



Greetings!

Congratulations to all of the swimmers who swam at the COMSA State Meet! Thank you to all of the volunteers who helped make the COMSA State Meet a smashing success! Special thanks to Andrew Le Vasseur, Eric Nielson, Hugh Duffy, Pete Schwenker, Mike Wise and Doug Garcia for putting on an excellent meet! Thank you to the Bee Gees for their hospitality at the post-meet BBQ! A special congratulations to Foothills Masters Swim Team who won the overall team championship and topped the women's and men's results! The Top 10 Teams were:

1. Foothills Masters Swim Team 3325
2. Jeffco Aquatic Masters 2033.5
3. Bee Gees 1673.5
4. Pikes Peak Masters Swimming 1268
5. Fast Masters 1185.5
6. Colorado Athletic Club Inverness 765
7. Colorado Masters Swimming 653
8. Club Greenwood 606.5
9. Life Time 513
10. Durango Masters Swimming 511.5

COMSA's Fitness Chair Barb Martin is introducing a new feature for the COMSA newsletter - Meet the Team - featuring individuals or teams who are making an impact within COMSA! If you have ideas for future stories, please don't hesitate to contact [Barb](#)! We look forward to future stories!

Happy Swimming!
Katie Glenn
COMSA Secretary

Upcoming Events

OPEN WATER SWIM RACES

Solstice Sunrise Swim

- June 18, 2023
- Union Reservoir
- [Link to Race Information](#)
- The Mountain Swim Series offers a 10% discount for COMSA members. Use the Promo code "COMSA2023" to get the discount.

Carter Lake Crossing

- July 22, 2023
- Carter Lake
- [Link to Race Information](#)
- The Mountain Swim Series offers a 10% discount for COMSA members. Use the Promo code "COMSA2023" to get the discount.

Swim Across America

- August 20, 2023
- Chatfield Reservoir
- [Link to Race Information](#)

Castle 2.5K/5K/10K

- August 26, 2023
- Wellington Lake
- [Link to Race Information](#)
- The Mountain Swim Series offers a 10% discount for COMSA members. Use the Promo code "COMSA2023" to get the discount.

Horsetooth Swims 1.2M/2.4M/10K

- September 10, 2023
- Horsetooth Reservoir

- [Link to Race Information](#)
- The Horsetooth Swim offers a 10% discount for COMSA members. Use the Promo code "COMSA2023" to get the discount.

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

Annual Meeting Summary 2023 COMSA LOU PARKER COACH OF THE YEAR & JACK BUCHANAN SERVICE AWARD WINNERS

LOU PARKER COACHES OF THE YEAR

DAG SEYMOUR

&

STEVEN ZARIAN

Motivation: Last year the AJAM swimmers (called JAM in 2022 and previous years) placed second at the COMSA state championship, with the women placing first. Previously, the AJAM team placed 12th at the 2019 COMSA championship. By getting swimmers engaged and motivated, Dag and Steven were able to take the team to a second place finish in 2022.

Technical advice: Both Dag and Steven are decorated-collegiate swimmers, who take the time to answer questions and give critiques. They are mindful of the age groups and abilities they are coaching and empower each swimmer to bring out their personal best.

Dedication: Dag and Steven are responsible for coaching 11, 90-minute practices in a week – on top of their full-time jobs. This means they are coaching us at 5:30am, work a full day, and then return to the pool at 7:30pm. This shows their dedication to the sport and the team.

Camaraderie: The environment at the AJAM pool is one where everyone feels welcome and actually wants to be at a 5:30am practice. We are friends inside and outside the pool, having spaghetti dinners, hiking 14ers, and always heading out for a celebratory lunch after a meet.

Dag motivates through his storytelling and unique practices. Having a breadth of personal experience, Dag always has a motivational speech ready to get us mentally prepared for the task at hand. Dag also recognizes that masters swimming doesn't always need to be serious and brings in fan favorite practices like "spooky dice" in October and the "12-days of Christmas" practice in December.

Steven is a strategic thinker and planner. He makes sure his swimmers are prepared mentally and physically for big events, giving us countless chances to grow and improve as the season progresses. He observes his swimmers and puts together workouts that are challenging for all the levels. He is vocal on the pool deck cheering us on during sets to keep us motivated.

JACK BUCHANAN SERVICE AWARD WINNERS

ANDREW LE VASSEUR

&

KATHLEEN STEFFE

A special thanks and congratulations to Kathleen and Andrew for their commitment and years of volunteer service to COMSA.

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 Buchannan COMSA Service Award.

[Link to Jack Buchanan Service Award Winners](#)

COMSA FITNESS CHAIR



Hello! My name is Barb Martin, and I am COMSA's new Fitness Chair. I look forward to working with you to increase COMSA participation in USMS fitness events, such as the [USMS Fitness Series](#). I also hope to bring you fun and informative articles in the COMSA monthly newsletters – starting off with a “COMSA - Meet the Team” interview with FAST Masters swimmer, Sue Bloomfield, who has been swimming for more than 65 years! I look forward to hearing your suggestions and feedback at orpiment@comcast.net.



COMSA - Meet the Team Sue Bloomfield

Q: Tell us a little bit about yourself – your team, family, job or retirement status, and anything else you would like to share.

A: Sue Bloomfield, 70 years old, FAST Masters (Ft. Collins). I was born and raised in Cheyenne, WY and live with my partner Scott Borden, plus our 3 dogs and 2 cats in west Fts Collins at the base of foothills. I am the proud mother of two brilliant daughters: Lauren (32) a process analyst for Slack living in Denver, and Alicia (36), a tissue engineer working for United Therapeutics in Raleigh, NC. Alicia and her husband Nate are avid Ironman triathletes. I am "mostly retired" from full-time work as a faculty member at Texas A&M University (College Station), where I ended 27 years there as Professor of Kinesiology and an associate dean for research in my college. My academic discipline was exercise physiology. My research group focused on impact of lack of exercise / weightbearing on bone health, using animal models to simulate spaceflight effects, work funded mostly by NASA. The "mostly retired" refers to the fact I am still involved in volunteer professional efforts like formulating consensus statements, contributing to a National Academies project on defining research directions for NASA, and the like.

Q: When did you first get involved with the sport of swimming and how long have you been swimming?

A: My grandmother started all her grandchildren on swim lessons by the age of 4 or so, and summers were spent at the pool. So, I've been swimming for over 65 years. I began age-group competitions by age 10 or so, which continued through my high school years. Being that it was pre-Title IX era and in Wyoming, there was no such thing as varsity sports for girls or women, even at the university in Laramie. Only once I transferred to a small liberal arts college in Ohio (Oberlin) did I find a women's varsity swim team, and it was only for my senior year that we had a full 4-month season. A small cadre of us actually qualified to go to AIAW (Assoc of Intercollegiate Athletic Women) Nationals, held at Penn State in 1974, where Div III schools like ours were competing against Arizona State, Stanford, etc.

Q: What keeps you involved in masters swimming?

A: Training for competitions keeps me motivated to

get to the pool regularly, and I enjoy the challenge of preparing for pool competitions. I trained on my own for nearly 30 years after leaving behind a great Masters team at Ohio State University (which I helped coach as well). For meets I registered with Woodlands Masters out of North Houston, so I could swim relays with their strong over-50 women swimmers. Being able to train again with a team (and our outstanding coach, Eric Nielsen) is a true delight and that, along with the extra time for training being retired, I am more fit than during most of my 50s and 60s.

Q: What other hobbies do you participate in?

A: I love to hike here--one of the big perks of living in Ft. Collins. I picked up pickleball over 2 years ago and play several times a month. And in 2 months I will be trying a new sport I've always wanted to try: scull rowing on Horsetooth Reservoir. For downtime, reading a good novel can't be beat.

Q: What is your favorite event?

A: The 400 IM is my Mt. Everest: a tough event to pace well. I've been happy with my pacing maybe twice in the last 10 years, but I keep trying. It was my best finish at spring USMS nationals last year (5th).

Q: What advice do you have for other Masters swimmers as they progress through the age groups?

A: Work on gaining some humility (a constant challenge for me). Unless your training was minimal or sporadic earlier, it's very hard to avoid slower race times decade to decade. One swimming friend I have has great advice: work on your PRs within each age group, then start all over once you age up to the next one. And health-related training stoppages crop up more often. On the other hand, the longer you stick with this sport, the fewer competitors (once you reach 60+), so it becomes easier and easier to achieve top 10 times or placing at large meets. And ALL Masters swimmers can take pride in being among the top 5% (or better) of fitness levels among Americans (a notoriously unfit population as a whole).

Q: Anything else you may want to share with readers?

A: Encourage friends you have that are swimmers to check out Masters swimming for fitness and good camaraderie in the water--so much more fun than swimming alone, in my book!

OPEN WATER SWIMMING SEASON ANNOUNCEMENTS

As the snow melts and the flowers grow, the call of the Open Water starts calling swimmers to return to the freedom of the great outdoors. The lakes are beginning to warm up. COMSA is working to get more involved to help create more open water practice and competitions for COMSA and USMS swimmers.

Given the restricted access to many of the Colorado lakes, this is a continuing challenge but there are opportunities. If you know of more opportunities than are listed here, please let me know at [Joe Bakel](#) and I will pass the word in future newsletters.

For Open Water practices, there are the following opportunities:

- **Chatfield Gravel Pond.** There no longer are organized USMS practices but the pond is open to swimming. Grab a buddy and swim outdoors (remember, never open water swim alone).

- **Boulder Reservoir.** There are practices Tues/Thur early AM. <https://www.bamswimming.org/events-open-water>

- **Union Reservoir.** There are no organized USMS practices but there is open water swim available. <https://www.longmontcolorado.gov/departments/departments-n-z/parks-open-space-and-trails/directory-of-parks-trails/union-reservoir-park/fees-and-hours-at-union>

- **Horsetooth Reservoir.** Green Events holds a Tri-training most Wednesdays from 6-7pm during the summer months. You don't need to run, you can just swim the entire hour. There is a 500m course with kayak/SUP support where you can loop as many times as you want during this hour. Information at <https://horsetoothtritraining.com/>

For Events, both the Mountain Swim Series and the Horsetooth Swim offer a 10% discount for COMSA members. Use the Promo code "COMSA2023" to get the discount. The dates are:

- June 18, 2023. Solstice Sunrise Swim. Union Reservoir. <https://mountainswimseries.com/>

- July 22, 2023. Carter Lake Crossing. Carter Lake. <https://mountainswimseries.com/>

- August 20, 2023. Swim Across America. Chatfield. https://www.swimacrossamerica.org/site/TR/OpenWater/Denver?pg=entry&fr_id=6591

- August 26, 2023. Castle 2.5K/5K/10K. Wellington Lake. <https://mountainswimseries.com/>

- September 10, 2023. Horsetooth Swims 1.2M/2.4M/10K. Horsetooth Reservoir. <https://www.horsetoothswim.com/>

SWIM ACROSS AMERICA - DENVER

MAKING WAVES TO FIGHT CANCER

Colorado Masters Swimmers & Families All of us have been affected by Cancer in our lives. Please join us as we Make Waves in the Fight against Pediatric Cancer in Colorado at our 6th **Annual Swim Across America – Denver (SAA-Denver) Open Water swim at Chatfield Reservoir on Sunday, August 20 , 2023.** SAA-Denver is thrilled to have raised over \$1 Million since our Inaugural Event in 2018 to fund Critical Cancer Research at **Children's Hospital Colorado!** This funding is critical as only 4% of Government Funding goes towards Pediatric Cancer Research!



How can YOU make an impact? Register yourself and even start your own Team to swim a ½ mile, 1 Mile or 2 Mile Swim at www.swimacrossamerica.org/denver. Your Registration Fee counts towards your fundraising goal of \$500 for 18 & older and \$250 for under 18. You will receive a wonderful SAA-Denver towel, t-shirt and other SAA Goodies at the Event! If you go above and beyond to raise over \$1,000 you receive a Special Wavemaker Gift! Once you Register, SAA-Denver makes it easy for you to fundraise via Social Media or e-mail! Most importantly, you can dedicate your swim and fundraising to a loved one who has battled Cancer!

If you would like to fundraise and participate in SAA-Denver but are unable to attend our Event on August 20th, there are several ways for you to Make Waves. You can sign up for SAA My Way and dedicate a swim or other event such as a run, bike, hike and even a walk to raise funds for SAA-Denver. In addition, you can set up a fun Pool Swim at your local pool with your Master's Team or Children's Swim Team. SAA-Denver will provide a webpage, Swag and SAA Prizes for your top fundraisers! Lastly, you can Become a Sponsor for SAA-Denver and be featured on our SAA-Denver 2023 T-shirt! Details on all of the above can be found on our website www.swimacrossamerica.org/denver/

Together we can make an Impact in the Fight against Pediatric Cancer in Colorado and Beyond! Thank you to all of the Masters Swimmers & Families who have been supporting SAA-Denver and Participating in our Open Water Swim Event since 2018! If you have a Special Story of Cancer, we would love to hear it. For more information on all of the above, please contact [Nicole Vanderpoel](mailto:Nicole.Vanderpoel).



USMS 2023 Summer Fitness Challenge

The USMS 2023 Summer Fitness Challenge is a 2K swim that takes place from June 1-30. This challenge is open to everyone and can even be done with gear or as a relay! Registered swimmers receive USMS partner discounts, USMS stickers, and a cool (latex) event swim cap. Help Colorado be a top participant in this exciting event benefitting the USMS Adult Learn-to-Swim program.

Learn more and [register here](#).

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 2023 club/workout group registration fees for all clubs/workout groups with a 2022 membership of 10 or more swimmers.

Club/workout groups with less than 10 members, should contact the [COMSA Chair](#) for reimbursement requests.

Visit our Website

