

Mastersplash



In This Issue

NOVEMBER 2014

Horsetooth Photos

2014 USMS
SPEEDO
3000/6000 yd.
National
Championship

Thanks for the photos! Keep them coming!

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

Follow us and share them on twitter @COMSASwimming.

Article Headline

CMS Apparel

You will now find information about meets, events and swim news in multiple places: the website, Comsa.org, Facebook, Twitter and the monthly e-newsletter.

Local and National Swimming Links

Whats Happening
at USMS

"Be Our Guest" : Practice groups inviting others to join in their workout and social activity. See details below as Thornton Masters and coach Brian Hoyt kick off this fun way to get to know other swimmers and practice styles in Colorado. (thanks Kathleen Steffe for the name)

Quick Links

[Register Now](#)

[Clubs and
Workout Groups](#)

[More About Us](#)

November 1st was the first day to register for USMS/COMSA for 2015. Registration at this time will be effective through December 2015.
<http://www.comsa.org/joining/index.html>

Heide Crino
heidecrino@gmail.com

Horsetooth Openwater Swim August 10, 2014

UPCOMING EVENTS

**November
9th, 2014**
2014 USMS
Speedo
3000/6000 yd.
National Postal
Championships
Colorado
Athletic Club at
Inverness

event info and
registration

**November 15,
2014**

8th Annual
Nash Splash
VMAC
Thornton, CO
meet info and
registration

**December 13,
2014**

The DAC Short
Course Meters
Championship
Denver Athletic
Club
Denver, CO
meet info and
registration

SAVE THE
DATE

**February 3,
2015**

Mastering
Masters
Registration

**March 27-29,
2015**

Colorado
Masters State
Meet
VMAC
Thornton, CO

[More Information](#)

Ongoing Events

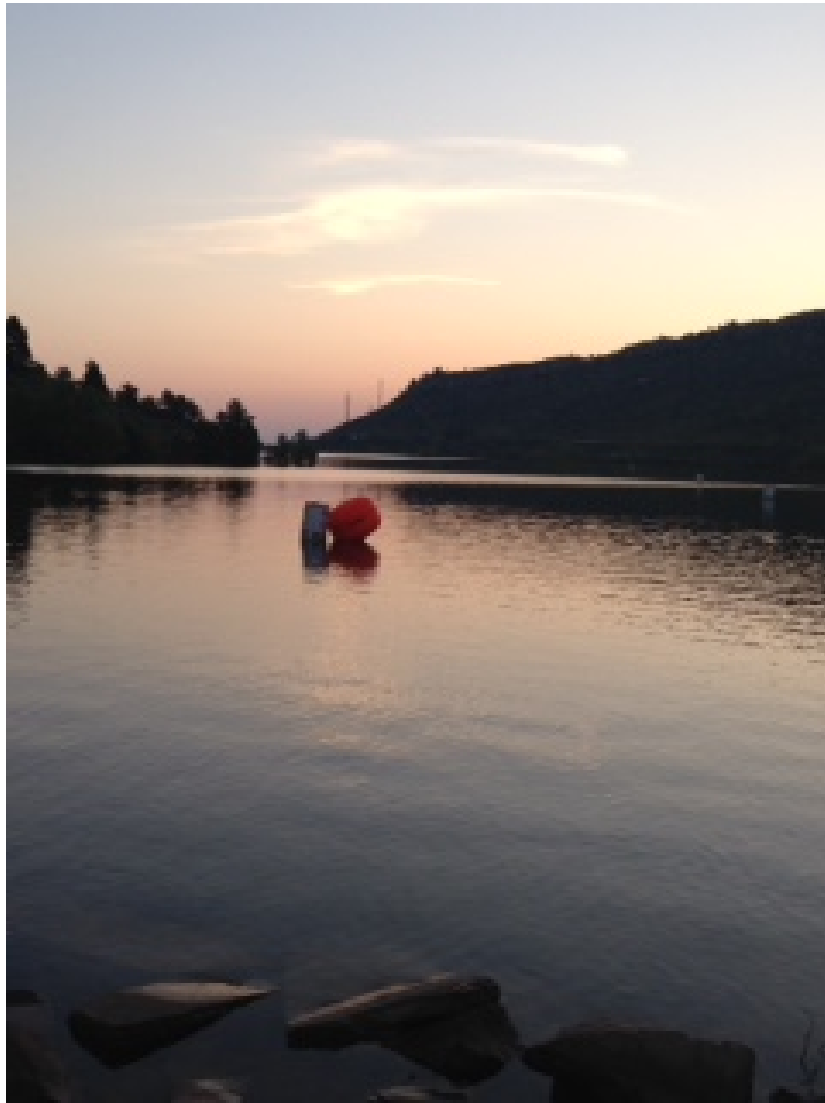
**2014 Nike Go
the Distance**
event info

**2014 Check
Off Challenge**
event info and
registration



I talked my dear friend and fellow swim lover Julia Rezabeck, from Virginia, to join me this year at the Horsetooth Openwater Swim (Aug. 10). She'd never swam OW. The day was simply magnificent and we both rocked it! (in our own way):)
Lisa Harris (I'm in the red goggles)

Contact



Horsetooth

2014 USMS SPEEDO 3000/6000 yd. National Postal
Championship November 9th 7:00 am



OCT. 26th USMS
3000/6000 yard/meter
Postal National Championship

**The Next 2014 USMS Speedo 3000/6000 yd. National Postal
Championship Swim:
November 9th, 7:00 am
Colorado Athletic Club at Inverness**

Fall is definitely in the air, the leaves are changing color, Football Season has officially started and most outdoor pools have closed. In keeping with tradition, it must be time to swim the last 2 events in the USMS Speedo National ePostal Series! Yes indeed sports fans, the 2014 USMS Speedo 3000/6000 yd. ePostal National Championships have begun! The objective is to swim 3000 or 6000 yards OR meters in its entirety between September 15th and November 15th. Upon completion, you officially enter your final time and splits with the Host Team, Central Oregon Masters, and see how you compare to swimmers all over the Country! Whether you swim for fun, fitness or competition, you will feel accomplished! In addition, if you participate, you will receive our very own Colorado Goes Postal Swim Cap.

We are very fortunate here in Colorado to have COMSA Sponsor two opportunities to participate in either or both 3000 or 6000 yd/meter swims!. Therefore, you are only responsible for paying the online entry fee when you submit your results. We are even more fortunate this year because we can swim either distance as a group, outside at Colorado Athletic Club at Inverness! (374 Inverness Pkwy, Englewood, 80112). The date is Sunday, November 9th, starting at 7:00 am sharp! Please arrive early.

It's easy! All you need to do is e-mail nicolevanderpoel@msn.com to reserve your lane on either or both dates, bring a counter/verifier person with you to take your splits/verify finish, enter your results online and list CMS as

your team! You will share a lane, side by side as no circle swimming is allowed. Clip Boards, split sheets, pencils, stop watches and entry information will be provided! Come on Colorado Swimmers, challenge yourselves and a friend to swim either or both the 2014 USMS Speedo 3000/6000 yd. or meter ePostal National Championships!! Let's show the rest of the country how Colorado Masters Swimmers GO" POSTAL at Altitude!

Nicole Vanderpoel, COMSA Long Distance Pool Chair

Be Our Guest..

Thornton Masters December 7, 2014 8:30 am



Thornton Masters, coached by Brian Hoyt, invite you to Be Their Guest Sunday, December 7, 2014. Veterans Memorial Aquatic Center. A fun and "interesting" practice will begin at 8:30 am. Thornton Masters will feed you breakfast afterwards. There will be a \$5 drop in fee collected by Brian that day.

Please RSVP for an accurate breakfast head count to bkhoyt@gmail.com

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/lgstteams/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](#)