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## *Ford Aquatics Masters Newsletter*

Welcome to the March 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 fee for March is due today. Add a \$5 late fee after Thursday March 10th. Please 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 until you have a 2011 membership. Please email your membership card to me.
- Practice will be held on U of A home basketball game nights but parking will not be available this Thursday 3/3/11.
- 21st annual Polar Bear Classic meet photos [click here](#), Frank Busch's last home meet photos [click here](#).
- The countdown to USMS Nationals in Mesa continues... 58 days (= 8+ weeks). Taper begins in 5+ weeks so **IT'S TIME TO GET SERIOUS ABOUT YOUR TRAINING!** The meet is scheduled over 4 days from April 28 thru May 1, 2011 at Kino Jr. High Aquatics Complex. You may swim up to 3 events without qualifying times and up to 6 events if you have met the [qualifying times](#), [more information](#), [online entry](#).
- Your goals for March should include 5-6 practices per week and even more intensity. March speed/pace training will include:
  - Starts from the blocks on Wednesdays.
  - Short distance time trials and distance pace tests.

- Fin sprints (and you thought we were finished with fins!)
- Even Monday & Friday aerobic sets will have opportunities for fast swimming.
- Relays at Nationals! If you're interested in swimming on relays a USMS Spring Nationals please watch our website for more information to be posted soon. This is a great way to meet fellow Arizona Masters Swim Club members from around the state and help the team score tons of points. The relay events are scheduled for the end of the day on Friday & Saturday and early in the day on Sunday. Relays are a key ingredient to winning the national team title!

#### Upcoming Events:

- March 6 - Sun Devil Invitational @ ASU [Meet Info.](#), [Online entry](#) (online entry deadline Tuesday 3/1/11 11:59pm)
- April 1-3 - AZ LMSC State / SW Zone Championship @ Kino Aquatics Center (Mesa), [Meet Info.](#) (entry deadline Thu. 3/24/11)
- April 28 - May 1 - U.S.M.S. Spring Nationals @ Kino Aquatics Center (Mesa), [more information](#), [qualifying times](#), [online entry](#). (entry deadline Thu. 3/24/11)

#### Planning ahead:

- Long Course Meters AZ LMSC State Meet will be held at Hillenbrand Aquatic Center July 30-31, 2011

#### Reminders:

- The March dues deadline is Thursday March 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 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 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)