



Hello Katie,

There are many exciting opportunities for you to get involved with COMSA beginning in October! There are several meets on the horizon with more to come so stay tuned!

Nominations are open for COMSA Coach of the Year as well as COMSA's Volunteer Services Awards. Club and workout group registrations open today! Please see a message from COMSA Chair Doug Garcia on the difference between a Club and workout group!

Happy Swimming!
Katie Glenn
COMSA Secretary

Upcoming Events

SAVE THE DATE

October 7 - CU Buff Invite Swim Meet, Boulder
October 15 - CSU Ram Fall Invite, Ft. Collins
November 4 - Nash Splash, Broomfield

For a listing of events around the country, you can always check out USMS's [Calendar of Events](#).

Special News From COMSA Chair Doug Garcia



Congratulations Crystie! & What is the Difference Between a Club and a Workout Group?

I want to first congratulate Crystie McGrail for her election as the new USMS Vice President for Local Operations. This is a volunteer position that will work with the national History and Archives; LMSC Development; Records and Tabulation; and Recognition and Awards committees. The election was recently held at the USMS annual meeting, and she will serve for two years with the option to be elected for an additional two years.

Many of you who have been involved with COMSA for a while are not familiar with Crystie, who is new to Colorado. She moved from New England Masters to Longmont about 10 months ago, and right away wanted to get involved with COMSA. We are lucky to have someone so experienced with the masters swimming organization in our midst. Crystie has agreed to get our web site up-to-date, while we try to find a volunteer to take over as webmaster, as well as serving as our awards chair. Thank you Crystie for your service to COMSA and to USMS.

Clubs and Workout Groups

Starting October 1, all USMS Club and Workout groups will renew their registration, similar to how all swimmers will renew their individual membership starting November 1. The COMSA board has approved to pay for the registration renewal for all clubs and workout groups with 10 individual members or more.

There seems to be some confusion within COMSA as to the difference between a Club and a Workout Group, hopefully this will explain.

USMS has designated clubs as the main organizing group in USMS. All

meet results are posted under a swimmer's club name or as unattached. If a swimmer were to participate in a USMS national or zone championship, only club affiliation is recognized. Only clubs are allowed to submit relay entries at national and zone championship meets. Clubs are supposed to have an organizational structure such as a board, bylaws, and finances.

A workout group is a sub-group associated with a club. A club might have multiple workout groups at different pools, but come together as one for organizational, financial, or competitive purposes. Workout groups may or may not have an organizational structure.

National Relays

If you plan to attend a USMS national or zone championship meet, and plan to swim in a relay, you may only compete or set a record with other swimmers from your same club. Unattached swimmers are not allowed to participate in relays. To illustrate this point, you'll see below the list of some of the COMSA club and workout group registrations.

Club name

Colorado Masters Swimming

Aspire Aquatics of Colorado
Colorado Torpedoes Masters
Lakewood Dawgs
Durango Masters Swimming
Elevation Athletics
Lifetime
Off Piste Aquatics
Wyoming Masters Swimming Club

Workout Group

Jeffco Aquatic Masters
Aurora Masters
Boulder Aquatic Masters
Bee Gees
COSA Swimming Masters
University of Denver Masters
FAST Masters
Foothills Masters Swim Team
Club Greenwood
Loveland Masters Swimming
Montrose Masters Group
Pikes Peak Masters Swimming
Pueblo Masters Swimming
SQUID Swim Team
Thornton Masters
Highlands Ranch Masters Swimming

No workout group
No workout group
No workout group
No workout group
No workout group
No workout group
No workout group
No workout group
No workout group

The swimmers associated with the workout groups under the Colorado Masters Swimming Club would be eligible to swim together on a relay team at nationals. As you plan your swimming year, I would suggest that you select your club registration carefully. While it is possible to change clubs mid-year, USMS rules stipulate there is a mandatory 60 waiting period before the change takes effect. Once a meet has started, you are required to swim with that club for the duration of the meet. Please reach out to either Cristie or myself if you have club/workout group questions.

COMSA COACH OF THE YEAR AND VOLUNTEER SERVICE AWARD NOMINATIONS NOW OPEN

COMSA Volunteer Service Awards

Each year since 1983 COMSA has presented an award to one male and female who has made a significant contribution to Master's Swimming and COMSA. From 1983–2007 this award was named the Lt. Governor's Cup. In 2008, the award was re-named as the Jack Buchanan COMSA Service Award.

COMSA Coach of the Year Award

Is your coach exceptional? Do they go above and beyond to help every swimmer?

Nominate them below for the [COMSA Coach of the Year Award!](#)

Nominations Open: October 1st

Nominations Open: October 1st
Nominations Close: January 1st
[COMSA Service Award Nomination Form](#)

Awards will be presented during the COMSA State Meet.

We will also include the nomination questions for the [U.S. Masters Swimming Dot Donnelly Service Award](#). This section is optional. We would love to elevate the recognition of our volunteers if they meet the criteria. Please include as much information as possible.

Nominations Close: January 1st

Awards will be presented during the COMSA State Meet.

We will also include the nomination questions for the [U.S. Masters Swimming Coach of the Year Award](#). This section is optional. We would love to elevate the recognition of our coaches if they meet the criteria. Please include as much information as possible.

Masters Swimming Coaching Opportunity



Johnstown YMCA Masters Coach

The YMCA of Northern Colorado is seeking Masters Swim Coaches for new programs at our Johnstown YMCA.

The Masters Coach is responsible for creating training plans, leading and coaching all workouts. They have knowledge of proper swim techniques and skills required for a safe and effective practice. They will create connections with members to understand their background and skills to effectively conduct practices.

Practice times in Johnstown are Tues/Thurs 5:00am - 6:00am, Sat 7:00am - 8:00am

Link to [Job Posting](#)

Please let us know of any other masters coaching jobs!

Do you have interests or ideas for the next newsletter? Let us know!

COMSA To Reimburse Club/Workout Group Registration Fees for Clubs/Workout Groups of 10+ Swimmers

COMSA's Executive Board voted and approved that COMSA pay the 2024 club/workout group registration fees for all clubs/workout groups with a 2023 membership of 10 or more swimmers.

Club/workout groups with less than 10 members, should contact the COMSA Chair for reimbursement requests.

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