

Mastersplash



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MAY 2014

Photos from USMS
Spring Nationals

Open Water
Swimming at
Chatfield

It's open water season! Chatfield is open! Dates for upcoming openings of other open water venues, and competitions can be found on the COMSA website under "open water" on the left side of the home page.

comsa.org

Other Open Water
Venues and events

Coaches
Certification Clinics
and Stroke Clinic

Congrats to CMS! The Men's team, Women's team and Combined team each placed 3rd at the USMS Spring National Championships in Santa Clara, Ca. last weekend. It was a fun and exciting meet! Job well done for the 50 swimmers who competed! Those who swam, please post your photos from the meet onto the "Colorado Masters Swimming Association" facebook page for all to see!

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Next up for pool championships are Rocky Mountain Senior Games, Fina Worlds and USMS Summer Nationals.

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Colorado Masters Swimming

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 and have shipped directly to you.

<http://www.thelifeguardstore.com/lgstears/productcart/pc/viewCategories.asp?idCategory=2980&idAffiliate=677>

username: colorado
password: masters

So many choices!! Have fun swimming!!
Heide Crino

Photos from USMS Spring Nationals 2014

[More About Us](#)

Upcoming Events

June 7-8, 2014
Rocky Mountain
Senior Games
Swim Meet
Greeley Recreation
Center
meet info and
registration

June 7, 2014
11th Annual
SWIM Masters
Lowery Pool
meet info and
registration

June 7&8 2014
Coaches
Certification &
Stroke Clinics
register Level 1 &
2
register Level 3
register stroke
clinic

June 21, 2014
First Annual Nixie
Waves Open Water
Swim
Aurora Reservoir
Contact Heather
Rodriguez for a \$5
discount code
Event info and Entry
Form

**July 27-Aug.10,
2014**
**Fina World
Masters
Championships**
Montreal, Canada
meet info

**August 13-17,
2014**
2014 Marriott U.S.
Masters Swimming
Summer National
Championship



Open Water Swimming at Chatfield State Park in the Gravel Pond

Open Water Swimming at Chatfield State Park in the Gravel Pond

May 1 - September 30
Saturday 7:30 am to 10:00 am
Monday and Wednesday 4:30 pm to 7:00 pm

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

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

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

[More Information](#)

Ongoing Events

Butterfly is Not a
Crime Postal
Swim
Oct 15, 2013-Aug 31
2014
event
info/registration

[Contact](#)

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.

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.

SPECIAL ACTIVITIES AGREEMENT CONDITIONS

Gravel Pond Swimming

1. Swimming will be allowed at three specific times:
 - a. Monday from 4:30 pm to 7:00 pm
 - b. Wednesday from 4:30 pm to 7:00 pm
 - c. Saturday from 7:30 am to 10:00 am
2. Staging and entry for swimming will utilize the designated beach area at the northwest corner of the Gravel Pond. Swimmers must remain to the west of the swim line buoys.
3. Permittee must provide a designated person to act as a registration and safety contact on each date that the permittee intends to utilize.
4. Members may not swim if the designated control person is not present. It may be possible for permitted groups to coordinate this with one individual acting as designee for all. The important factor is the control of access and the accumulation of user information.
5. Permittee will track member access and egress at the Gravel Pond on a registration log sheet to ensure safety, provide management with accurate use information, and discourage unauthorized swimming by non permitted individuals or groups. The registration log sheet will record permittee name or organization, name of registration designee, date of use, name of swimming member, and member initials on egress.
6. Permittee will submit copies of the registration log sheets on a monthly basis to the Chatfield Park Manager identifying members and each date of swimming participation at the Gravel Ponds.
7. Failure of the permittee to provide accurate monthly reports and to report non permitted use may result in termination of the Special Use Permit.
8. Permittee will encourage members to utilize the Kingfisher parking area on the north side of the main park road. Please remind your members that parking in non-designated areas or off roads is prohibited and violators will be fined and/or vehicles towed.

Other Open Water Venues

Grant Ranch, Littleton Open Water Swimming

Weekends: May 17-August 31, 2014

Weekday: Mornings June 4th-August 29, 2014

Evenings June 5-August 29, 2014

<http://www.milehighmultisport.com/open-water-swimming/about/>

Boulder Aquatic Masters (BAM), Boulder Reservoir Open Water Swims

Tues/Thurs : May 27-September 4, 2014

Sat : June 28 & July 6

Bare Bones Races: June 22& July 20

<http://www.bamswimteam.org/w/page.cfm?pagetitle=Open%20Water>

Open Water events:

June 21, 2014

First Annual Nixie Waves Open Water Swim

Aurora Reservoir

Contact [Heather Rodriguez](#) for a \$5 discount code

[Meet info and Entry Form](#)

Continue to check the [COMSA website](#) for local open water event listings, as well as the <http://usopenwaterswimming.org/> site for events throughout the nation.

Coaches Certification and Stroke Clinics
Coaching Level 1& 2 - June 7th
Coaching Level 3 and Stroke Clinic - June 8th



**USMS Levels 1&2 and Level 3
Masters Coach Certification**

Colorado LMSC is hosting a USMS Masters Coach Certification and Stroke Clinic

**Saturday June 7th Levels 1&2
Sunday June 8th Level 3 and Stroke Clinic**

Location of Classroom Instruction:

Veterans Memorial Aquatic Center
5310 E 136th Ave,
Thornton, CO 80241
(720) 972-2560

Host: Jared Foster jaredf@hardyboyplant.com

Contact: Bill Brenner bill.brenner@usms.org

LEVEL 1&2

Saturday, June 7, 2014
9:00am - 5:00pm

Instructors: Mel Goldstein, David Burgess and Bill Brenner

Mel Goldstein was the 2001 Speedo US Masters Coach of the year, Mel won the 1997 Ransom J. Arthur MD Award that goes annually to a person who best supports the objectives of Masters swimming. It is the highest honor bestowed by United States Masters Swimming. He is a past President of USMS and a USMS All American with 255 Individual Top Ten Achievements. In 2012, he was inducted into the International Masters Swimming Hall of Fame.

David Burgess has been coaching competitive triathletes for over five years and holds coaching certifications with USAT, USA Swimming, ASCA and U.S. Masters Swimming. As founder of Podium Training Swim Club in Colorado Springs, David coaches Masters swimmers as well as triathletes of all levels and abilities. He has presented webinars on open water swimming, stroke mechanics and analysis for both the athlete and coach with Vanguard Endurance and he is also a mentor coach for numerous coaches across the country who participate in the Vanguard Coach Mentor program.

Bill Brenner is the Club and Coach Services Director for USMS. He has 30 years coaching experience working with age group, college and Masters swimmers. Bill has served as a support team member for his local Masters club, team representative to the LMSC, an LMSC officer as the Top Ten Recorder, a multi-year delegate to the USAS convention and a member of national committees. He

has served as the meet director for multiple events and most recently helped organize the Pan American Masters championship in Sarasota, Fla. A USMS Level 3 certified Masters coach, he enjoys attracting adult athletes to the sport of swimming and coaching all levels of ability.

Prerequisites: You must be a current USMS Member to participate in the course and receive USMS certification. You must be a member of ASCA to receive optional ASCA certification. USMS and ASCA membership information is provided on the application for this clinic. ASCA Membership fee is \$70 for one year. More information about ASCA may be found here: www.swimmingcoach.org.

Certification Process: Upon successful completion of the classroom coursework, including all required applications and successfully completed tests, each person will be awarded USMS Level 1 or 2 Certified Masters Coach certification. Coaches desiring optional ASCA Masters coach certification must complete the classroom coursework and submit all required membership, applications and completed tests directly to ASCA.

Fees: \$180 for Levels 1 and 2 Certification. \$100 for Level 1 or Level 2 only. Recognized coaches receive a \$10 discount on certifications, i.e. \$160 for Levels 1 and 2 Certification. \$90 for Level 1 or Level 2 only.

Maximum:
Maximum attendance is 40.

Who should attend?

Current full-time, part-time or volunteer coaches. Anyone interested in supporting their existing team and coach. Anyone interested in starting a Masters Program.

Scholarships:

Please contact your LMSC for scholarship availability.

Tentative Agenda:

Saturday, June 7, 2014

Check-In: 8:30-9:00 am

Level 1 and 2 Training: 9:00am to 5:00pm

Lunch: 12:00-1:00pm *

*Lunch will be provided by the Colorado LMSC

Register Here:

[LEVEL 1&2 REGISTRATION](#)

LEVEL 3

Sunday June 8

8:30am-3:00 pm.

Location of Classroom Instruction:

Veterans Memorial Aquatic Center

5310 E 136th Ave,

Thornton, CO 80241

(720) 972-2560

Instructors: Mel Goldstein and Bill Brenner

Prerequisites: You must have completed Levels 1&2 of the USMS Masters coach certification program and be a current USMS Member to participate in the course. **Please note that you can not take the level 3 certification on the same weekend that you are taking levels 1&2.**

You must be a certified Level 2 Masters coach and a member of ASCA to receive optional ASCA Masters Level 3 certification. ASCA and USMS membership information is provided on the application for this clinic. ASCA Membership fee is \$70 for one year. More information about ASCA may be found here: www.swimmingcoach.org.

Upon successful completion of the certification process, including all required memberships, applications and completed tests: Each person will be awarded a USMS Level 3 Coaches Certification certificate.

Fees: \$225 for Level 3 Course. Recognized coaches receive a \$10 discount on certifications, i.e. \$215 for Level 3.

Maximum: Maximum attendance is 25.

Who should attend? Current full-time, part-time or volunteer coaches who would like to explore the possibilities of coaching Masters swimmers as a profession. Anyone interested in supporting their existing team and coach. Anyone interested in starting a Masters Program.

Scholarships:

Please contact your LMSC for scholarship availability.

Tentative Agenda:

Sunday, June 8, 2014

Check-In: 8:30am - 9:00 am

Level 3 Training: 9:00am to 3:00pm

Lunch: 12:00-1:00pm *

* Lunch will be provided by the Colorado LMSC

Online Registration:

Online registration only. Registration closes at midnight pacific time on June 7, 2014 or when the course enrollment reaches 25.

Online Registration is Paid by Credit Card:

Your online registration for this course will be paid by credit card and processed by Club Assistant. Please look for "ClubAssistant.com Events" on your credit card statement.

Register here

[LEVEL 3 REGISTRATION](#)

Questions: Contact Bill Brenner bill.brenner@usms.org

Cancellation Policy: Course registrations are non-refundable and non-transferrable to another individual. However, you may transfer your registration to a course at an alternate date and location.

STROKE CLINIC: Sunday June 8

3:30pm-6:30pm

[STROKE CLINIC REGISTRATION](#)

Resource Tips For Swimmers and Coaches
by Jamie Louie

Resource Tips for Swimmers and Coaches
Louie, Coach for CSST Masters - Colorado Springs

by Jamie

I would like to mention a few resources that might not get much use by our swimmers and coaches. These are resources I use to keep my coaching fun and up to date, get new ideas and keep my swimming as fast as possible as I get older. Hopefully you will start using them or at least check them out.

www.usaswimming.org

Of course USA Swimming is my top place to go for information. Under "Tips & Training" there is a wealth of information. The "Tips & Training" link I use the most is the "High Performance Tips". I highly recommend checking these out. These are excellent presentations of very recent in-depth analyses of current and past

Olympic swimmer's stroke techniques and race strategies. From the "High Performance Tips" page, click on the blue "More News" links to bring up a full list of the talks for each category. Are you still using your strokes from 5 years ago? Do you know how the elite swimmers have changed their race strategies over the past few Olympics? The talks are about an hour long with lots of videos. I am sure you will learn something new from every presentation.

[Twitter.com/sprintsalo](https://twitter.com/sprintsalo)

David Salo (Head Swimming Coach at USC) takes photos of his workouts and posts them. I often use his workouts to get ideas on sets for the workouts I write. He posts lots of stuff besides just workouts. The last workout was posted on September 12th. You will have to scroll down to find the workouts. If you click the blue "Expand" you can see the whole white board. If you are a breaststroker you probably know who David Salo is.

COMSA Coaches

We have many very talented and extremely knowledgeable swimming coaches in COMSA. I know that I have helped out many swimmers from other teams with their strokes and turns at swim meets. Often COMSA coaches are more than willing to give comments and tips on your races, strokes and turns if you just ask them. Most coaches I know love to help people out and it is part of their personality. One thing I love to do is help out swimmers I see at a meet with a good butterfly but not so great breaststroke. Often they hate breaststroke. Because the strokes are actually very similar, I can make them think that they are swimming butterfly but recovering their arms inside. Very often by the end of five or ten minutes they are swimming a much faster and pretty good breaststroke.

Competitors

This may sound like a strange resource to use but it works well in Masters Swimming. I have often helped some of the people I race and have told them of new things I am working on. Russ Marsh (who I have been battling in the breaststroke races for over 20+ years) has given me several tips on improving my starts. I used to always be the last one off the blocks. Your competitors often know a lot more about your strokes, turns and starts than you imagine.

FINA Worlds -- From Pierre Cloutier CEO Montreal 2014

Why should you be at the FINA World Masters Championships this summer in Montréal!



- ◆ Take part in the biggest Masters event ever organized. July 27th to August 10th
- ◆ Measure yourself against the best Masters swimmers in the world.
- ◆ Compete in the most impressive World Class Swimming Pools.
- ◆ Take advantage of the excellent exchange rate when enrolling and choosing your events, booking your hotel room and enjoying downtown Montréal.
- ◆ Be greeted and served wherever you go by English speaking Montrealers. Montréal is truly a bilingual city.
- ◆ Register now and update your profile and your events until June 1st.
- ◆ Relays: it is not required to be registered in an individual event to participate in the relays. Everyone is welcome!
- ◆ Open Water does not count as a pool event. Therefore, you can register in 5

individual events, four relays as well as open water.

◆ Enjoy the Opening Ceremony featuring world renowned impersonator André-Philippe Gagnon, La Bottine souriante and a sound and lighting show presented by Laser Quantum.

◆ Besides the Opening Ceremony, your accreditation provides you transportation to and from the Airport, as well as a public transportation pass valid for 9 days.

◆ Bring family members and friends with you and get the special accreditation card for a low price of \$45, which will provide them with all the same benefits as the athletes, along with unlimited access to venues.

We can't wait to welcome you to your World Championships!

Pierre Cloutier
CEO Montreal 2014
pierre.cloutier@finamasters2014.org
www.finamasters2014.org

FINA Worlds in Montreal August 3-9 2014 by Andrew LeVasseur --CMS Coach for worlds

FINA Worlds in Montreal:

Recruit swimmers for the FINA World Championships in Montreal, Canada August 3-9, 2014. This will be a long course meters meet. Why do you ask are we recruiting for Worlds? Denver Masters Head Coach, Andrew LeVasseur, has been selected as one of 4 coaches who will lead the USMS National Team at the FINA World Championships. Andrew will also be coordinating the CMS relays. It would be really nice if CMS turned out a good sized regional team! Please send Andrew your name, age, relay 50's splits, availability, relay preference and other pertinent information to swimmin4fun@msn.com

Thanks for your support!

FINA 2014 Worlds facebook page: Be a friend and like us!
search facebook for "FINA World Masters 2014"

then:

Link to USMS National team facebook page group for those attending FINA World Championships in Montreal, Canada

August 3-9, 2014 FINA LCM World Championships: Montreal, Canada August 3-9, 2014

http://www.fina.org/H2O/index.php?option=com_content&view=category&id=54:masters&layout=blog&Itemid=378

Entry Booklet: Entries close July 1, 2014.

<https://finamasters2014.org/sendpress/eyJpZCI6MTE2NSwidmldyI6ImVtYWIsIn0/>

2014 Worlds Qualification times: (Slower than USMS Nationals!)

http://www.fina.org/H2O/index.php?option=com_content&view=article&id=2229&Itemid=1082

2014 USMS/COMSA Registration Open Now

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 \$40 (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.

All swimmers must register with one of the three Colorado Masters Swimming Association registered clubs or as unattached. Selecting the correct club is critical if you plan to swim individual or relay events in USMS sanctioned meets. For a detailed explanation and link to register, <http://www.comsa.org/joining/join-online.html>

Planning Ahead:

Rocky Mountain Senior Games Swim Meet
Greeley Recreation Center
June 7-8, 2014

FINA World Championships Montreal Canada
July 27 -August 10, 2014

USMS Summer Nationals will be held in College Park, Maryland
August 13-17, 2014

USA Swimming Foundation Fantasy Camp Olympic Training Center Colo.
Springs, CO
Oct. 17-19, 2014
[registration](#)

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](#)