

Mastersplash



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SAVE THE DATES:

Oct 24, 2015

CU Buff Invitational (Recognized meet)
CU Rec Center Pool

Nov 14, 2015

SEPTEMBER 2015

Adapt Your Swim Training When Life Gets in the Way

Slow down, focus on technique, make changes to ensure that workouts aren't wasted.

Chris Campbell | September 7, 2015

It's something we all face: getting older. And for many of us, responsibilities—both personal and professional—don't diminish, they only get bigger and more pervasive. We end up shorting ourselves on sleep and personal time that we used to have for recharging our energy levels. Workouts become fewer, shorter, and less productive. It can seem as though someone or something is always there, taking away more and more of our free time and we slowly lose our ability to resist.

Tendinitis and arthritis in both elbows, a cranky shoulder, a dodgy knee, and a stressful job sap my time and energy. My training volume and intensity have both suffered—I get to the pool less often and I can't push as hard as I'd like to during practice. Little things, such as having to use the ladder to get out of the pool at the end of workout or water that's too warm, just add more frustration.

What's a lifelong competitive swimmer to do? With limited time and energy, how do I make sure what precious training time I can find isn't wasted?

Adjust the Sails

As my brothers and I were growing up, swimming our way through high school with an eye toward collegiate swimming careers, our parents—Mom the Coach and Dad the Head Referee—provided constant guidance in dealing with and overcoming obstacles that would always be a part of life, in the pool and out. Our house was adorned with those glossy motivational posters and, although it seemed trite at the time, one has stayed with me all of these years: a great white sailboat gliding across a blue sea and the words: "We cannot change the wind. But we can always adjust our sails."

As I remembered this and thought about my training time in the water, I realized some adaptations were in order.

- **I needed to slow down.** Although I might not be able to swim as much or as hard as I'd like, I can always swim correctly. Tough times have given me the opportunity to slow things down a bit and think about what I'm doing. Every turn, every wall, every stroke.

9th Annual "Nash
Splash" Memorial Meet
(Sanctioned meet)
VMAC
meet info

ONGOING EVENTS

COMSA
Registration
registration link

2015 Check Off
Challenge
info and registration

2015 Go The
Distance
Enter Go the Distance

[More Information](#)

[Contact](#)

- **I had to make changes.** As a coach, I've always emphasized proper stroke technique. This was my chance to practice what I preach. I've been retooling my strokes, listening to other coaches, and watching videos. I've also added dryland exercises to increase my strength and flexibility.

It's been helping. Despite the nagging injuries and the shortfalls in my training volume and intensity levels, I've had a couple of great meets, even throwing down some age group personal best times, one year shy of aging up. Focus, attention to detail, and a different way of thinking has helped me make the best of a tough situation. Now I think about every single stroke I take and make it work for me. Even if they are too few or not very fast, I can always work on making them perfect. That way, no workout is wasted.

About the Author-Chris Campbell

Chris Campbell is a long time swimmer and coach with Mountain View Masters. A veteran of psychic wars, he loves swim meets, is a shameless foodie, and takes forever to walk from one end of the pool to the other because he has to stop and chat with so many people.

The Gravel Pond at Chatfield

September monitors needed for Gravel Pond at Chatfield. Sign up here:

[September Sign up for Chatfield Volunteers](#)

any further questions??
Contact: the openwater chair
email: shelleswims@gmail.com

Registration for NEW Members of USMS

Hello Club and Workout Group Contacts,

Beginning today, your **prospective members** have two registration options available online:

1) An end-of-year 2015 membership, which is discounted from the full-year 2015 price. It expires on December 31, 2015; or

2) A "year-plus" membership, which is a 2015 membership PLUS a prepaid 2016 membership (available only online). The way this works is that the member makes his LMSC and club selection and receives his 2015 card immediately. Then, in November, the member will be asked to confirm his LMSC and club choice for 2016. When he does that he will be issued his 2016 membership card, which will expire on December 31, 2016.

Note that the "year-plus" membership includes an additional \$10 discount off the USMS portion of the 2015 membership fee. Each LMSC is different because they all charge different fees, but here is one example of the two options that are presented to a prospective member today. This example is for a member who registers in the MinnesotaLMSC:

OPTION 1, 4-MONTH END-OF-YEAR 2015 MEMBERSHIP example:
2015 USMS fee: \$25.00
2015 Colorado LMSC fee: \$5
Total:\$30

OPTION 2, YEAR-PLUS (2015+2016) MEMBERSHIP example:
2015 USMS fee: \$15.00
2015 Colorado LMSC fee \$5.00
2016 USMS fee: \$39.00

2016 Colorado LMSC fee: \$10
Total: \$ \$69

The "year-plus" membership is designed to provide the prospective member with another option that he might find more attractive than the end-of-year option.

Prospective members may join USMS by visiting:
<https://www.usms.org/reg/register.php?newMember=1&step=persInfo>

Thank you,
Anna Lea Matysek
Membership Director
Membership@usms.org

Work out group leaders/coaches please update your information with the USMS data base.

A note from the USMS Membership Director:

We receive many calls at the USMS national office asking, "Where can I find a Masters team to swim with?"

We always direct the caller to go to the USMS Places to Swim page on usms.org, enter their zip code, and search for a program.

It is important that our clubs keep their listings as up-to-date as possible.

Listings are not automatically updated when a club registers with us because the listings are geo-coded by pool location.

I am writing to ask you to check your listings and update them if necessary.

Here's how to do that:

- Go to: <http://www.usms.org/placswim/>
- Enter your zip code and a mileage radius
- Click the "Go!" button
- Scroll down below the Google map and find your club's listings
- If your listing needs to be updated, click the "Modify this listing" link within the listing
- If you don't see a listing for your club or pool, add one by scrolling back up to the Google map and clicking the "Add a new listing" link just below the map.

Thank you for helping us keep these listings accurate. Doing so helps us direct prospective members to your program!

Anna Lea Matysek
USMS Membership Director

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/lgsteams/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](#)