

From: James Stites <stitesjim@gmail.com>
Subject: Ford Aquatics Masters Newsletter 2/1/12
Date: February 1, 2012 10:41:38 AM MST
To: Stites Jim <swim1@qwest.net>

Ford Aquatics Masters Newsletter

Welcome to the February 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 February is due today. Please add a \$5 late fee after Friday February 10th. **Due to technical difficulties, we will continue to pay by check or cash through February.** Eventually we will go to an online payment system... stay tuned.
- 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 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).
- Basketball games on Thursday 2/9/12 & Thursday 2/23/12 will restrict parking for the evening practice. Practice will be held but parking will not be available.
- Awesome meet! The 22nd Annual Polar Bear Classic [results](#) & [photos](#) (more photos coming soon!).
- February Training Goals:
 - 1500 yard time trial - Friday 2/3/12
 - 800 kick time trial - Thursday 2/16/12
 - Add strength training to your routine 3 times per week.

Upcoming Events:

- MAC masters meet - Saturday February 18, 2012 - meet info. coming soon.

Planning ahead:

- SC Yards State - March 31 & April 1 - Brophy Sports Complex (PHX) - [meet info.](#)
(no online entry)

Reminders:

- The February dues deadline is Friday February 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)