

From: James Stites <swim1@qwest.net>
Subject: Ford Aquatics Masters Newsletter 4/3/09
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To: Stites Jim <swim1@qwest.net>

Welcome to the April 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:

- Congratulations to those who helped our team finish 3rd at the AZ Masters SCY State Meet at Brophy Sports Campus last weekend. The swimmer of the meet was Barry Roth with his age defying 22.50 in the 50 yard freestyle. That's nearly 5 tenths of a second under his State Record swim from last year!
- Thanks to everyone who volunteered at the Tucson Triathlon on March 29th. If you'd like to help out at the Sahuarita Lake Triathlon on Memorial Day Monday May 25th please let me know.
- Survey: I'd like to know what you think is the ideal pool water temperature. Sure, everyone wants it to be 90 degrees when they first jump in but I'm talking about the temperature you like for the main part of the workout. If you swim with us regularly and you are aware of the fluctuations in the water temperature, then you probably have an opinion on this subject. If you're not sure then pay attention the next few days when I announce the temperature and let me know what you think by Friday April 10th (reply to this email with a temperature in fahrenheit). **Question: If you had a choice between a workout in 79 degree pool water and 84 degree pool water which would you choose?**
- Suits: If you are going to Nationals in Fresno and you are interested in purchasing one of the "FAST" suits (LZR, Blue 70, Xterra, TYR), please send your Speedo Fastskin suit size to me ASAP. If you're not sure about your Fastskin size give me a size and the type of suit you're using. This is not a commitment to purchase.

Upcoming Events:

- National taper begins on 4/18. Variations and adjustments will be made on an

individual basis.

- SPMA Chpshp. - Mission Viejo, CA April 24-26, entry deadline 4/13, need a room? [meet info.](#), [online entry](#)
- USMS SC Yards Nationals May 7-10, 2009 Fresno, CA, online entry deadline 4/9, need a room? [meet info.](#), [online entry](#)
- 2009 Arizona Open Water Swim Series - race #1 Saguaro Lake - Mesa, AZ [05/02/2009](#)

Planning ahead:

- Sahuarita Lake Triathlon May 25, 2009 [race info.](#)
- There will be no evening practice Tuesday June 2 thru and including Monday June 8. The Australian National team will be using the pool at that time.
- SW Invitational at Hillenbrand June 4-7. The Australian National Team is entered and should give our U of A swimmers a major challenge! I will be looking for timers for the finals sessions on June 5, 6 & 7.
- Check our website [calendar](#) for more dates and times.

Reminders:

- The April dues deadline is Friday April 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)

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