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To: Stites Jim

Ford Aquatics Masters Newsletter 5/6/13

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# *Ford Aquatics Masters Newsletter*

Welcome to the May 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:

- Please pay the \$55 fee for May ASAP. There is a \$5 late fee after this Friday May 10th. You 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"). If you set up an auto payment through your bank please have them mail the check to: Ford Aquatics, P.O. Box 44233, Tucson, AZ 85733.
- We will hold our monthly gathering at Fini's Landing this Friday (5/10) after 5:00pm. Fini's is located near the NW corner of Sunrise & Swan.
- Good luck to Scott Shake in the upcoming USMS National Championship to be held in Indianapolis this weekend.
- Congratulations to all who contributed to our 2nd place showing at the Short Course State/SW Zone meet at Oro Valley Aquatic Center April 5-7. Special recognition to our 6 high point winners: Jeff Ashbeck, Helen Bayly, Carolyn Duffield, Jesse Melnick, Barry Roth & Scott Shake!
- I have again volunteered our services as timers for the final sessions of the SW Classic Invitational coming up on June 6-9 at Hillenbrand Aquatic Center. We are responsible for timing on Friday, Saturday & Sunday evenings from 5:45pm until about 8:00pm. You'll have the best seats in the house to cheer on our Masters women in their attempt to break relay World Records. Oh... and you'll also see Olympic level athletes in their last preparations for World Championship Trials later in June. Please reply to this email with the sessions you are willing to work (Friday 6/7, Saturday 6/8, Sunday 6/9).

- **May Training Goals:**
  - Build a strong base for LC State and USMS LC Nationals
  - Start thinking about your summer goal times
- 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:

- Fini's Landing to celebrate all May birthdays this Friday May 10th after 5:00pm.
- Saturday practice 5/11/13 will be held at 6:30am.
- SW Classic Invitational June 6-9. Timers needed for finals sessions 5:45pm to 8:00pm!

#### Planning ahead:

- Firecracker Triathlon Sunday July 7, registration now open - <http://www.tritucson.com/FCTinf.htm>.
- LC State @ Phoenix Swim Club July 13-14 (info. & registration not yet available).
- USMS Long Course Nationals - Mission Viejo, CA - August 7-11, 2013, registration now open - [meet info. link](#)

#### Reminders:

- The May dues deadline is Friday May 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)