

From: James Stites <swim1@qwest.net>
Subject: Ford Aquatics Masters Newsletter 9/1/12
Date: September 1, 2012 5:44:31 PM MST
To: Stites Jim <swim1@qwest.net>



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 monthly fee for September is due now. Please add a \$5 late fee after Monday September 10th. We will continue to pay by check or cash until further notice.
- Congratulations to Monica Bailey, Tyler DeBerry, Doug Everett, Becki Major & Al Jaegers for their performances over the weekend of August 10-12 at the SPMS/SW Zone Championship in Mission Viejo, CA. Monica is currently ranked 3rd in the nation with her times in the 50-100-200 backstroke and the 200im, Tyler bettered his times from USMS Nationals in the 100 free, 50 fly & 100 fly and is currently ranked in the top 3 nationally for all three events. Becki won the High Point award in the 45-49 age group, and Al Jaegers came back from injuries with top 10 national rankings in the 50 & 100 back, 50 br, 200 im & 400 free. Our Arizona Masters team was made up of 6 Ford Aquatics swimmers along with 2 others from the Phoenix area and finished 8th out of 32 teams.
- The La Jolla Rough Water Swim & Gatorman events will be held on Sunday September 9th in La Jolla, CA. We will meet at the La Jolla Cove at 4:00pm on Saturday to do a test swim and then have a team dinner at Strauss Brewing Company at 5:30pm (1044 Wall St., La Jolla, CA 92037). **If you are going to La Jolla, please reply to this email and let me know if you plan to swim at the cove on Saturday at 4pm and if you plan to join us at Strauss Brewing Company at 5:30pm (I need a head count for reservations - family & friends are welcome**

but please include them in your reply).

- 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.
- September Training Goals:
 - Build up an aerobic base (i.e. build up endurance, get in shape!)
 - Plan to participate in an open water swim this fall
 - 3 swims per week is the MINIMUM for noticeable fitness benefits.

Upcoming Events:

- 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 (waiting list is very short)

Planning ahead:

- 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 September dues deadline is Monday September 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)