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## *Ford Aquatics Masters Newsletter*

Welcome to the May 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 May is due. Add a \$5 late fee after Tuesday May 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.
- **All weekday morning practices start at 5:30am until further notice. I will open the facility at 5:15am.**
- USMS Nationals in Mesa were a great success! Loads of incredibly fast times and a regional team division by a landslide:
  1. Arizona Masters Swim Club (2,962.50)
  2. Colorado Masters Swimming (1,817.50)
  3. Pacific Northwest Aquatics (1,435.50)We had 8 swimmers win 15 individual national titles. They were: Emily Milak (2), Michelle Worden (1), Monica Bailey (3), Judy Gillies (1), Carol Taylor (3), Sean Bourne (2), Tyler DeBerry (2), Scott Shake (1). Ford swimmers were also part of five 1st place relay teams. For complete Ford Aquatics national meet results [click here](#).
- May Training Goals:
  - Rebuild endurance base.

- Focus on long course times and start setting long course goals for practices and meets.
- Plan now for long course State Meet (at home) over the July 30-31 weekend.

#### Upcoming Events:

- Arizona Open Water Swim Series May 14th - Lake Pleasant
- Tucson Triathlon @ Hillenbrand May 22nd (swim counters needed 5:30am to 9:00am)
- Brute Squad Meet @ Oro Valley Pool Sunday June 19th, 7:00am warm-up, 8:00am meet start. All events offered.
- Firecracker Triathlon @ Hillenbrand July 3rd (filling up fast - enter TODAY!)
- Long Course State @ Hillenbrand July 30-31
- SW Zone Championship - Mission Viejo, CA August 12-14

#### Planning ahead:

- La Jolla Rough Water & Gatorman September 11, 2011
- Arizona Open Water Swim Series September 17th - Saguaro Lake

#### Reminders:

- The May dues deadline is Tuesday May 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)