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Ford Aquatics Masters Newsletter

Welcome to the June 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 June is due now. Please add the \$5 late fee after Friday May 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 will open at 5:15am. Water temperature permitting, all practices will be held in the 50 meter pool except noon practice on Tuesdays. There may be other exceptions depending on U of A scheduling.**
- The SW Invitational is coming up this weekend (June 9-12). The swimmers competing in this meet will be some of the best in the world. All of the U of A team will be participating... don't miss it! I'm looking for timers to help with the evening sessions (5:45pm - 8:30pm) on Friday, Saturday and Sunday. You'll have the best seats in the house! Please reply if you can help at any or all of these sessions. **Practices on Thursday evening and Friday noon & evening are cancelled due to the meet. Check our website later this week for a possible Saturday morning practice time.**
- June Training Goals:
 - Continue building endurance base. Begin relating practice times to goal

times.

- Test your fitness level at The Brute Squad Meet on Sunday July 19th.
- Set tentative goals for LC State Meet (home 7/30) and/or SW Zone (Mission Viejo, CA 8/12).

Upcoming Events:

- [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 (almost full - enter TODAY!)
- Long Course State @ Hillenbrand July 30-31 (info. coming soon)
- [SW Zone Championship](#) - Mission Viejo, CA August 12-14

Planning ahead:

- [La Jolla Rough Water & Gatorman](#) September 11, 2011
- Arizona Open Water Swim Series #3 September 17th - Saguaro Lake
- Arizona Open Water Swim Series #4 October 15th - Lake Pleasant
- Arizona Open Water Swim Series #5 November 5th - Tempe Town Lake

Reminders:

- The June dues deadline is Friday 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 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)