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**Subject:** Ford Aquatics Masters Newsletter 12/1/10  
**Date:** November 30, 2010 9:39:10 PM MST  
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## *Ford Aquatics Masters Newsletter*

Welcome to the December issue of the Ford Aquatics Masters Newsletter. Please visit our website for the latest team info: [www.FordAquatics.com](http://www.FordAquatics.com). If you no longer wish to receive our newsletter simply reply to this email with "remove" in the subject line.

### The Latest Scoop:

- The \$50 December fee is due today. Add a \$5 late fee after Friday December 10th. Please scroll to the bottom of this page for information about discounts and an address for payments by mail.
- There will be 1 practice offered on Thursday December 2nd at 6:00am due to the home football game vs. ASU. Noon and evening practices have been cancelled for that day.
- There are 3 UA Men's Basketball home games in December that will affect our evening practices: WE 12/8 (6:30pm), TH 12/16 (7:30pm), WE 12/22 (6:30pm). Practice will be held but parking will be strictly PROHIBITED in all nearby U of A parking lots including the pool lot. Please plan ahead.
- 11 Ford Masters swimmers made the trip up to Tempe for the Ron Johnson Invitational November 20-21. Our team managed to finish in 4th place out of 32 teams with 2 high point winners: Christina Eddy (W25-29), Bob DiTolla (M55-59). Nice work! Links for results: [complete results](#), [team standings](#) and [high point winners](#).
- All Ford Masters swimmers MUST register or renew with USMS by December 31st for the 2011 season. Please visit our website for more information. Forward a pdf file with your membership card to me once you receive it via email from USMS Executive Director Rob Butcher.
- U.S.M.S. National Training Plan - With the 2011 USMS SC Yards national meet in Mesa, AZ it's time to take a look at our training plan. The meet starts 21

weeks from tomorrow on Thursday April 28, 2011. There will be 4 training phases:

- Base Building (8+ weeks) - this first phase will be divided into 2 parts. From 12/2 - 12/29 will be "pre-base" leading up to the holidays. Your target should be to attend at least 3 practices per week, try not to gain weight or get out of shape and start developing some swimming goals and New Years resolutions. During the second part, from 12/30 to 1/30, we will build our base. There will be some longer workouts offered and a higher percentage of our training will be aerobic endurance based. Look for a 1500 swim time trial, an 800 kick time trial, 1 hour for distance and other daily challenges during the month of January. This phase will culminate with our Polar Bear Classic XXI home meet on Sunday January 30th.
- Strength Building (5+ weeks) - as the name implies, this phase will be more strength oriented with speed and power becoming more important than endurance work. The sets will include added resistance training (pulling, fins, buckets anyone?) and you are encouraged to start dryland training during this phase. Look for a 500 time trial pull and some other goodies. Hopefully an early to mid March competition will be added to the meet schedule so we can see where we are.
- Speed (4 weeks) - Look for Mondays and Fridays to have a little more intensity built into the sets and Wednesday's will be HUGELY important at this time. Even Tuesday, Thursday and Saturdays will get a little speedier. We'll start emphasizing starts and turns and short time trials. This is what we taper from so make sure you plan to train consistently during this phase. The Arizona & SW Zone Championship meet will be held in Mesa over the first weekend in April at the same site as the national meet. It will be our final test before nationals.
- TAPER! (3 weeks) - We will stay in shape with some maintenance aerobic sets, throw in some speed here and there, and do some pace work. But "the hay is in the barn" at this point and rest, recovery and fine tuning will be the primary focus. Over 3 weeks our training load will gradually drop from 3000+ yards per workout to about 1500 yards a few days prior to the start of the meet. If you've never tapered... just know in advance that

it's fun and exciting and nerve racking all at the same time! Plan now to swim fast at the end of April!

### Upcoming Events:

- Dec. 3-5 - SPMA Championship, Belmont Plaza - Long Beach, CA (short course meters) - no Saturday practice 12/4
- Dec. 31 - 2011 USMS registration deadline [club = Arizona Masters (ARIZ), workout group = Ford Aquatics (FORD)]
- Jan. 7 - UA vs. OSU/NAU, home 2pm, timers needed
- Jan. 21 - UA vs. Stanford, home 2pm, timers needed
- Jan. 22 - UA vs. Cal, home 1pm, timers needed
- Jan. 30 - Polar Bear Classic XXI (masters meet at our pool, short course yards)

### Planning ahead:

- March meet in the Phoenix area. Date and location TBA.
- The Arizona & SW Zone Championship meet will be held in the same pool as the USMS National Championship - Kino Aquatics Center in Mesa, AZ. Mark your calendar for April 1-3, 2011. Hotel rooms have been reserved.
- 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 are permitted to swim 3 events and up to 6 events if you have achieved the time standards. Hotel rooms have been reserved.

### Reminders:

- The December dues deadline is Friday November 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 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: [2011 USMS list](#)
- Let me know if your email address changes.

:Coach Jim (aka Swim Swami)