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Ford Aquatics Masters Newsletter

Welcome to the August 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:

- August fees are due. There is a late fee of \$5 after Tuesday August 10th.
- As I mentioned last month, the U of A has doubled our pool rental fee. Beginning September 1, 2010 the Masters fee will be increased to \$50 per month. If you are not already paid up in advance then you can avoid this increase (temporarily) by paying for 6 months or 1 year in August and take advantage of the old rate and advance payment discounts (see bottom of page). Again, the new rate of \$50 per month begins in September.
- Congratulations to everyone who participated in the July challenge workouts. The 1500m swim and 800m kick time trials are used to determine our workout threshold pace which is the basis for most of the intervals we use in our daily practices (threshold pace + "X"). You should now be swimming in a lane with people who have a similar pace as yours. What, you missed it? I'm sure we can clear a lane for a special time trial for you on one of our lighter days. Let me know.
- The Arizona Masters Long Course State Swimming Championships were held this past weekend at Phoenix Swim Club. Somehow we managed to finish as the 3rd

past weekend at Phoenix Swim Club. Somehow we managed to finish as the 9th place team overall with only 10 swimmers! Gordon Gillin, Doug Everett and John Lesko won the High Point award in each of their age groups and combined for 446 of our 1037 points. You can check out all of the meet results and individual scores at our website.

- August brings La Jolla training! This year EVERYONE on the team will be training for La Jolla as the early season "base building" phase of our training for the short course meters season. Don't be surprised if every day seems like an aerobic freestyle day because it's time to GET IN SHAPE! If you've never been to La Jolla (what?!!!) then you definitely need to check this event out on Sunday September 12th... La Jolla Rough Water
- The Junior National Diving Championships are now complete! But wait, not so fast... mark your calendar for September 1-6 for the FINA Junior World Diving Championships which will also be held at Kasser Family Pool. We will be going through the same routine with entry through the side gate, etc. for the 6 days of that meet. I'm sure Michelle Mitchell would appreciate your help for that event. Please email her at divetucson@aol.com if you want to volunteer (usually 3 hour shifts).
- Good luck to Judy Gillies and Jeff Krongaard who will be swimming in Puerto Rico at the USMS LC National Championship August 9 - 12.

Upcoming Events:

- Oct. 1 & 2 - Fall Desert Duo, Kino Aquatics Center, Mesa, AZ
- The Tinfoilman Triathlon on 10/10/10 is already filled but I'll need your help with counting on the swim
- AM vs. PM short course meters intrasquad meet (date TBA - mid to late October)
- Nov. 20-21 - Ron Johnson Invitational, ASU - Tempe, AZ
- Dec. 3-5 - SPMA Championship, Belmont Plaza - Long Beach, CA

Planning ahead:

- 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 up to 3 events without achieving time standards and 6 events if you have at least 3 of the standards. There will also be an open water swim event held on Saturday April 30th in conjunction with this event... I have rooms reserved... Let's go!

Reminders:

- The August dues deadline is Tuesday August 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. Checks may also be mailed to Ford Aquatics, P.O. Box 44233, Tucson, AZ 85733. 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 (\$10 total). These discounts are available at the beginning of any month. **August will be the last month that these discounts will be available at these rates!**
- Your USMS membership must be current for 2010 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. You can find a list of swimmers I have received a membership card from at: [2010 USMS list](#)
- Let me know if your email address changes.

:Coach Jim (aka Swim Swami)