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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:

- The \$50 monthly fee for March is due today. Please add a \$5 late fee after Saturday March 10th. **We will continue to pay by check or cash until further notice.**
- All Ford Masters swimmers **MUST** have a 2012 USMS membership. You can register with USMS for the 2012 season with the following link: [2012 USMS](#). This is an insurance issue and you may not swim with the team unless you have a 2012 membership. You no longer need to email your card to me once you renew for 2012. Please visit our homepage for more information.
- All weekday morning practices start at 5:30am. The facility opens at 5:15am. Please don't get in the water until you're sure the masters coach has arrived (this applies to ALL masters workouts).
- March Training Goals:
 - Fine tune your goals
 - race pace, broken swims
 - speed development
 - TAPER!!!

Upcoming Events:

- March 11, 2012 - [Sprinters Spectacular](#) @ ASU. Online entry deadline is Wednesday March 7th. No hotel reservations needed.
- March 31 April 1, 2012 - [AZ LMSC SC Yards State](#) @ Brophy Sports Complex (PHX) **NO ONLINE ENTRY**. Entries must be received via U.S.P.S. by Monday March 26th.

Please email if you will be attending this meet and let me know if you need a room/roommate/#of nights.

Planning ahead:

- April 7, 2012 - [Arizona Open Water Swim Series](#) 1000m, 2000m, 4000m (note: coach will not be attending this event).
- April 14-15, 2012 - [SW Zone / SPMS SCY Regionals](#) @ Santa Clarita, CA. Online entry deadline is April 2nd. Please email if you will be attending this meet and let me know if you need a room/roommate/#of nights.
- April 26 -29, 2012 - [U.S.M.S. National Championship](#), Greensboro, NC (note: coach will not be attending this event).

Reminders:

- The March dues deadline is Saturday March 10th. There is a \$5 late fee after the 10th. Checks should be made to "Ford Aquatics" for \$50 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 (\$540) or a 5% discount if you pay for 6 months in advance (\$285). 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: [2012 members link](#).
- Let me know if your email address changes.

:Coach Jim (aka Swim Swami)