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## *Ford Aquatics Masters Newsletter*

Welcome to the April 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 April is due today. Add a \$5 late fee after Sunday April 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.
- The countdown to USMS Nationals in Mesa continues... 27 days (4 weeks) from today, April 1st (no fooling!). The meet is scheduled over 4 days from April 28 thru May 1, 2011 at Kino Jr. High Aquatics Complex. We've got 1 more week of hard training until our 3 week taper begins on April 10th. If you haven't been consistent with your training then you can add an extra week of hard training if you think that 1 week might bump your fitness level up a notch.
- April Training Goals:
  - 1 more week of intense, hard training. Plan to make it to practice every day.
  - Work on breaking bad habits. Practice meet techniques. Everything LEGAL for the month of April.
  - Swim fast when the set calls for it but swim easy at all other times.
  - Tapering in your personal life is just as important as in the pool. Eat right, sleep well, no extra physical activities.

- Relays at Nationals! If you're entered in the national meet you've got until Monday 4/4/11 to submit an online National Relay Request Form: Use this link: [National Relay Form](#). This is where we score the BIG points... and have some fun too!
- National Hotel rooms: I still have 8 rooms remaining at The Hyatt Place in Mesa, 4 miles from the pool. There are 2 queen beds in each room, refrigerator, WFI, complimentary continental breakfast, HDTV, etc. April 10th is the deadline to let me know.
- Mesa Aquatic Club is looking for volunteers of all types for national meet weekend. One the the many job shifts they need filled is a Colorado Swimmer 5 computer operator. If you or someone you know is qualified let me know.

#### Upcoming Events:

- Frank Busch's Final Farewell Party at the pool on Friday 4/15/11 6:30pm.
- Carbo loading dinner for all USMS National swimmers. Time and place TBA.
- April 28 - May 1 - U.S.M.S. Spring Nationals @ Kino Aquatics Center (Mesa), [more information](#) (registration is closed).

#### 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 Sunday April 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)