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## *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](http://www.FordAquatics.com). Please note that **our website has moved to a new server**. The old site will no longer be updated so please bookmark the new site location. 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 June is due now. Please add a \$5 late fee after Sunday June 10th. We will continue to pay by check or cash until further notice.
- **Timers are needed** this Friday, Saturday & Sunday from 6:00pm to 8:00pm for the June Invitational at Hillendbrand Aquatic Center. This is the last stop for the Olympic Trials swimmers before the Trials begin on June 25th. Seven Ford Aquatics Masters swimmers will also be participating in this weekend's meet. On Friday night the relay team of Jeff Utsch, Barry Roth, Scott Shake and Kurt Dickson will attempt to break the Masters World Record for the 400m free relay (3:54.22) and on Saturday night the same group will try to break the record for the 800m free relay (8:45.06). Come on out and support your teammates! Please reply to this email if you can time for 1, 2 or all 3 of these evening sessions.
- Due to the June Invite this weekend there will be **no evening practice on Thursday night and no noon or evening practice on Friday**. There will be morning practices held on Thursday, Friday & Saturday at 5:30am. Set your alarm early, **NO EXCUSES!**
- 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).
- June Training Goals:
  - Pick 1 practice each week in June to attempt a "break through" workout. This means total focus and 100% effort from start to finish.
  - Be prepared to "time trial" from the starting blocks on at least 1 Wednesday workout this month. Which Wednesday(s) will it be???
  - Start comparing practice times to your meet goal pace.

#### Upcoming Events:

- Happy Hour at Fini's Landing later this month. Stay tuned...
- 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 June dues deadline is Sunday June 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)