



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## UPCOMING EVENTS

**January 18, 2015**  
Longmont Winter  
Sprinter  
Centennial Pool  
Longmont  
Registration info

## JANUARY 2015

Happy New Year!

COMSA is excited to introduce a new program in 2015. The Young Masters Scholarship Program's goal is to encourage 10 individuals between the ages of 18-24 to participate in a masters swim program by reimbursing them for their 2015 USMS registration fee and their entry into one 2015 USMS sanctioned event (not to exceed \$40). Spread the word to the young athletes at your practices!! Complete details can be found below. .

Dont forget to register for USMS/COMSA for 2015. Registration at this time will be effective through December 2015.

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

Planning for the Colorado State Meet is well underway. Fun socials and a great meet line-up are in the works. Mark your calendars and prepare for a great weekend!

As always, up to date Information about meets, events and swim news can be found on 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

## New in 2015!! Young Master Scholarship Program

Young Master Scholarship Program

**Mission of Program:** To promote health, wellness, fitness and competition for adults, ages 18-24, through swimming.

**Goal of Program:** To encourage 10 individuals between the ages of 18-24 to participate in a masters swim program by reimbursing them for their 2015 USMS registration fee and their entry into one 2015 USMS sanctioned event (not to exceed \$40).

**Application Process:**

\* Completed applications will be accepted between January 1 and February 28, 2015. \* Completed applications must be submitted to the COMSA Chair. \* The scholarship recipients will be notified by March 15, 2015.

**February 3, 2015**  
Mastering Masters  
Registration

**February 7&8**  
Denver Masters  
Swim Clinics  
swimmin4fun@msn.com

**February 8, 2015**  
4th Annual Rock  
Classic Masters  
Swim Meet  
Castle Rock  
Recreation Center  
info and registration

**February 14, 2015**  
Loveland  
Sweetheart Meet  
Loveland, CO  
info and registration

**March 27-29, 2015**  
Colorado Masters  
State Meet  
VMAC  
Thornton, CO  
meet info and  
registration

[More Information](#)

[Contact](#)

**Requirements:** The individual must be new to USMS.

**COMSA Process:** Processes for certain fees shall be as follows: \*

COMSA/USMS Registration Fees: COMSA Registrar will be notified of scholarship recipients from the COMSA

Chair. Scholarship recipients shall write 'Young Master Scholarship' on the registration sent to the COMSA

Registrar and send no money. \* Meet Entry Fees: Scholarship recipients shall submit meet entry receipt to COMSA Chair for reimbursement. This

amount must not exceed \$40. \* Open Water Events: Scholarship recipients shall submit event entry receipt to COMSA Chair for reimbursement.

This amount must not exceed \$40.

[Application](#)

## 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>

## Denver Masters Swim Clinic February 7 & 8, 2015

Denver Masters Swim Clinics  
February 7, 2015 (Backstroke)  
February 8, 2015 (Turns)

Clinics will include video analysis of your swimming and personal feedback on your technique by James Hansen, Denver Masters Associate Coach, and Visiting Clinician.

Time each for each clinic: 3:00-5:00pm

Cost

\$40.00 for anyone

\$35.00 for registered COMSA or Denver Masters Swimmers

Contact Coach Andrew LeVasseur [swimmin4fun@msn.com](mailto:swimmin4fun@msn.com) to Reserve your spot today!

## Lou Parker Coach of the Year and Jack Buchanan Service Award Nominations

Award nominations are now being accepted.

**The Lou Parker Coach of the Year Award** was created in 1986 to recognize outstanding coaching. Please nominate your coach if you feel they contribute to their team with respect to camaraderie, technical advice, motivation and support of team members.

**The Jack Buchanan Service Award** selection is based on contribution to

Masters Swimming and COMSA.

**Award deadline March 6, 2015**

[nomination form](#)

Please submit form to Brian Hoyt [bkhoyt@gmail.com](mailto:bkhoyt@gmail.com)

**2015 Colorado State Meet**

**Veterans Memorial Aquatic Center Thornton, CO**

**March 27-29, 2015**

**PLEASE JOIN COMSA FOR A SOCIAL SATURDAY AFTERNOON!**

Come mingle with fellow swimmers Saturday after the meet, as COMSA will be hosting a fun social at 3:00. Tickets are just \$10 and include heavy appetizers, beer and soft drinks. There is a limited supply of tickets so sign up early with registration to ensure your spot.

More info. regarding location to follow.

**EVENT SCHEDULE**

**Friday, March 27, 2015 - Session 1**

**Warm-ups start at 12:00 PM - Meet Session starts at 1:00 PM**

# Gender Event

1 Mixed 1650 Y Free (Seeded slow to fast)

2 Mixed 1000 Y Free (Seeded slow to fast)

**Saturday, March 28, 2015 - Session 2**

**Warm ups start at 7:30**

**Meet Session starts at 8:45 AM**

# Gender Event

3 Women 500 Freestyle

4 Men 500 Freestyle

5 Women 200 Y Medley Relay

6 Men 200 Y Medley Relay

7 Women 200 Y Fly

8 Men 200 Y Fly

9 Women 50 Y Back

10 Men 50 Y Back

11 Women 100 Y Breast

12 Men 100 Y Breast

13 Women 200 Y IM

14 Men 200 Y IM

15 Women 400 Y Free Relay

16 Men 400 Y Free Relay

17 Women 50 Y Fly

18 Men 50 Y Fly

19 Women 200 Y Back

20 Men 200 Y Back

21 Women 100 Y Free

22 Men 100 Y Free

23 Mixed 200 Y Free Relay

**Sunday, March 29, 2015 - Session 3**

**Warm-ups start at 7:30 AM - Meet Session starts at 8:30 AM**

# Gender Event

24 Women 400 Y IM

25 Men 400 Y IM

26 Women 200 Y Free Relay

27 Men 200 Y Free Relay

28 Women 200 Y Breast

29 Men 200 Y Breast

30 Women 50 Y Free

31 Men 50 Y Free

32 Women 100 Y Fly

33 Men 100 Y Fly

34 Women 800 Y Free Relay

35 Men 800 Y Free Relay

36 Women 200 Y Free  
37 Men 200 Y Free  
38 Women 100 Y IM  
39 Men 100 Y IM  
40 Women 50 Y Breast  
41 Men 50 Y Breast  
42 Women 100 Y Back  
43 Men 100 Y Back  
44 Mixed 200 Y Medley Relay

[meet info and registration](#)

## 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](#)