

# Mastersplash



## In This Issue

## SEPTEMBER 2014

Colorado Rapids  
Discount tx

Thank you to Andrew Le Vasseur for assisting in the coaching of the Worlds team in Montreal, Canada this past August. See below the compilation of stories and experiences from Andrew and other participants at Worlds this summer. They are truly amazing!

Fun photos from  
Worlds

Worlds to me

Congrats to all and please continue to share your stories about your swimming experiences. They bring us together and connect us, as not only swimmers but as *people* who all love the water! Send photos and stories from your meets/events to [heidecrino@gmail.com](mailto:heidecrino@gmail.com)

Open Water  
Swimming at  
Chatfield

Thanks !

Other Open  
Water Venues  
and events

Heide Crino

Planning Ahead

### Colorado Rapids Discount tickets for Masters Swimmers September 27

Local and  
National  
Swimming Links

Hi everyone...the Rapids (soccer) are hosting a discount night on Sept 27 for Colorado Swimming and they've extended the offer to Masters too. The discount is \$10-\$12 off the regular price, and tix can be obtained via this link: <http://www.rapidstix.com/coloradoswimming>.

Whats  
Happening at  
USMS

### Fun photos from Worlds

CMS Apparel

## Quick Links

[Register Now](#)

[Clubs and  
Workout Groups](#)

[More About Us](#)

## UPCOMING EVENTS

October 12,  
2014

Pumpkin  
Plunge  
EPIC  
Fort Collins,  
Co

**November  
15, 2015**  
8th Annual  
Nash Splash  
VMAC  
Thornton, CO

**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

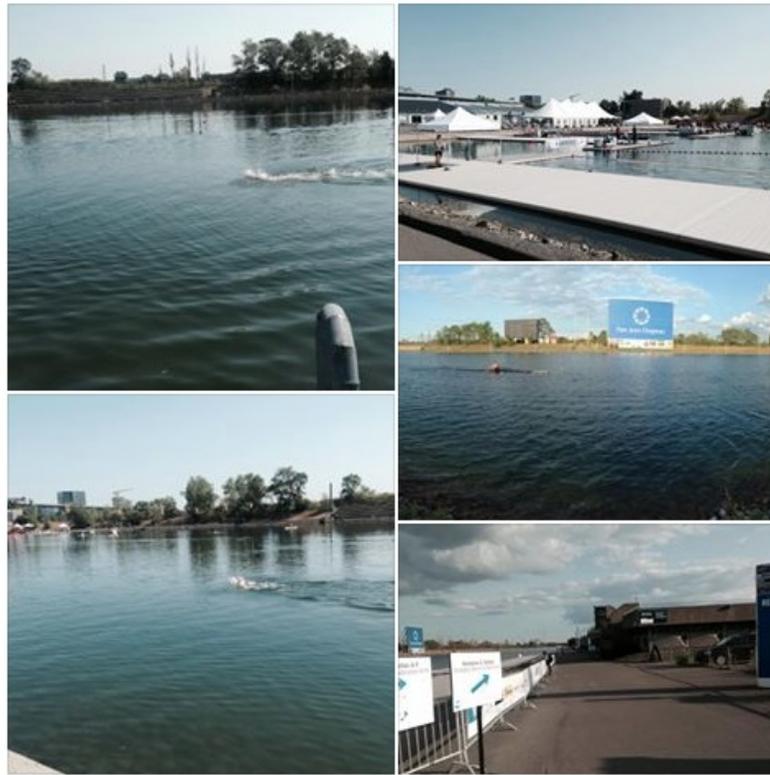
[Contact](#)



2014 US World Team



Open Water Venue



of the Colorado swimmers

Some



"Worlds, to me" . Experiences from some of those who participated in the FINA World Championship meet in Montreal Canada in August... so much more than swimming !

2014 World Championship Stories from National USMS Coach, Andrew LeVasseur and members of the CMS team.

Congratulations to all 30 CMS swimmers who competed or participated in Montreal this past August:

- Mark Barrant
- Nick Bruford
- Steve Cattles
- Suzy Cotton Tatnall
- George Downs
- Sarah Early
- Audrey Eldridge
- Tina Fraser
- Shelle Freund
- Greg Freund
- Barbara Hall
- Diane Harpold
- Steve Heath
- Brian Hoyt
- Andrew Le Vasseur
- Jodi Lee

Jeff Magouirk  
Justina Mikelson  
Ellie Najjar  
Mark Plummer  
Bill Rodgers  
Tom Rosinski  
Andy Sappey  
Collette Sappey  
Audrey Shuss  
Schuyler Smith  
Tom Toomey  
Nicole Vowles  
Margie Yoder  
and Christine Zheng

At the 2014 FINA Worlds Masters Swimming Championships there were over 8,000 participants in water polo, synchronized swimming, diving and swimming competing over a 2 week period. 98 of about 120 countries world wide were represented. There were over 1,500 attendees from the USA only, 2,500 from Canada and the rest were divided among the other 96 countries! Many countries had just one swimmer representing that part of the world.

Swimmers,  
Each time I have had the opportunity to lead the CMS regional team at a national or international event, I have included with my report a compilation of the stories each of the swimmers who participated.

Thanks to each of you for writing a paragraph about your success and/or experiences in Montreal.

Best to you,  
Andrew

**From USMS National Team Coach, Andrew Le Vasseur**

Bill, (Bill Brenner, Director of USMS Education Services)  
Truly, Thanks again! Due to many factors I never thought I would ever get the opportunity to coach on the world stage. Having the opportunity to run the sprints lane and offer coaching advice to swimmers from all over the world each morning of Worlds was a very rewarding and unique experience. The gratitude shown to me from swimmers for all over the world for the advice and feedback I was offering, was over whelming. One guy even wanted to fly to Denver for private lessons. How crazy is that? I explained that Jen, another worlds coach lived and worked much closer to him and that he should look her up but he insisted on obtaining my contact information and coming to Denver.

I got the opportunity to talk to a Beth McGee about backstroke technique on the day the 200 back was being swum in the women's pool. Soon a whole crowd of swimmers circled us to listen to the explanation and advice I was offering on backstroke technique and specifically, how to achieve better leverage on her pull. That was very different from my usual experience!

Finally, getting to challenge Eric Wendorf's DQ in the 200 Fly was the highlight of my trip. He was DQ'd on a rule that was poorly translated and we won the challenge! Eric then received 8th place in his age group. The officials were happy to award the medal stating that he deserved it and swam a good and legal race! I got my 100 Swiss Franks back! As you well know, this never happens in international competition!

As a coach for a local swimming group within a regional club, I was convinced I would never have the opportunity succeed in the certification process or advance as a swimming educator and coach. The USMS/ASCA certification process you have developed and offered Masters Coaches and the opportunities you have opened for all coaches, not just the leaders of big independent clubs has made that possible. Thanks for creating this

opportunity! I am so happy to have lived up to your expectations and those of USMS and Head Coach Tim Waud at the 2014 FINA World Championships!

Your surprise visit to our swimming practice in Denver was an honor and I hope to see you again the next time you are in town.

Thanks again, to you and Head Coach Tim Waud for selecting me and letting me have this tremendous and unique opportunity. It has been an honor to serve USMS and coach with the "best coaching staff ever" of Tim Waud, Dan Hawks and Jen Catucci. They were awesome!

Best to you,  
Coach Andrew

### **From Mark Barrand (Denver Masters Swimmer)**

Last time I was in Montreal was when I was 16 and the Canadian nationals were held at the site of the previous year's (1967) World's Fair and when I was a senior in high school and we played in the Canadian Water Polo Championships. Our team placed third and it was a very fun pre member trip. That was 45 years ago and a few things have changed. Montreal has hosted the Olympics and the Swimming World Championships. We drove by the brilliant Olympic stadium, the tallest leaning tower in the world. This time we swam at the site of the old World's Fair, but a recently built pool to host the 2005 World Swimming Championships. There was a main pool with a warm up pool and another temporary, think of a 50 meter Olympic sized above ground pool, with bleachers. The men swam at the main pool one day and then switched every other day with the women. It was a half a mile walk between the pools. Our swimming pass gave us free transportation to and from the airport as well as unlimited travel on the subway. You just had to wear these goofy badges to get around and since there were 6,000 swimmers, you saw people with those badges everywhere.

My first event was Monday morning, the 200 M Back and I was seated 14th with a 2:55 time. They gave out medals for the top 10 places and I really wanted to get a medal. The race went well for the first 100 M and I was way out ahead in my heat, but the second 100 was tough, but I won the heat and had a 2:51 for a final time. I ended up 7th overall and was delighted to get a medal. We took the afternoon off and toured Montreal. Did you know that during the American Revolution, the American army occupied Montreal for about 7 months? Ben Franklin came up to Montreal to convince the French to rebel against the British and join the Americans, but they refused and so we gave them back the city and went home.

The next day was my most scary event the 200 IM. I was very worried about running out of gas after the Fly and dying a slow death. But the event turned out great. I entered a 3:00 and was seated 13th. I won my heat by a long ways and ended up 6th overall with a 2:53. The splits were a bit slow but I was pleased with the outcome. There was only 1 second separating 4th, 5th, and 6th. Later that evening I was able to stand on the blocks at a World Championships for finishing in the top 6. I was pretty happy. There was only 1 American ahead of me and the rest of the field was from Italy, Australia, Germany, and Canada. Walking through the crowd was amazing with all the different flags and languages. I felt like a meeting of the UN or just after the tower of Babel. They would announce the heats in 4 or 5 different languages.

The next day was the relay day and I was in three relays. The first was a mixed medley and I did free and broke a 30. We ended up 12th, so just out of the medals.

The 100 and 50 Back were done over the next two days and I got 12th in both events. My time was lousy in the 100 and much better in the 50. I loved the experience of getting out and competing in life, even if it is as silly as swimming up and down a pool. There is so much to be said about working hard over a long period of time to reach a goal, to battle creeping old age, and to grab life

and wrestle it by participating and not just spectating. When I asked Nick why he still swims competitively he said, "For the Self Esteem, I want to feel alive, even if it is just a swim meet." I realized I compete every day of my life in almost everything I do. I really don't know how to live life without competing and it may be stressful but the joys are so powerful, I don't want to stop competing.

Thanks  
Mark Barrand

### **From Suzy Cotton Tatnall (Highlands Ranch Masters Swimmer)**

Worlds to me, was a swim of a lifetime, one that I have been planning for almost 2 years.

I began swimming 5 years ago after I had a bit of a meltdown in 2008. I needed to change my life so I dove back into the water and started practicing once again. I was amazed at how fast my body remembered, how to swim fast. I was reborn and had the desire to be the best I could be.

When I found out that Worlds was going to be in Canada, I knew that I needed to start training. It was hard work and discipline, especially when you live alone and work 40 hours a week.

I aged into a 55-59 age group, and was seeding to place in the top 10. Wearing American swag was an instant conversation starter, and created so many of new friendships. Sitting in the heating area and chatting it up with swimmers from all over the world was exciting and fun. We became age group swimmers all over again, all nervous and filled with anticipation.

Lindley Flurey, NC and Jan McDonough, PA and I dominated the backstroke events, and we are looking forward to meeting up again in San Antonio, TX. I also got to know my Colorado swimming mermaids really well, Audrey, Shelle and Collette.

My sister, Kathy and daughter Brittni went as my family support team, they filled me with encouragement, strength and hope. I will be forever grateful for the non selfish act of them both sleeping together in a double bed, so I could get the sleep I needed.

My World standings are as follows:

2nd 50 Free  
3rd 100 Free  
3rd 50 Back  
3rd 100 Back  
5th 200 Back

Never in my life would I have imagined myself as a world class swimmer in my middle age. I am so grateful to have had this wonderful experience in my life.

Hugs to all my swimming friends,  
Suzy Cotton Tatnall

### **From Audrey Eldridge (Pikes Peak Masters Swimmer)**

It was so exciting to be competing at an international level with thousands of swimmers from all over the world. Montreal is a beautiful city, exceptionally clean, not congested, and filled with super friendly people. I often felt as though I was in Europe at the Olympics.

The experience confirmed for me that the culture of swimming transcends all cultural differences we may have. Swimmers are swimmers, no matter where they are from! My training paid off with personal best times on all of my swims! The best swim I had was as part of the mixed medley relay (200-249 y/o)

when I swam the breaststroke for a time that beat my personal best by 2 seconds! (Our relay also beat the other two Colorado relays in that event--including one that was in the younger age group--just sayin'.)

Another highlight was adding to my already extensive swim cap collection by trading caps with people from other countries. My favorite is one I got from Spain. Also, watching my new friend Suzy Cotton (Tatnall) collect top medals in all of her events, proving that she is one of the best masters swimmers in the world!! My journey to Montreal was about more than just swimming at worlds...to hear more about my swimming story you can view it on YouTube by entering Audrey Eldridge Story Project in the search box.

### **From Collette and Andy Sappey (Green Mountain Dawgs, Rocky Mountain Thunder Swimmers)**

The 2014 World Masters Championships was a very special meet for me. I convinced my husband, Andy Sappey, to come out of a 10 year "competitive retirement" to join me in what would be a celebration of our 20th wedding anniversary. We met 22 years ago at a swim meet. I had two thoughts when I saw him at that meet, "boy, he sure is cute and boy, he's not a sprinter." Well, he isn't a sprinter but instead, a Masters world record holder in the 1500m free and me, a die-hard sprinter. I guess opposites do attract.

Anyway, what would be more appropriate than to celebrate what has been such an important part of our partnership, the love of the sport of swimming, than to compete together on the World stage? That's exactly what we did! We even got to swim on a relay together and almost placed in the top 10. Andy followed in my footsteps, or maybe he's getting smarter in his old age, and decided to swim the same events as me, the 50 and 100 free and the 50 fly. He was amazing and surprised himself by transforming himself into a sprinter and learned that tapers do work. I surprised myself in the 50 fly by not getting slower than I was two years ago (31.8) and coming in 3rd, especially when I hadn't swam a lick of fly all summer long due to a shoulder issue.

All in all, we had a wonderful time celebrating our life together and the joy of what it is to be a Masters swimmer.

### **From Mark Plummer (Colorado Athletic Club Masters Swimmer)**

Hey Andrew

First I would like to thank you for all your efforts in making the World Meet in Montreal a success for me and I am sure as well as for all of the other Colorado swimmers that attended.

As for my swimming results, I did about what I expected to do which was to be about in the middle of the pack of 75-79 year old free-style swimmers. I took a 18th place in the 100 free, a 22nd in the 50 free and a 24th in the 200 free out of about 40 swimmers total in each event.

My disappointment was with the 200 IM. I took an 11 place out of 12 but had expected to be in the 8-10th range to obtain a medal. My fly, back and free legs were much better than those of the swimmers that took the 8-10 places. However, my back to breast turn was not up to par. My wife who was watching said that this turn was where I lost out. Knowing that this non-U.S. gutter free turn would be hard, I practiced it a lot the morning of the race. However, my practice time was not rewarded. My arm slipped off the touch board and I did not get the one under water pull that is allowed. As a result, I came out of the water long before the flag line. Oh well, that is life.

Our non swimming time was spent at the Montreal Art Museum and Botanical Gardens. Both of which are quite exceptional in quality. And, even not-art and non-garden lovers will really appreciate these venues.

Again, thank you so very much for your effort to make this meet a success  
!!!!!!!!!!!!!!!!!!!!

Sincerely,  
Mark Plummer

#### **From Sarah Early (Thornton Masters Swimmer)**

I feel so blessed and honored to have been able to participate at Worlds in Montreal. Not only were there amazing athletic performances but the tenacity and talent of the older athletes were especially inspiring. However, for me the coaching was what stands out for me. Personally, I'm not some swimming phenom who qualified in all the events by a landslide. I snuck in qualifying for only the 100 and 200 breaststroke events. I started Masters 3.5 years ago and went to my first swim meet (CO States!) at age 40.

Even though I knew I was nowhere near placing in the top 10 in my age group, Thornton Masters Coach Brian Hoyt encouraged me as well as my teammates to go for our personal best as well as the memorable experience of swimming such a large caliber event. Through his motivation (aka relentless cajoling), he managed to talk five of us into making the journey with him and all of us had an amazing time. If someone told me four years ago I would be swimming at Worlds, I would have never believed them. My goals of not having my goggles fall off, not DQing and not receiving a 'No Time' were accomplished. I'm for sure the most excited 45th place holder at the event!

For me, the Worlds experience epitomizes Masters Swimming - always fun, supportive and challenging - but truly coming away from the pool with more than you ever expected from yourself. Thanks Brian!

Sarah Early

#### **From Jim Hanson (Colorado Springs Swim Team Masters)**

This was my second World competition. I tend to overlook glitches and SNAFUs, move on, and accentuate the positives - My own personal bests etc. For me, the true spirit of Masters swimming is about challenging yourself and making friends.

Montreal, for me was about reuniting with friends from across the globe I met in Gothenburg, Sweden at Worlds in 2010 and meeting and making NEW friends from across the globe again. It was also about a new (at least for me) and interesting city and watching all the various competitions.

I only joined Facebook in 2010 at the suggestion of some friends that wished to "follow" my adventures at Worlds. It has become a great tool for keeping in touch.

The most inspiring people at Worlds 2014 for me was: Suzy Cotton - immediately bonding over swimming "saving our lives", Margaret and Ian Stuart of Canada BOTH cancer survivors and wonderful friends of mine.

Lastly, swimming a relay with fellow CMS members and finding out Cortez has some REAL talent....Steve Heath!

Thanks to Andrew Le Vasseur and the other USA National Team coaches for really giving their all throughout the meet to keep TEAM USA engaged!

Thanks,  
Jim Hanson

**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**

Full details about the pond and swimming rules :

<http://www.comsa.org/openwater.html>

### 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

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

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.

### Planning Ahead:

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](#)

Pumpkin Plunge  
EPIC  
Fort Collins, CO  
October 12, 2014

8th Annual Nash Splash  
VMAC  
Thornton, CO  
November 15, 2014

Colorado Masters Swimming State Meet  
VMAC  
Thornton, Co  
March 27-27, 2015

### 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](#)

## 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.



Colorado Masters Swimming

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

username: colorado  
password: masters