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## *Ford Aquatics Masters Newsletter*

Welcome to the October 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 monthly fee for September is due now. Please add a \$5 late fee after Wednesday October 10th. We will continue to pay by check or cash until further notice.
- Looking for help with counting for the swim portion of the Tinfoilman Triathlon coming up **this Sunday October 14th**. Please meet at the NW corner of the pool at 6:00am for instructions. The swim should be finished by 9:45am if all goes well. Once the last triathlete finishes swimming the pool will be available until 11:00am. Please reply to this email if you can help or let me know at practice. We need 16 more counters... HELP!
- Congratulations to all swimmers who participated in the La Jolla Rough Water Swim & Gatorman on September 9th. It was a beautiful weekend with near perfect conditions. Mark your calendar now for September 8, 2013!
- All Ford Masters swimmers **MUST** have a 2012 USMS membership. You can register with USMS for the 2012 season with the following link: [2012 USMS](#). This is an insurance issue and you may not swim with the team unless you have a 2012 membership. You no longer need to email your card to me once you renew for 2012 unless you are a new member. Please visit our homepage for more information.
- October Training Goals:
  - Start focusing more on quality (fast times, good technique).
  - Enter the Ron Johnson Invitational and/or The Long Beach Invitational.

- Try to attend at least 4 practices per week in October.

### Upcoming Events:

- October 13, 2012 - [Arizona Open Water Swim #3](#), Saguaro Lake 8:30am
- October 14, 2012 - [Tinfoilman Triathlon](#) @ Hillenbrand Aquatic Center.
- November 10-11, 2012 - Ron Johnson Invitational (short course meters), Tempe, AZ

### Planning ahead:

- Nov. 30 - Dec. 3, 2012 - SPMS Short Course Meters Championship, Long Beach, CA
- January 27, 2013 - 23rd Annual Polar Bear Classic, Hillenbrand Aquatic Center, Tucson, AZ

### Reminders:

- The October dues deadline is Wednesday October 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. 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 registered can be found using the following link: [2012 members link](#).
- Let me know if your email address changes.

:Coach Jim (aka Swim Swami)

