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Ford Aquatics Masters Newsletter

Welcome to the September 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 September is due now. Please add the \$5 late fee after Saturday September 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.
- Congratulations to everyone who contributed to our very close team victory at the LC State Championship on July 30-31. Special "pat on the back" to our 6 High Point winners: Bob Jones, Barry Roth, Jim Stites, Monica Bailey, Erwin Kratz and Ted Wallach. Results are posted at our website.
- **Labor Day Practice: there will be 1 practice available on Monday (Labor Day) the 5th of September at 7:00am. There will be several groups practicing at the same time. Sean Bourne will be coaching. The practice will take place in the short course meters pool (Kasser Pool).**
- **September Training Goals:**
 - Build a base! Aerobic overload is the focus. Think endurance... endure.
 - Pick an open water event to shoot for (see below). This will give your training more purpose.

- Daily fins & paddles sets start September 12th and will continue for 4 weeks.
- La Jolla Group:
 - Taper begins after Friday (9/2) workout.
 - swim an easy 1000-2000 yards on Saturday (9/3) or Sunday (9/4).
 - Monday (9/5) do the normal team workout.

Upcoming Events:

- [La Jolla Rough Water & Gatorman](#) September 11, 2011
- [Arizona Open Water Swim Series #3](#) September 17th - Saguaro Lake
- [East Valley Invite](#) September 24-25 @ Kino Aquatics Center - Mesa, AZ (short course meters)
- [Ron Johnson Invite](#) October 15-16 @ ASU
- [Arizona Open Water Swim Series #4](#) October 15th - Lake Pleasant
- [Tinfoilman Triathlon](#) @ Hillenbrand October 30th is **SOLD OUT**. Volunteers needed.
- [Arizona Open Water Swim Series #5](#) November 5th - Tempe Town Lake

Planning ahead:

- Long Beach Invitational December 2-4, 2011 - SPMA Short Course Meters Championship

Reminders:

- The September dues deadline is Saturday 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)