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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:

- The \$50 monthly fee for May is due now. Please add a \$5 late fee after Thursday May 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 unless you are a new member. 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).
- **Congratulations** to our 4 SW Zone Championship swimmers who finished 12th out of 37 teams in Santa Clarita , CA the weekend of April 14-15. Monica Bailey won all 6 of her events in the 50-54 age group with some of the top times in the nation for her age group. Doug Everett swam personal best times in 6 out of his 7 events and finished 3rd in his age group in the 200 fly. Becki Major finished 1st or 2nd in all 5 of her events including a win in the 500 free. I finished 2nd or 3rd in all 5 of my events with all season best times.
- **May Training Goals:**
  - Fins & paddles sets on M-W-F for the rest of May starting Monday 5/7/12

- Increase your attendance in May and try to be consistent.
- Come to practice with a positive attitude and a willingness to work hard.

### Upcoming Events:

- Timers are needed **TOMORROW** (Friday 5/4/12) 3:45pm to 5:15pm for the SW Classic swim meet. Please reply to this email if you can help out. Pizza will be served in the lobby at 5:15pm to those who can also stay for the later age group session.
- Happy Hour at Fini's Landing Friday May 11th, dinner too (?). NW corner of Swan & Sunrise (time and more details at practice).
- July 1, 2012 - [Firecracker Triathlon & Youth Triathlon](#)
- July 5-8, 2012 - [U.S.M.S LC National Championship](#), Omaha, NE (note: coach will not be attending this event).
- July 14, 2012 - Tentative date for meet in Flagstaff, AZ (SCM? LCM?)
- August 4-5, 2012 - LC State Championship, Mesa, AZ - Kino Aquatic Center
- August 10-12, 2012 - [SPMS LC Championship](#), Mission Viejo, CA - Marguerite Aquatic Complex

### Planning ahead:

- August 25, 2012 - [Arizona Open Water Swim #2](#), Lake Pleasant 7:30am
- September 9, 2012 - [82nd La Jolla Rough Water & Gatorman](#)
- October 13, 2012 - [Arizona Open Water Swim #3](#), Saguaro Lake 8:30am
- October TBA - Tinfoilman Triathlon @ Hillenbrand Aquatic Center

### Reminders:

- The May dues deadline is Thursday May 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)