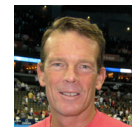


From: James Stites <swim1@qwest.net>
Subject: Ford Aquatics Masters Newsletter 7/1/11
Date: July 1, 2011 8:23:45 PM MST
To: Jim Stites <swim1@qwest.net>



Ford Aquatics Masters Newsletter

Welcome to the July 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 July is due now. Please add the \$5 late fee after Sunday July 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 opens at 5:15am.
- **Holiday Practice: there will be 1 practice available on Monday the 4th of July at 6:00am. GET IT DONE... then have fun!**
- Congratulations to Al Jaegers, Barry Roth, Scott Shake, Jeff Utsch and Jeff Krongaard for breaking two Masters World Relay records at the Southwest Invitational over the weekend of June 9-12. On Friday night they shattered the 200+ age group 400 meter free WR by 18 seconds with a time of 3:57.73. Then on Saturday night they came back and did it again on the 800 meter free relay by 28 seconds with a time of 8:51.74. These guys are AMAZING!!!
- Mesa Aquatic Club has added a meet at their brand new Skyline Aquatic Center on Saturday July 9th. This facility is a close duplicate to the Kino Aquatic Center where short course State & Nationals were held this past April. You may enter by email thru Monday 7/4/11. Reply to this email if you plan on

attending. [MORE INFO](#)

- July Training Goals:
 - Focus on speed and race pace. Expect time trials to pop up when you least expect it.
 - Tune up for State/SW Zone at East Valley Invite on July 9th at Skyline Aquatic Center in Mesa, AZ.
 - Solidify goals for LC State Meet (home 7/30 & 7/31) and/or SW Zone (Mission Viejo, CA 8/12).
- Did you know Seton Claggett likes Haagen-Dazs ice cream? [click here](#).

Upcoming Events:

- [Firecracker Triathlon](#) @ Hillenbrand July 3rd (run course volunteers needed 5:30 to 9:30am)
- [2011 East Valley Invite](#) July 9th at NEW Skyline Aquatic Center in Mesa, AZ.
- Long Course State @ Hillenbrand July 30-31 (more info next week!)
- [SW Zone Championship](#) - Mission Viejo, CA August 12-14

Planning ahead:

- [La Jolla Rough Water & Gatorman](#) September 11, 2011 - La Jolla training begins August 1st!
- 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 July dues deadline is Sunday July 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)