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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. If you no longer wish to receive our newsletter simply reply to this email with "remove" in the subject line.

The Latest Scoop:

- **Reminder** - the \$55 fee for April is due now. There is a \$5 late fee after Thursday 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 should be made to "Ford Aquatics." Cash payments **MUST** be submitted in an 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 the check mailed to: Ford Aquatics, P.O. Box 44233, Tucson, AZ 85733.
- All Ford Masters swimmers **MUST** have a 2014 USMS membership in order to practice with our team. This is an insurance issue and can be done online at [2014 USMS](#). Remember to indicate "Arizona Masters" as your club and "Ford Aquatics" as your workout group.
- **Friday 4/11/14 is FIN FRIDAY - main set with fins!** This month our Happy Hour party will be back at Fini's Landing starting at 5:00pm or whenever you can make it there.
- This Saturday's (4/12/14) practice will begin at 6:30am.

- Bicycle Scavenger Hunt - this Saturday at 9:00am to benefit el Grupo Youth Cycling.
[More Info](#), [Registration](#)
- April Training Goals:
 - Finalize goal times for USMS Nationals
 - Focus on practice times and their relationship to goal pace
 - Begin taper for Nationals both in the pool & out - 4/14/14
 - Begin to build long course base if not attending nationals.

Upcoming Events:

- Fin Friday = April 11th, Fini's Landing Friday night
- [USMS SCY Nationals May 1-4, 2014, Santa Clara, CA](#)

Planning ahead:

- [15th FINA Masters World Championships](#), July 27 - August 10, Montreal, CAN
- USMS LCM Nationals August 13-17, 2014, University of Maryland College Park
- USMS SCY Nationals April 23-26, 2015, San Antonio, TX
- USMS LCM Nationals August 6-9, 2015, Spire Institute, Ohio

Let me know if your email address is going to change.

:Coach Jim (aka Swim Swami)