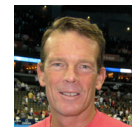


From: James Stites <swim1@qwest.net>
Subject: Ford Aquatics Masters Newsletter 9/1/10
Date: August 29, 2010 2:58:57 PM MST
To: undisclosed-recipients;



Ford Aquatics Masters Newsletter

Welcome to the September 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:

- September fees are due. Remember, the monthly fee has increased to \$50 per month. Please scroll to the bottom of this page for information about discounts. There is a late fee of \$5 after Friday September 10th.
- The Junior World Diving Championship begins this Wednesday 9/1 at our facility. Please use the west gate for entry to the facility for all practices during this event. Send Michelle Mitchell an email at divetucson@aol.com if you would like to volunteer. Our practice schedule has been adjusted as follows:
Wednesday 9/1 - No evening practice (opening ceremonies)
Thursday 9/1 - normal practices
Friday 9/3 - morning practice only (noon & evening canceled).
Saturday 9/4 thru Monday (Labor Day) 9/6 - No practices
Tuesday 9/7 - back to normal practice schedule.
- La Jolla update: The Gatorman Group racked up 33,000+ yards last week in preparation for the September 12th event!!! Everyone has been swimming LOTS of freestyle and should be feeling very fit by now. Our La Jolla taper begins this Friday when we will return to the normal weekly 1 hour format. I will post a couple of "easy" workouts over the Labor Day weekend for those of you who have access to an alternate pool. If you still haven't signed up for the La Jolla Rough Water Swim (1 mile) or the Gatorman (3 mile) it's too late to enter by mail but you can find more information about entering on site at [La Jolla Rough Water](#). We will be meeting at the La Jolla Cove at 4:00pm on Saturday 9/11 to test the waters

and then have dinner at 6:00pm at [Karl Strauss Brewing Co.](#) in La Jolla.

- Congratulations to Judy Gillies and Jeff Krongaard who recently returned from USMS Long Course Nationals in San Juan, Puerto Rico. Judy had two top 3 finishes in the 100 & 200 meter breast and Jeff finished top 3 in the 400 free, 100 back and 100 fly. They both contributed on Arizona relays as well.

Upcoming Events:

- Sep. 18 - Arizona Open Water Swim Series 3: Saguaro Lake
- Oct. 1 & 2 - Fall Desert Duo, Kino Aquatics Center, Mesa, AZ
- The Tinfoilman Triathlon on 10/10/10 filled on July 28th but I'll need your help with counting on the swim.
- Oct. 16 - Arizona Open Water Swim Series 4: Lake Pleasant
- AM vs. PM short course meters intrasquad meet (date TBA - mid to late October)
- 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:

- 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 September dues deadline is Friday September 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)