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Subject: Ford Aquatics Masters Newsletter 10/2/11
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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 our newsletter simply reply to this email with "remove" in the subject line.

The Latest Scoop:

- The \$50 fee for October is due now. Please add a \$5 late fee after Monday October 10th. Scroll to the bottom of this page for information about discounts and an address for payments by mail.
- All Ford Masters swimmers **MUST** [register with USMS](#) for the 2011 season. Please visit our homepage for more information. This is an insurance issue and you may not swim with the team unless you have a 2011 membership. Please email your pdf membership card to me for our records.
- All weekday morning practices start at 5:30am until further notice. The facility officially opens at 5:15am. Please don't get in the water until you're sure the masters coach has arrived.
- Congratulations to everyone who participated at the 81st La Jolla Rough Water event on 9/11/11. We had 28 swimmers participate with 5 finishing in the top 5 in their age group: Scott Shake 1st (50-54) 1 mile, Kathy Krucker 2nd (60-64) 3 mile, Corrine Walker 4th (20-24) 3 mile, Teri Lerew 4th (45-49) 3 mile, Chris Fischer 5th (45-49) 1 mile. Matt Harper and Chris Fischer completed both the 1 mile **AND** the 3 mile events. What a great day it was for Ford Masters!!!
- **There will be NO EVENING PRACTICE this Friday 10/7/11.**
- The first U of A home swim meet is this Saturday 10/8/11 at 10:00am. The UA Women will be swimming against Kansas. Please reply to this email if you are able to help with timing from 9:45am to approximately 12:15pm. I will be giving each timer the new block "A" t-shirt at 9:45am which should be worn during

the meet with khaki pants or shorts. You'll have the best seat in the house!

- **October Training Goals:**
 - Try to make it to at least 1 additional practice every 2 weeks if possible.
 - Focus on strength & power: dryland or weight training, extra suit(s), tubes.
 - October 3-8 is the last week for daily fins sets but.....
 - We will still be doing some fin swimming and occasionally fins & paddles power pulling.
 - Set goal times for the Ron Johnson Invitational on October 15-16.

Upcoming Events:

- [Ron Johnson Invite October 15-16 @ ASU](#) (online entry deadline 10/11/11)
- [Arizona Open Water Swim Series #4](#) October 15th - Lake Pleasant
- [Tinfoilman Triathlon @ Hillenbrand](#) October 30th is **SOLD OUT**. Swim counters needed!
- [Arizona Open Water Swim Series #5](#) November 5th - Tempe Town Lake
- Am vs PM intrasquad meet - November date TBA

Planning ahead:

- [SPMA Short Course Meters Championship](#) - Long Beach, December 2-4, 2011
- [Arizona LMSC Short Course Meters State](#) - Phoenix Swim Club, December 10-11

Reminders:

- The October dues deadline is Monday October 10th. There is a \$5 late fee after the 10th. Checks should be made to "Ford Aquatics" for \$50 and placed through the slot in the Ford Aquatics office door or delivered to a coach on deck. Checks can 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 start 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)