

**From:** James Stites <swim1@qwest.net>  
**Subject:** Ford Aquatics Masters Newsletter 10/1/09  
**Date:** September 30, 2009 9:29:05 PM GMT-07:00  
**To:** Stites Jim <swim1@qwest.net>

## *Ford Aquatics Masters Newsletter*

Welcome to the October issue of the Ford Aquatics Masters Newsletter. Please visit our website for the very latest team info: [www.FordAquatics.com](http://www.FordAquatics.com). If you no longer wish to receive these newsletters simply reply to this email with "remove" in the subject line.

### The Latest Scoop:

- October fees are due. There is a late fee of \$5 after Saturday October 10th.
- Over 30 Ford Masters swimmers traveled to La Jolla to participate in the La Jolla Rough Water and Gatorman events. Man, did we have fun! I say this every year but... those who have never done this event should seriously consider it next year. All things considered it's the best swimming event of the entire year! [Results](#)
- Saturday practices will be held at 7:00am for the next 2 weeks (Oct. 3 & 10).
- Morning practices on Mon.-Wed.-Fri. will be from 5:30am to 6:30am beginning on Wednesday Oct. 7th. This will continue for 5-6 weeks until the U of A begins their taper in mid November for the Texas Invitational. Tue. and Thu. practice will remain at 6:00am.
- The AM/PM inter-squad meet will be held on Saturday October 17th. 10:30am warm up, 11:00am meet. For the first time, this meet will be short course meters and will be held in the Kasser Family Pool. Entry forms will be available at our website and in the pool lobby beginning October 1st.
- Sunday October 25th is the final event for the 2009 Tucson Triathlon Series. We will need lots of help for the Tinfoilman Triathlon so please mark your calendar. Swim counters are needed from 6:00am until approximately 9:45am. Let me know if you can help!

### Upcoming Events:

- You will soon be receiving a ballot in the mail to vote for our AZ LMSC (Local Masters Swimming Committee) Board of Directors. We have 2 Ford Aquatics Masters swimmers running. Judy Gillies will be running for Chairman and John Lesko will be running for Vice Chairman. Supporting them in this election will help our team have a major voice in all matters relating to masters swimming in Arizona.
- [Open Water Swim Series](#), Tempe Town Lake, 11/8/09
- [Ron Johnson Invitational](#) (SC meters) November 21-22, 2009 at ASU's Mona Plummer Aquatic Center in Tempe, AZ. I have reserved a block of rooms for Saturday night at the Courtyard Phoenix Airport which is about 3 miles from the ASU pool. 2 queen beds per room, \$99/nt. Let me know if you need a room.

#### Planning ahead:

- [The SPMA Short Course Meters Championship](#) will again be held at Belmont Pool in Long Beach, CA and hosted by the Long Beach Grunions over the first weekend in December (4-6). I highly recommend this meet as a great way to finish the short course meters season. I will not be reserving a block of rooms for this event. Please call Courtyard Long Beach Downtown to reserve your room (562-435-8511). Mention the SPMA Swim Meet to get the discounted rate of \$89/nt+tax.
- U.S.M.S registration renewals for the 2010 will take place over the month of December.

#### Reminders:

- The October dues deadline is Saturday October 10th. Checks should be made out to "Ford Aquatics" for \$45 and placed through the slot in the Ford Aquatics office door or delivered to a coach on deck. There is a \$5 late fee after the 10th.
- You can receive a 10% discount if you pay for 1 year in advance (\$486) or a 5% discount if you pay for 6 months in advance (\$256.50). Full time U of A undergrads receive a \$5 discount each month. Married couples each receive a \$5 discount each month. These discounts are available at the beginning 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 2009 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. Join USMS online at <https://www.clubassistant.com/club/USMS.cfm?l=48>

- Let me know if your email address changes.

:Coach Jim (aka Swim Swami)