



Hello Katie,

Congratulations to all COMSA swimmers who competed at the State Meet April 4-6 and USMS Spring Nationals in San Antonio April 24-27!

Rocky Mountain Regional Masters (RMRM) won the Regional Club National Championship with 1,862 points - winning by more than 420 points! Congratulations to all RMRM members! Several USMS records were broken in San Antonio! Congratulations on these incredible swims by COMSA members, including:

- **Richard Abrahams, RMRM: men's 80-84 50 freestyle (28.15) and 50 butterfly (31.10)**
- **Karina Plocek, RMRM: women's 55-59 50 freestyle (24.84)**
- **Collette Sappey, RMRM: women's 60-64 50 freestyle (25.76)**

Rich, Karina (50 fly 26.89) and Collette all broke USMS records at the 2025 COMSA State Meet and lowered them again at Nationals! Congratulations!!

COMSA is looking for volunteers to help fill open positions on our Executive Board including the Vice Chair and Club Development Coordinator. Contact [me](#) or [Doug Garcia](#) if you may be interested in giving back to a sport that has given each of us so much!

Be sure to continue checking the [COMSA website](#) for all upcoming events!

Happy Swimming!
Katie Glenn
COMSA Secretary

Upcoming Events **SAVE THE DATE**

May 31 - [2025 USMS Cable National](#), Charlottesville, VA
June 22 - [Solstice Sunset Swim](#), Union Reservoir 1.2M, 2.4M
June 28 - Long Course Meet, Fort Collins
July 13 - [2025 USMS Ultramarathon Championship](#), Portland, OR
July 13 - [Pure Pactola](#), Pactola Reservoir, SD 0.5M, 1.2M, 2.4M, 5K
July 29 - [Carter Lake Crossing](#), Carter Lake ~3M
August 2 - [Willow Creek Reservoir](#), Willow Creek 1M, 2M, 5K
August 23 - [Swim Across America - Denver](#) Chatfield Reservoir
August 23 - [The Castle](#), Wellington Lake 2.5K, 5K, 10K
August 24 - [Wellington Swim Run Challenge](#), Wellington Lake
September 7 - [Horsetooth Open Water Swims](#), Horsetooth Reservoir

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

COMSA Coach of the Year &

Volunteer Service Award

COMSA awarded the COMSA Lou Parker Coach of the Year and the Jack Buchanan Service Award at the 2025 COMSA Masters Short Course Championships in April.

The Lou Parker Coach of the Year award was created in 1986 to recognize outstanding coaching. Past recipients were nominated by the swimmers they coach and selected based on their contributions to their team with respect to camaraderie, technical advice, motivation and support of team members.

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 this year's recipients: Richard VanDyke and Meghan Varner.



Jack Buchanan Service Award - Meghan Varner

CONGRATULATIONS Meghan on being named the 2025 COMSA Jack Buchanan Service Award Recipient!

Meghan swims with BAM (Boulder Aquatic Masters). She helped revamp the COMSA Bylaws and was also instrumental in Grown Up Swimming coming to Colorado.



COMSA Coach of the Year - Richard Van Dyke

CONGRATULATIONS Richard Van Dyke on being named the 2025 COMSA Coach of the Year!

Richard VanDyke is the Head Coach at the Peterson Space Force Base Guardians in Colorado Springs.

Here's just some highlights of the gushing nomination that clenched his win.

Meghan is an enthusiastic Masters swimmer who is now on the board for RMRM - all of her hard work and volunteerism has helped grow the sport of master swimming.

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-Rich cultivates a vibrant, energetic, inclusive, and encouraging atmosphere where swimmers of all skill levels feel welcome, each striving toward their personal goals.

-He goes out of his way to coach newcomers, even hopping in the water to guide them and ease them into the workouts until they feel confident joining the rest of the team while still ensuring to give the advanced swimmers the attention they need as well.

-He thoughtfully designs two similar yet distinct plans for each practice—one for competitive swimmers and one for recreational swimmers. This ensures everyone is challenged. He's also quick to organize mini clinics, focusing on specialized areas like breaststroke, butterfly, or crossover turns.

-He goes above and beyond (again) by organizing creative and exciting monthly events such as Water Polo games and Water Obstacle Relay workouts. For these events, we have discovered he wakes up at 2am to ensure he has everything set up perfectly.

-Rain, snow, or biting wind, he's always there to welcome us with a warm smile. Regardless of the conditions, he bikes to the pool, braving early mornings, darkness, and winter's chill. His enthusiasm never wavers, greeting us at 4:30 a.m. as if his grueling commute were just another easy ride.

-When seeking the Coach of the Year, it's impossible to imagine anyone more deserving than Rich.



2025 State Meet Results & High Point Winners

COMSA 2025 State Meet Results

Congratulations to all of the competitors at the 2025 COMSA Masters Short Course Championships!! The Top 7 Teams were:

1. Foothills Masters Swim Team - 3529
2. FAST Masters - 2955
3. Bee Gees - 1439
4. Highlands Ranch Masters Swimming - 1197
5. Jeffco Aquatic Masters - 1079.5
6. Thornton Masters - 805
7. Pikes Peak Athletics Masters - 739

Below are the High Point winners in each age group. Congratulations to these swimmers for going the extra mile to earn the top honors in each age group!

18-24 M

18-24 W

25-29 M

25-29 W

30-34 M

30-34 W

35-39 M

35-39 W

40-44 M

40-44 W

45-49 M

45-49 W

50-54 M

50-54 W

55-59 M

55-59 W

60-64 M

60-64 W

65-69 M

65-69 W

70-74 M

70-74 W

75-79 M

75-79 W

80-84 M

80-84 W

90-94 M

Nathan Shaver - THOR

Ella McShane - FMST

Gregory Gassen - HRMS

Caroline Racke - DAWGS

Travis Greenwald - FMST

Dana Hunter - DGO

Matthew Martin - AN

Julie Kramek - FMST

Bill Senese - FMST

Maggie Walsh - FMST

Ian Caswel - BG

Heather Hoechst - DGO

Robert Putnam - PPAM

Bonnie Moss - RMRM

Rob Nasser - FMST

Julie Lee - FMST

Mark Collings - FMST

Anastasia Winslow - PPAM

Craig Petersen - FMST

Kim Watson - PPAM

James Kennedy - MEMO

Elaine Achterberg - FMST

Cecil Townsend - PUEB

Ann Vitt - HRMS

William Burson - GREEN

Raechel Fouts - HRMS

Gordon Greve - DGO



GROWN-UP SWIMMING®

**Grown-Up Swimming Launching Season 2 in June
In Denver AND Boulder this summer**

Grown-up Swimming is a part of the USMS family and is a goofy summer league for folks 18 and over who want a laid-back atmosphere to

race and be social. Meets consist of 25s and 50s, fun relays, heat winner prizes, and more!

We are expanding into a north division in Boulder and a NEW south division in Denver.

North Division Schedule (Boulder)

- 6/6 @ Spruce 5:30 PM
- 7/11 @ Spruce 5:30 PM
- 7/18 @ Scott Carpenter 5:30 PM
- 8/1 @ Spruce 5:30 PM



South Division Schedule (NEW - Denver)

- [Tentative] 6/21 @ The Splash - Golden, CO 9 AM
- 6/27 @ LifeTime Cherry Creek 6 PM
- 7/25 @ LifeTime Cherry Creek 6 PM

Championship of the World (Denver & Boulder)

- 8/15 @ Scott Carpenter (Championship of the World) 5:30 PM

Join or Start a Team Today!

<https://www.grownupswimming.com/denver>

- Early Bird Pricing through 11:59 pm on 4/27 - \$65
- Regular Pricing starting 4/28 - \$75
- ☐ USMS members get \$5 off

Questions? Reach out to meghan@grownupswimming.com to learn more.

Swim Across America - Denver - Aug. 23rd

Colorado Masters' Swimmers, did you know 47 Children are diagnosed with cancer every day in the United States and 1 in 5 will not survive! 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 23, 2025!](#)

Our SAA-Denver's 2024 Check Presentation to Children's Hospital Colorado was March 14th and we are honored to have been inducted into the **Charles C. Gates Foundation** for reaching the \$1 Million mark in total funds donated! In addition, SAA-Denver was also recognized into a new immersive **Forest of Gratitude** in the Atrium at **Children's Hospital Colorado!**

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. 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 2025 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 23rd at Chatfield, 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 2025 T-shirt, website and signage at our Event. 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@swimacrossamerica.org

[Nicole Vanderpoel](#)

COMSA Long Distance and Liason to CSI Chair

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 2025 club/workout group registration fees for all clubs/workout groups with a 2024 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



COMSA | COMSA 9849 Concord Court | Highlands Ranch, CO 80130 US

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