

From: James Stites <swim1@qwest.net>
Subject: **Ford Aquatics Masters Newsletter 1/29/09**
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To: undisclosed-recipients;

Welcome to the February issue of the Ford Aquatics Masters Newsletter. Please visit our website for the very latest team info: www.FordAquatics.com. If you no longer want to receive these newsletters please reply to this email with "remove" in the subject line.

The Latest Scoop:

- "Between The Water and the Wood" is now available on DVD for \$15. This movie was made by Patty & Molly Busch about the hard work and sacrifices that went into the 2007 U of A swimming season. Supplies are very limited so purchase one now while you still can! [more information](#) / [order form](#) / [trailer](#)
- Thanks to everyone who made the 19th Annual Polar Bear Classic a great success and congratulations to all who participated. A State Record was set by Ford swimmer Eliot Dash in the 18-24 50y back with a 26.84 breaking the previous record by 3 tenths. If you know of any others please let me know and I will pass them along to our State Records Chairman.
- February is "Time Trial" month. There will be at least 1 time trial each week. The first one will be the dreaded 1500 yard time trial which will take place on Monday February 2nd. This is a perfect opportunity to determine your anaerobic threshold pace. No excuses!
- Morning practice swimmers... please check the website for changes in practice start time over the month of February. Monday, Wednesday & Friday mornings are the affected practices and could start at 5:30am or 6:00am depending on pool availability. Expect to be back to our normal 6:00am start time in early March.

Upcoming Events:

- 1500 yard time trial Monday 2/2/09
- Last UA home swim meet vs. ASU Saturday 2/14/09 1pm. [Timers needed.](#)

Planning ahead:

- Sundevil Invitational at ASU Sunday March 15th. [meet info.](#)
- AZ Masters State Chpshp. March 27-29 (info coming soon)
- SPMA Chpshp. - Mission Viejo, CA April 24-26 (info coming soon)
- USMS SC Yards Nationals May 7-10, 2009 Clovis, CA. [meet info.](#)
- Check our website [calendar](#) for more dates and times.

Reminders:

- The February dues deadline is Tuesday February 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.
- 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)

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