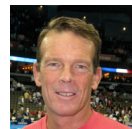


From: James Stites <swim1@qwest.net>
Subject: Ford Aquatics Masters Newsletter 10/1/10
Date: October 1, 2010 2:48:28 PM MST
To: undisclosed-recipients;



Ford Aquatics Masters Newsletter

Welcome to the October issue of the Ford Aquatics Masters Newsletter. Please visit our website for the 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:

- October fees are due. Remember, the monthly fee is now \$50 per month. There is a late fee of \$5 after Sunday October 10th. Please scroll to the bottom of this page for information about discounts and an address for payments by mail.
- La Jolla Results: A record 40 Ford Aquatics Masters participated in the annual September open water swim event. 12 received medals for finishing top 5 in their age group. It was a great showing by our team, nice job! Check out photos at our [website](#). Mark your calendar for Sunday September 11, 2011.
- Morning practices on M-W-F will be from 5:30am to 6:30am beginning on Wednesday October 6th and extending through until sometime in mid November. T-Th practices will remain at 6:00am.
- October 10th is the 16th Annual Tinfoilman Triathlon and the 48th running of the Tucson Triathlon Series. We could really use some help with counting on the swim portion of the event. It's very straight forward and will give you a chance to see many of your teammates compete. Bagels, coffee, volunteer shirts and post race pool time for everyone who helps. Let me know if you can count laps 6:00am to 9:30am on Sunday 10-10-10.
- Our annual AM/PM intrasquad meet will be held on Saturday October 30th.

Most likely at 10:30am (earlier if possible.. stay tuned).

Upcoming Events:

- The Tinfoilman Triathlon on 10/10/10
- Oct. 15-16 UA vs. ASU & UNLV, 1pm (timers needed)
- Oct. 16 - Arizona Open Water Swim Series 4: Lake Pleasant
- October 30 - AM vs. PM short course meters intrasquad meet (time TBA)
- Nov. 6 - Arizona Open Water Swim Series Finale: Tempe Town Lake (???)
- Nov. 20-21 - Ron Johnson Invitational, ASU - Tempe, AZ
- Dec. 3-5 - SPMA Championship, Belmont Plaza - Long Beach, CA

Planning ahead:

- Our SC Yards State meet will be held in the same pool as the USMS National Championship! Mark your calendar for April 1-3, 2011
- Start training! The 2011 US Masters Spring Nationals will take place at the Kino Aquatics Center in Mesa, AZ April 28 - May 1. All Masters swimmers can swim 3 events and up to 6 events if you have achieved the time standards. There will also be an open water swim event held on Saturday April 30th in conjunction with this meet. Hotel rooms have been reserved.

Reminders:

- The October dues deadline is Sunday October 10th. There is a \$5 late fee after the 10th. Checks should be made out to "Ford Aquatics" for \$50 and placed through the slot in the Ford Aquatics office door or delivered to a coach on deck. Checks may also be mailed to Ford Aquatics, P.O. Box 44233, Tucson, AZ 85733. You can receive a 10% discount if you pay for 1 year in advance (\$540) or a 5% discount if you pay for 6 months in advance (\$285). Full time U of A undergrads receive a \$5 discount each month. Married couples each receive a \$5 discount each

month (\$10 total). These discounts are available at the beginning of any month.

- Your USMS membership must be current to swim in practices with Ford Aquatics Masters. If you haven't yet sent me a copy of your pdf membership file please do so ASAP. Join USMS online at <https://www.clubassistant.com/club/USMS.cfm?l=48>. Choose "Arizona Masters" (ARIZ) as your club and "Ford Aquatics" (FORD) as your workout group. A list of swimmers who have forwarded their membership card to me can be found at: [2010 USMS list](#)
- Let me know if your email address changes.

:Coach Jim (aka Swim Swami)