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To: Stites Jim

Ford Aquatics Masters Newsletter 4/1/13

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# *Ford Aquatics Masters Newsletter*

Welcome to the April 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:

- April dues are due today (\$55). There is a \$5 late fee after Wednesday April 10th. 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").
- The UA Women's swim team finished 5th at the NCAA Championships on March 23rd and the Men finished 3rd on March 30th! Congratulations CATS!
- Congratulations to our own Bryce Phinney (morning group) who won The Tucson Triathlon on March 24th in 55:47. Registration for the July 7th Firecracker Triathlon will be available soon.
- **TAPER!** The State/ Zone meet taper is in full swing. If you haven't started tapering yet, well... NOW IS THE TIME! The meet starts this Friday with the 1650 (3:00pm warm up, 4:00pm meet start). Remember, positive check in is required for the 1650 and the 1000 freestyle events. No equipment is permitted during warm up, I will be sending an email about relays in the next couple of days. Please reply to that email ASAP.
- April Training Goals:
  - Swim fast & reach your Short Course State Meet goals
  - Long Course base building begins
- 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).

#### Upcoming Events:

- No Saturday practice 4/6/13. State Meet - come out and cheer on your teammates. We have 40 swimmers entered!
- Fini's Landing to celebrate all April birthdays on Friday April 12th 5:00pm (or later).
- USMS National entry deadline is this Thursday April 4th.

#### Planning ahead:

- USMS SCY Nationals in Indianapolis, IN May 9-12, 2013. Let me know if you're going.
- Firecracker Triathlon Sunday 7/7/13.
- USMS Long Course Nationals - Mission Viejo, CA - August 7-11, 2013, [meet info link](#)

#### Reminders:

- The April dues deadline is Wednesday April 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)