

Mastersplash



In This Issue

JUNE 2015

Tomorrow at Lowry

Thank you DU for hosting last months' "Be Our Guest"! Fantastic Job! Your time is appreciated!

The Gravel Pond At Chatfield Is Open

What a crazy weather month of May! Because of the continually changing conditions, updates to the opening and closing of the gravel pond at Chatfield will be posted on the COMSA website. Monitors, thank you for continuing to sign up and resign up as needed. And, thank you everyone for patience in this matter.

Comsa.org

Sighting in Open Water Video

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

2015 5k and 10k Postal

Follow us on twitter @COMSASwimming.

CMS Apparel

Thanks and have fun swimming!!

Heide Crino
heidecrino@gmail.com

Local and National Swimming Links

Tomorrow at Lowry... 12th annual Mile High Masters Long course Invitational.

Whats Happening at USMS

Meet info and registration:

http://www.comsa.org/events/2015Pool/12th_Annual_Mile_High_Masters_LCM.pdf

Quick Links

The Gravel Pond at Chatfield is now open!

[Register Now](#)

Open Water Swimming at Chatfield State Park in the Gravel Pond

[Clubs and Workout Groups](#)

Saturday 7:30 am to 10:00 am
Monday and Wednesday 4:30 pm to 7:00 pm
May 2 - September 30

[More About Us](#)

Contact: the openwater chair
email: shelleswims@gmail.com

UPCOMING EVENTS

Swimming at the Gravel Pond at Chatfield State Park, begins on the far west side of the pond, on the north end.

June 6, 2015

Water temps May - low to mid 50s
June - low to mid 60s
July - low to mid 70s

12th Annual
Mile High
Masters Long
Course
Masters
Invitationals
Lowry
Swimming
Pool
updated meet
info and
registration

August - mid 70s to high 60s
September - high 60s to high 50s

Approximate length 900 meters from westside, north end to eastside south end cove.

Approximate length to gravel bar 250 meters from the westside, north end.
If you sign up for USMS less than 48 hours in advance of when you plan to swim at the pond, or if you are a member outside of the Colorado LMSC (COMSA), you must print a copy of your USMS card and bring it with you to check-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.

**June 13-14,
2015**
Rocky
Mountain
Senior Games
Greeley, CO
event info and
registration

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.

Thank you to those who have already signed up !

Read more about the SPECIAL ACTIVITIES AGREEMENT CONDITIONS for swimming in the gravel pond on the [open water page of comsa.org](#)

**July 5 & 26,
2015**
USMS
Speedo
5&10K
ePostal
National
Championship
Lowry Pool
registration
email

Sighting in Open Water Swimming by Brenton Ford

Blink and you'll miss it. That's what happens when you watch professional triathletes sight in swimming. Being able to sight without breaking your stroke rhythm is one the key skills of open water swimming.
It takes practice to get the timing right, but you when do you'll notice how much easier it is to sight and continue swimming. In this video you'll see how professional triathletes like Annabel Luxford and Clayton Fettell (who feature in the upcoming Art Of Triathlon Swimming) use the sight and breathe method to make sighting a natural part of their stroke.

**August 6-9,
2015**
2015 Summer
National
Championship
Geneva,
Ohio
meet info

From Brenton Ford, Effortless Swimming blog

[VIDEO:How to sight in open water without breaking your rhythm.](#)

2015 USMS Speedo 5K & 10K ePostal National Championship July 5th and 26th, 2015

ONGOING EVENTS

COMSA
Registration
registration link

Spring is finally upon us! That means outdoor pools are opening soon and our beautiful Colorado Lakes and Reservoirs are preparing for Open water swimming!
It is also time once again to challenge yourselves by participating in the **2015 USMS Speedo 5K and 10K ePostal National Championships**, hosted this year by the Central Oregon Masters Aquatics. The object is to swim a 5K or 10K in a 50 meter pool between May 15th and September 15th, then submit your entries and splits online and see how you compare with the rest of the country! Whether you swim either or both for competition, fitness or for some form of "fun", you will feel ever so accomplished once you are done!

2015 Check
Off
Challenge
info and
registration

COMSA is sponsoring 2 opportunities to participate as a group at the beautiful outdoor 50 meter pool at Lowry this summer on **Sunday, July 5th and Sunday, July 26th from 7 am to 10 am**. All you need to do is e-mail nicolevanderpoel@msn.com with the dates and distance you would like to swim.

You will need to bring a counter/verifier person with you as well. Clip boards, pencils, split sheets, extra stop watches and encouragement will be provided.

2015 Go The
Distance
Enter Go the
Distance

[More
Information](#)

[Contact](#)

Almost forgot, you will also receive a collector's item..COLORADO GOES POSTAL CAP!!

We are super fortunate to have COMSA support us in fulfilling our long distance swimming goals by sponsoring these events every year! There is no cost to you other than the \$12 entry fee once you submit your splits to the host team online. Don't forget to list CMS as your team!

We had a record number of participants in the 2015 One Hour Postal. I challenge each of you One Hour Postal Swimmers to continue the USMS Speedo ePostal National Championship Series and participate in the 5K & 10K! In addition, Masters Coaches, please announce these Postals to your swimmers and encourage them to participate as well! We have so many amazing distance swimmers that we need to show the rest of the Country how Colorado Goes Postal!

E-mail nicolevanderpoel@msn.com to reserve your dates!
Happy Training! Nicole Vanderpoel, Long Distance Pool Chair

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](#)