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To: Stites Jim

Ford Aquatics Masters Newsletter 3/14/13

June 1, 2013 6:59 PM



Ford Aquatics Masters Newsletter

Welcome to the March 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:

- If you haven't yet paid your March fee (\$55) please add the \$5 late fee (\$60). You can receive a 10% discount for a 1 year advance payment (\$594) and a 5% discount for a 6 month advance payment (\$313.50). We will continue to pay by check or cash until further notice (checks to "Ford Aquatics").
- All Ford Masters swimmers **MUST** have a **2013 USMS** membership. **You can now register with USMS for the 2013 season with the following link: [2013 USMS](#)**. Remember to indicate "Arizona Masters" as your club and "Ford Aquatics" as your workout group. This is an insurance issue and you may not swim with our team unless you have a 2013 membership. Please email a pdf of your membership card for our records or forward a copy of the email you receive from USMS with a link to a pdf of your membership card (I DO NOT need the credit card receipt email you will also receive).
- Women's NCAA Swimming Championship begin next Thursday 3/21. The Men's Championship begins the following Thursday 3/28. **GO CATS!**
- Swim counters are needed for the Tucson Triathlon on Sunday March 24th 6:00am to 9:45am. The pool will be available for swimming immediately following.
- **TAPER!** The first State Meet / SW Zone taper option begins this Monday March 18th. If you attend practice regularly and you consistently train hard then this is the taper for you. You will continue to maintain fitness and speed throughout the taper but the amount of distance and intensity will begin to be cut back. If you don't swim at least 4 workouts per week or you're just

coming back from a layoff then the second option is to start your taper the following Monday March 25th. You'll join the group that is already tapering. If you have been inconsistent in attending practice or you know another week of hard training will make a difference then a "drop taper" starting on Monday April 1st is the way to go. This is also a good option for those who are just swimming in the meet to help with team points and aren't as concerned with achieving specific goal times.

- March Training Goals:
 - Speed development continues
 - Goal race pace
 - Technique, turns, starts, fine tuning
 - Rest & Recovery = Taper!

Upcoming Events:

- Saturday practice 3/16/13 begins at 6:00am.
- Fini's Landing to celebrate all March birthdays on Friday March 22nd 5:00pm (or later).
- Tucson Triathlon Sunday 3/24/13.
- Deadline for State Meet / SW Zone registration is Wednesday 3/27/13. Click [here](#) for online registration or [here](#) for the meet information page.
- State / SW Zone April 5-7. Newly renovated Oro Valley Aquatic Center. If everybody swims... **WE WIN! JUST DO IT!**

Planning ahead:

- USMS SCY Nationals in Indianapolis, IN May 9-12, 2013. Wanna go? Let me know.

Reminders:

- The March dues deadline was Sunday March 10th. There is a \$5 late fee after the 10th. Checks should be made to "Ford Aquatics" for \$55 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 (\$594) or a 5% discount if

you pay for 6 months in advance (\$313.50). 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: [2013 members link](#).
- Let me know if your email address changes.

:Coach Jim (aka Swim Swami)