



Hello Katie,

Congratulations to Rob Putnam of Pikes Peak Masters the 2024 COMSA Lou Parker Coach of the Year! Congratulations to Eric Neilsen on being awarded the 2024 COMSA Jack Buchanan Service Award! Both of these well-deserving recipients were awarded during the Annual COMSA Meeting at the 2024 COMSA State Meet in Grand Junction this past weekend.

Foothills Masters Swim Team took home the 2024 COMSA State Meet championship keeping their winning streak alive! Congratulations to all of the Foothills Masters swimmers and coaches! Job well done! The Top 10 Teams were:

1. Foothills Masters Swim Team 1,663
2. FAST Masters 1,265
3. Thornton Masters 728
4. Jeffco Aquatic Masters 636
5. Bee Gees 566
6. UC32 557.5
7. Pikes Peak Masters Swimming 470.5
8. Highlands Ranch Masters Swimming 344
9. Durango Masters Swimming 322
10. Colorado Masters Swimming 275

Thank you to the 2024 COMSA State Meet Coordinator Sean Phelps, Kelsea Wright Assistant Coordinator, Doug Garcia and so many more! It was great having the CMU Men's and Women's Swim Teams timing and volunteering to allow the meet to be a success in and out of the pool! I personally enjoyed meeting each of the swimmers who were timing and learning about their own swimming careers and futures. I personally think it was good for them to see that their time in the pool doesn't have to end when their collegiate career is over. Masters swimming offers so many benefits for lifelong health and success!

We also bid a fond farewell to a beloved member of COMSA and CMS Jane Oberg. Read below to learn about her incredible swimming career that has spanned a mind-boggling 9 decades!

Happy Swimming!  
Katie Glenn  
COMSA Secretary

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## Upcoming Events **SAVE THE DATE**

- June 20-24, 2024 - [Masters Nationals](#), Indianapolis, IN
- June 23, 2024 - [Solstice Sunset Swim](#), Union Reservoir 1.2M, 2.4M
- June 29, 2024 - FAST Long Course Meet, More Info to Come
- July 14, 2024 - [Pure Pactola](#) Open Water Swim, Black Hills, SD
- July 18-24, 2024 - [PANAM Masters Championships](#), Trinidad & Tobago
- July 20, 2024 - [Carter Lake Crossing](#), Carter Lake ~3M
- July 27-28, 2024 - [Pikes Peak July Jamboree](#), Colorado Springs
- August 17, 2024 - [Swim Across America Denver](#), Chatfield Reservoir
- August 24, 2024 - [The Castle](#), Wellington Lake 2.5K, 5K, 10K
- August 21-25, 2024 - [USMS Long Course Nationals](#), Mission Viejo, CA
- September 8, 2024 - [Horsetooth Open Water Swims](#), Horsetooth Reservoir

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

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# CONGRATULATIONS TO ROB PUTNAM

# 2024 COMSA Coach of the Year



**Congratulations to Rob Putnam of Pikes Peak Masters Swimming on being awarded the 2024 COMSA Lou Parker Coach of the Year Award!**

**Rob's swimmers' nominations demonstrate his dedication to the sport of swimming & coaching!**

- Rob is a master in the craft of coaching, applying acute and articulate technical feedback with just enough motivation and encouragement to keep you pacing through difficult workouts.
- Rob coaches multiple national champions and won the 50 free in his age group at long course nationals. Rob has grown our masters team by over 20% during his time coaching and has increased club engagement to its highest ever.
- Rob is a technical master as well as a source of energy and motivation for every swimmer in the masters team. He has the experience to improve athletes of every level ranging from beginners to national champions.
- Rob is a phenomenal coach - patient, encouraging, kind, all while pushing and challenging his team to be stronger swimmers.
- Rob sees each individual swimmer and helps them based on their goals. He is a true cheerleader on deck.
- One of the best coaches I have ever had!

## CONGRATULATIONS ERIC NEILSEN! 2024 COMSA Jack Buchanan Service Award Recipient



**A special thanks and congratulations to Eric Neilsen for his commitment and years of volunteer service to COMSA. Eric currently serves as the COMSA Coaches Chair and played a pivotal role in putting on the 2023 COMSA State Meet including announcing!**

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.

## Congratulations to Jane Oberg - Life Well Swum!

Jane Oberg's swimming career has spanned over the last nine decades! She started out as an age group swimmer with her twin sister Judy. In the 1960s and early 70s Jane was a summer club coach for Lakewood Swim Team, coaching 8 and under swimmers.

In the early 1970s, Foothills Parks and Recreation District passed a bond to build a new pool closer to the Oberg's house, that they could ride bikes to. In the winter of 1973-'74,

Jane made a switch and became one of the first coaches of the Foothills Swim Team, which was still a summer club team at that time.

When Carmody Park Pool opened in 1974 (50 years ago!), it was an outdoor pool, and not covered. This would change a few years later, and Jane became the Aquatics Supervisor for the District.

Since then Jane has taught generations of swimmers including mom- tot, summer club, high school, and synchronized swimming. She also officiated and competed. She has coached her children and grandchildren along the way.

A few decades ago her twin sister started swimming master's with a team in Omaha, Nebraska. They needed an extra member for their relay, and Jane accepted. For a couple of years, she would show up in Omaha, and compete with her sister and the team there.

Since then, Jane has continued to compete with Colorado Masters Swimming, mostly to break some records along the way. She currently has 11 National Records, in addition to two more she broke this past weekend at the COMSA State Meet in Grand Junction.

Jane finished her competitive swimming career with the Foothills Masters Swim Team, at State Meet this past weekend, unless she is convinced to come out of retirement! Tom Brady did!

-Courtesy of Jane Oberg's Family

## Get Ready for Open Water Swim Season!



Open water season is rapidly approaching. Water temps will probably be a bit chilly until mid to late May for most except the tough cold water swimmers but this does not mean that you can't start adding these events to your calendar. On the big news front, we are testing out the concept of a COMSA Open Water State Championship this year. For the first year, we have chosen the 2.5km distance at The Castle swim in Wellington Lake. For those open water swimmers out there, here is your chance to be a state champion in your age group!

USMS members also receive a 10% discount at the Mountain Swim Series events (Solstice Sunset, Carter Lake, The Castle) and the Horsetooth Open Water swims using promo code "COMSA102024".

- June 23, 2024 - [Solstice Sunset](#)

### Open Water Workouts

#### **Boulder Aquatics Masters (BAM) open water swim workouts**

Where:

- Boulder Reservoir
- 5275 Reservoir Rd, Boulder, CO 80301

When:

- Beginning Thursday, May 30th
- Every Tuesday & Thursday morning from May 30th - the end of August
- Early mornings around 6:10 am - 7:40 am

Who:

- Swimmers 18+ of all abilities are welcome!
- You do not need to be a BAM member to participate.

What:

A protected, marked course with buoys and trained guards on the water allows swimmers to boost their training and practice their open-water skills. For extra safety, swims conclude before speed boats are permitted on the water.

Fees:

- Three Options
  - A summer flex pass is coming very soon (most economical)
  - Punch cards available.
  - Single drop-in option is also

- Swim, Union Reservoir 1.2M, 2.4M
- July 14, 2024 - Pure Pactola, Pactola Reservoir, South Dakota 0.5M, 1.2M, 2.4M, 5K
- July 20, 2024 - Carter Lake Crossing, Carter Lake ~3M
- August 17, 2024 - Swim Across America - Denver, Chatfield Reservoir .5mi, 1mi, 2mi
- August 24, 2024 - The Castle, Wellington Lake 2.5K, 5K, 10K
- September 8, 2024 - Horsetooth Open Water Swims, Horsetooth Reservoir, 1.2M, 2.4M, 10K. Come celebrate the 25th Anniversary of the first Horsetooth 10K swim!

*These events are not sanctioned by the Colorado LMSC.*

- available.
- Entry to reservoir additional. (\$10 resident/\$12 non-resident)

More info [www.bamswimming.org](http://www.bamswimming.org)  
Email [openwater@bamswimming.org](mailto:openwater@bamswimming.org) for questions.

**Green Events** is running a Tri-Training workout in Horsetooth Reservoir most Wed nights June-August. A 500m course is set up and you can swim as many laps as you want during an hour and if you want, get out and run their 5km course to complete your Tri-Training. Information for the **Horsetooth Tri Training here.**



Colorado Master's Swimmers, did you know 15,000 children & adolescents younger than 20 years are diagnosed with cancer each year in the United States?

You can help us find a cure! Join us as we Make Waves in the Fight against Pediatric Cancer in Colorado at our **7th Annual Swim Across America – Denver** (SAA-Denver) Open Water swim at Chatfield Reservoir on Saturday, August 17, 2024. SAA-Denver is thrilled to have raised \$1.25 Million since our Inaugural Event in 2018 to fund Critical Cancer Research at Children's Hospital Colorado!



**DENVER OPEN WATER SWIM**  
SATURDAY, AUGUST 17, 2024  
CHATFIELD RESERVOIR

1/2-MILE, 1-MILE, & 2-MILE SWIMS  
MAKE WAVES WITH OLYMPIANS TO FIGHT PEDIATRIC CANCER

ANYONE CAN JOIN! You can participate virtually with our SAA My Way program and choose your own challenge to help fight cancer in Denver.

REGISTER TODAY AND LEARN MORE AT  
[SWIMACROSSAMERICA.ORG/DENVER](http://SWIMACROSSAMERICA.ORG/DENVER)

ALL PROCEEDS BENEFIT  
Children's Hospital Colorado

#DENVERSA

Register yourself and even start your own Team and recruit friends and family to swim a ½ mile, 1 Mile or 2 Mile Swim at [www.swimacrossamerica.org/denver](http://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 colorful SAA Cap, SAA-Denver 2024 T-shirt and luxurious SAA-Denver towel. If you go above and beyond to raise over \$1,000, you receive a Special Wavemaker Gift! Please Share your special Cancer story on your Participant page once you Register and link to your social media!

If you cannot attend on August 17th but want to Make Waves with us, Register for SAA My Way and dedicate your own swim or other event such as a run, bike, hike, walk to raise funds for SAA-Denver. Don't forget to share your special cancer story. Why is pediatric cancer research important to you? 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 Partner with SAA-Denver and be featured on our SAA-Denver 2024 T-shirt, website and signage at our Event. Details on all of the above can be found on **our website!**

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!**



## USMS Relay 2024

**Houston, Texas - October 18-20, 2024**

U.S. Masters Swimming plans to hold the 2024 USMS Volunteer Relay, in Houston, TX, Oct. 18–20 to help local volunteers network, share ideas, collaborate, and motivate each other. This gathering is designed to enrich the local Masters Swimming experience and will feature a series of workshops and discussion topics with the main theme of community development.

If you are interested in attending the US Masters Swimming Relay 2024, please contact COMSA Chair [Doug Garcia](#).

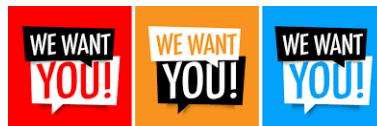
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## USMS National Coaches Clinic

**Houston, Texas - October 18-20, 2024**

The Coaches Committee and the National Office are excited to offer the [2024 USMS National Coaches Clinic](#). An event designed specifically to meet the needs of today's USMS coach. The 2024 National Coaches Clinic webpage will be updated as information becomes final. Should you have immediate questions regarding the NCC, please contact [Club and Coach Services](#). Find more information on the [schedule of events for the USMS National Coaches Clinic here](#).

If you are interested in attending the US Masters Swimming Coaches Clinic 2024, please contact COMSA Chair [Doug Garcia](#).



Are you interested in sharing your opinions? You're in luck! Dr. Eddie Tiozzo - exercise physiologist and Cynthia Henley - physical therapist, are interested in better understanding cardiovascular health, injury prevention and training habits of Masters Swimmers. They created a survey to promote the benefits of swimming through research. The survey, in collaboration with USMS was included in the March and April 2024 USMS Streamlines Magazine. The survey will be open until May 15, 2024 - [link here](#).

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### **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.

Visit our Website



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