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## *Ford Aquatics Masters Newsletter*

Welcome to the August 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 August is due now. Please add a \$5 late fee after Friday August 10th. We will continue to pay by check or cash until further notice.
- Congratulations to Doug Everett, Kurt Gehlsen & Terry Lavery on their State Meet swims this past weekend in Mesa and good luck to Monica Bailey, Tyler DeBerry, Doug Everett, Becki Major & Al Jaegers at the SW Zone meet this coming weekend in Mission Viejo, CA.
- Week #2 of the La Jolla Gatorman training begins tomorrow (8/6/12). Practices on M-W-F will be extended by 10 minutes. As the weeks go by the Gatorman workout will be extended further. The last week of August there will be longer practices every day. Gatorman practices will go back to 1 hour during the week of the race in order to rest and refuel for race day. Pay attention during daily announcements for the Gatorman practice start time for your group.
- 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.
- August Training Goals:
  - End of season meets are here, GET PSYCHED!!!

- La Jolla training... time to get in shape!!!
- Try to get back into a new regular training routine now that the kids are back in school. 3 times per week is the MINIMUM for noticeable fitness benefits.

### Upcoming Events:

- Happy Hour at Fini's Landing later this month (?) Stay tuned...
- August 10-12, 2012 - [SPMS LC Championship](#), Mission Viejo, CA - Marguerite Aquatic Complex
- August 25, 2012 - [Arizona Open Water Swim #2](#), Lake Pleasant 7:30am
- September 9, 2012 - [82nd La Jolla Rough Water & Gatorman](#)

### Planning ahead:

- October 13, 2012 - [Arizona Open Water Swim #3](#), Saguaro Lake 8:30am
- October 14, 2012 - [Tinfoilman Triathlon](#) @ Hillenbrand Aquatic Center (race is over 1/2 full)
- November 10-11, 2012 - Ron Johnson Invitational (short course meters), Tempe, AZ
- Nov. 30 - Dec. 3, 2012 - SPMS Short Course Meters Championship, Long Beach, CA

### Reminders:

- The August dues deadline is Friday August 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)