

**From:** James Stites <swim1@qwest.net>  
**Subject:** Ford Aquatics Masters Newsletter 1/15/12  
**Date:** January 15, 2012 7:33:41 PM MST  
**To:** Stites Jim <swim1@qwest.net>



## *Ford Aquatics Masters Newsletter*

Welcome to 2012 and the January 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 is now past due. Please add a \$5 late fee if you have not yet paid for January. *Originally I had hoped that January would be the last month for dues payments by check or cash. Due to technical difficulties, we will continue to pay by check or cash through February.* More information will be provided in the February Ford Aquatics Masters Newsletter.
- 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 until further notice. The facility officially 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).
- The final January basketball game that will restrict parking for the evening practice will be held on Thursday January 26th at 8:30pm. Practice will be held but parking will not be available.
- The last U of A home swim meet will be against Texas in 3 sessions: Friday 1/27/12 at 2:00pm, Saturday 1/28/12 at 9:00am (Men) and 11:00am (Women). Please send me an email early next week if you can help with timing for any or all 3 sessions.

- January Training Goals:
  - New Years Resolution Time! (ie. increase #workouts per week, increase intensity, improve diet, etc.)
  - Plan to swim in our 22nd Annual Polar Bear Classic on Sunday January 29th. [Online entry](#) deadline 1/22/12.
  - Set goals for Polar Bear and focus on your goal pace in practice. Goals help to motivate!

#### Upcoming Events:

- 22nd Annual Polar Bear Classic - Sunday January 29, 2012 ([meet info.](#), [online entry](#))
- Short Course Yards State - Late March/early April - Brophy Sports Campus (PHX)

#### Planning ahead:

- Other 2012 meets in Arizona TBA

#### Reminders:

- The January dues deadline was Tuesday January 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)

