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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. Please note that **our website has moved to a new server**. The old site no longer exists so please bookmark the new site location. 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 July is due now. Please add a \$5 late fee after Tuesday July 10th. We will continue to pay by check or cash until further notice.
- **WOW!** Did you see our World Record setting Men 200+ 800 meter freestyle relay? Go to the new [website](#) and check it out!
- How about Tyler DeBerry at USMS Nationals in Omaha? 3 for 3: 1st place 50m free 23.80, 1st place 100m free 52.78, 1st place 200m free 1:56.59!
- 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.
- July Training Goals:
 - Focus on goal pace in practice whenever possible.
 - Build up training consistency to prepare for a great taper later this month.
 - Start thinking about start and turn technique. The big meets are coming up **SOON!**

Upcoming Events:

- Happy Hour at Fini's Landing later this month. Stay tuned...
- August 4-5 - [AZ LMSC Long Course State](#), Kino Aquatic Center, Mesa, AZ - entry deadline "received by" July 29th
- August 10-12, 2012 - [SPMS LC Championship](#), Mission Viejo, CA - Marguerite Aquatic Complex

Planning ahead:

- August 25, 2012 - [Arizona Open Water Swim #2](#), Lake Pleasant 7:30am
- September 9, 2012 - [82nd La Jolla Rough Water & Gatorman](#)
- October 13, 2012 - [Arizona Open Water Swim #3](#), Saguaro Lake 8:30am
- October 14, 2012 - [Tinfoilman Triathlon @ Hillenbrand Aquatic Center](#) - registration opens this week!

Reminders:

- The July dues deadline is Tuesday 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. 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)