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To: Stites Jim

Ford Aquatics Masters Newsletter 6/1/13

Ford Aquatics Masters Newsletter

Welcome to the June 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 \$55 fee for June is due today. There is a \$5 late fee after Monday June 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 should be made out to "Ford Aquatics" and cash payments **MUST** be submitted in a plain envelope with the words "Masters" and the month(s) you are paying for along with your name. 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.
- I'm still looking for a few more **TIMERS** for next weekend's SW Classic Invitational. 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. This will be a closed deck meet so I need all timers names by this Monday June 3rd in order to secure deck passes. Please reply ASAP.
- We will hold our monthly gathering at Fini's Landing on Friday (6/14) at 5:00pm. Fini's is located near the NW corner of Sunrise & Swan.
- Scott Shake accomplished an **AMAZING** feat at the recent USMS short course nationals in Indianapolis... He **WON** 5 of 6 of his individual events in the 55-59 age group (50-100-200 back, 400 im and the 1000 free). Congratulations and good luck next week in Sarasota, FL at the Masters Pan Am Games! Did you see Scott on the local ABC news? :-)
- June Training Goals:

- Continue to build a strong base for LC State (July 13-14) and USMS LC Nationals (Aug. 7-11).
- Finalize your summer goal times and try to hit goal pace in practice whenever possible.
- 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 June birthdays on Friday June 14th after 5:00pm.
- SW Classic Invitational June 6-9. Timers needed for finals sessions 5:45pm to 8:00pm on Fri., Sat. & Sun. evenings!
- Firecracker Triathlon Sunday July 7, ALMOST FULL! - <http://www.tritucson.com/FCTinf.htm>.
- LC State @ Phoenix Swim Club July 13-14 - [meet info link](#). **NO ONLINE REGISTRATION**, mail in entries due (received by) July 6th.

Planning ahead:

- USMS Long Course Nationals - Mission Viejo, CA - August 7-11, 2013, registration is now open - [meet info link](#). The meet entry fee surcharge increases from \$50 to \$60 on June 13th, online registration closes on July 3rd. I have 8 rooms each with 2 queen beds reserved at the Hampton Inn for \$139 per night including breakfast. This hotel is on the meet shuttle route. Let me know if you plan to go!

Reminders:

- The June dues deadline is Monday the 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 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)