

Subject: Ford Aquatics Masters Newsletter 2/1/08
From: Jim Stites <swim1@qwest.net>
Date: Fri, 01 Feb 2008 10:39:45 -0700

Ford Aquatics Masters:

Welcome to the Ford Aquatics Masters February Newsletter. Please visit our website regularly for the very latest team info: www.FordAquatics.com.

The Latest Scoop:

- Fleece pullovers will be finished on Friday 2/1. If you have ordered one please bring a check for \$30 made out to "Ford Aquatics" at your earliest convenience. They will be available for pick up at the Polar Bear meet this Sunday and next week at practice.
- Our 18th Annual Polar Bear Classic meet will be held this Sunday (2/3) from 10:00am until about 2:30pm. A [psych sheet](#) has been posted at our website and a heat sheet will be posted on Friday at the same location. Join us at [The Hut](#) after the meet for a Super Bowl party.
- Debbie & Seton Claggett will be producing TRIFEST 2008 at their TriSports.com retail store beginning February 29th. This will be a huge event with speakers from all over the United States. Scroll down to the bottom of this email for more info. & links.

Rec Center Practices:

- Rec Center practices will continue on Monday, Wednesday & Friday mornings through the month of February. Please use the following link for more info: [Rec Center info](#). All groups will be following the adjusted weekly training plan until we return to Hillenbrand in early March.

Upcoming Events:

- FRI 2/1 - UA vs. TX (men) 2pm. Timers needed 1:50 - 4:15pm. Please [Email](#) if you can help.
- SAT 2/2 - NO PRACTICE
- SAT 2/2 - UA vs. TX (men) 10am. Timers needed 9:50am - 12:00pm. Please [Email](#) if you can help.
- SUN 2/3 - [Polar Bear Classic XVIII](#), Post meet Super Bowl party at [The Hut](#).
- FRI 2/29 - TRIFEST 2008 more information below and at [TRIFEST08](#).

Mark Your Calendar:

- Tucson Triathlon Sunday March 16th. Swim counters needed from 6:00am until 9:30am.
- AZ Masters SC Yards State Championship March 28-30, Hillenbrand Aquatic Center (U of A)
- SW Zone SC Yards Championship April 11-13, Mission Viejo, CA
- USMS SC Yards National Championship May 1-4, Austin, TX

REMINDERS

- February dues are due! Checks should be made out to "Ford Aquatics" for \$40 and placed through the slot in the Ford Aquatics office door no later than Sunday February 10th. You can receive a 10% discount if you pay for 1 year in advance (\$432) or a 5% discount if you pay for 6 months in advance (\$228). These discounts are available at the start of any month. Checks may also be mailed to Ford Aquatics, P.O. Box 44233, Tucson, AZ 85733.
- Your USMS membership **must** be current for 2008 to swim in practices with Ford Aquatics

Masters. If you haven't yet made a copy of your card for me please do so ASAP.

- Let me know if your email address changes.

:Coach Jim (aka Swim Swami)

P.S. If you no longer want to receive these newsletters please reply to this email with "remove" in the subject line.

TRIFEST 2008 Information...

Have you heard about TRIFEST 2008 presented by TriSports.com? It's an awesome way to kick off your triathlon season, or to get motivated to start a run, bike or swim workout plan!

The Louis Garneau Conference will have some of the biggest names in triathlon to help guide you to a record season - Mark Allen, Dan Empfield, Sally Edwards, Steve Hed, Andy Potts and more. For a complete list of speakers, topics and the schedule, please visit <http://www.trifest.com/html/conference.html>.

Mark Allen will also be our keynote speaker at a dinner Friday, February 29. A limited number of tickets are available if you would like to attend (dinner ticket included with conference registration).

If you can't make that large of a time commitment, plan on coming to the Troy Jacobson Multisport Expo, an open-to-the-public event that will showcase all the latest and greatest products for swimmers, bikers and runners for 2008! Sample nutrition products, demo running shoes, or take a ride on a sweet new bike! Be one of the first 100 people to attend each day and receive a great goodie bag filled with all kinds of samples and products.

Mark your calendar for February 29-March 2 - you won't want to miss this inaugural event! www.TRIFEST.com

***Limited offer for AZ residents!! Register for the Louis Garneau Conference for only \$99 - that's a savings of \$296!! You'll get a ticket to the Mark Allen dinner, 2 breakfasts, 2 lunches, free entry to the expo, invaluable information from some of the greatest names in the sport, plus an awesome goodie bag with a vest and beanie, among other things. Don't miss out! Limited to the first 100 AZ residents to sign-up. Use coupon code **AZres99** to take advantage of the savings (coupon code is case sensitive - if registering by mail, please print at top of form). Register today!

<http://www.trifest.com/html/register.html> *Pre-registration is required for the conference.*