

From: James Stites <swim1@qwest.net>
Subject: Ford Aquatics Masters Newsletter 3/1/09
Date: March 1, 2009 8:04:10 AM GMT-07:00
To: Stites Jim <swim1@qwest.net>

Welcome to the March 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 simply reply to this email with "remove" in the subject line.

The Latest Scoop:

- Thanks to everyone who helped time at the U of A dual meets this season. There were nearly 50 Ford Masters who timed at least 1 meet and 18 of you earned the coveted U of A Swimming & Diving t-shirt for timing at least 3 meets.
- 2008 National Top 10 Rankings are now official for [SC Yards](#) and [LC Meters](#). These, and preliminary rankings for [SC Meters](#), are now posted at our website. As a team we had 30 swimmers establish 175 individual Top 10 rankings over the 3 courses!
- February Time Trials: nice job team! Check the new "Time Trial" page at our website for your time and threshold pace. Be sure to scroll down through the 800 kick times to see your 1500 swim times: [TIME TRIALS](#)
- March is "Meet Madness Month." In preparation for this month's 2 meets you can expect to see more opportunities to swim FAST in practice. Remember, extra rest means EXTRA SPEED ...even on aerobic days!
- There are still a few copies remaining of "Between The Water and the Wood" 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. [more information / order form / trailer](#)
- See the best in action! Follow the Women's & Men's PAC-10 Swimming Championships: [W-Feb. 25-28](#), [M-Mar. 4-7](#) and the NCAA Championships [W-Mar. 19-21](#), [M-Mar. 26-28](#).

Upcoming Events:

- Sundevil Invitational at ASU Sunday March 15th, entries must be rec'vd by 3/9,

[meet info.](#), [online entry](#).

- AZ Masters SC Yards State Chpshp. March 27-29 at Brophy, entries postmarked by 3/20 [meet info.](#)
- Tucson Triathlon March 29 ([swim counter help needed](#))

Planning ahead:

- SPMA Chpshp. - Mission Viejo, CA April 24-26, entry deadline 4/13, [meet info.](#), [online entry](#)
- USMS SC Yards Nationals May 7-10, 2009 Fresno, CA, online entry deadline 4/9, [meet info.](#), [online entry](#)
- Sahuarita Lake Triathlon May 25, 2009 [race info.](#)
- Check our website [calendar](#) for more dates and times.

Reminders:

- The March dues deadline is Tuesday March 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)

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