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Ford Aquatics Masters Newsletter

Welcome to the September issue of the Ford Aquatics Masters Newsletter. Please visit our website for the very latest team info: 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:

- September fees are due. There is a late fee of \$5 after Thursday September 10th.
- Congratulations to all Ford Aquatics Masters swimmers who participated in the U.S.M.S. National Championship meet held in Indianapolis August 6-10. Our swimmers made up over half of the Arizona Masters team that finished 4th place in the combined Regional Club Team division. "Swimmer of the Meet" goes to Jeff Krongaard who, after a long layoff from national competition, finished in the top 3 in 3 events and helped 3 relay teams finish 1st in the 200+ age group (2 national records).
- There will be no practice this Saturday and Monday (Labor Day). Workouts will be posted at www.FordAquatics.com.
- Our La Jolla group will meet at the cove on Saturday afternoon (9/12) for a warm up swim at 4:00pm. I'll be looking for a show of hands from those who plan to attend our annual team dinner at the Strauss Brewing Company at 6:00pm. [more information](#)
- Locker renewals by the end of September. \$40 check to the "U of A" with locker # and gender on check.
- Information about parking permits for the morning and noon groups is available on our homepage.

Upcoming Events:

- Nominations are now being taken for 4 AZ LMSC Board of Directors positions: Chairman, Vice Chair, Secretary & Treasurer. Judy Gillies has been nominated for Chairman. Let me know if you are interested in serving in any of the other positions.
- [Open Water Swim Series](#), Saguaro Lake, AZ, 9/19/09 more information
- [Swim Champions' Fitter & Faster Tour](#) (Masters clinic featuring Lacy, Matt, Adam), Oro Valley Pool 9/19/09 [online registration](#)
- Looks like there will be a lot of choices for short course meters meets this fall. There are at least 2 or 3 SC meters meets that will be added to our [calendar](#) in the near future.
- I hope to schedule our AM/PM intrasquad meet as a short course meters meet in late September.

Planning ahead:

- [Ron Johnson Invitational](#) (SC meters) November 21-22, 2009 at ASU's Mona Plummer Aquatic Center in Tempe, AZ
- [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. I highly recommend this meet as a great way to finish the short course meters season.

Reminders:

- The September dues deadline is Thursday September 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)