

**From:** James Stites <swim1@qwest.net>  
**Subject:** Ford Aquatics Masters Newsletter 12/01/08  
**Date:** November 30, 2008 9:13:09 PM GMT-07:00  
**To:** undisclosed-recipients;

Welcome to the December issue of the Ford Aquatics Masters Newsletter. Please visit our website for the very latest team info: [www.FordAquatics.com](http://www.FordAquatics.com).

#### The Latest Scoop:

- Congratulations to those swimmers who participated in the Ron Johnson Invitational over the November 14-16th weekend. We had 18 swimmers make the trip up to ASU and most came home with at least a few great swims. I was very happy with our 3rd place team finish to the home town teams Brophy (1st) and Sun Devil (2nd). Scott Shake was our swimmer of the meet just narrowly missing 50-54 USMS National Records in the 50m back, the 100m im, and the 200m im. [Results](#), [Photos](#)
- It's that time of year again! Time to renew your USMS membership for 2009. Everyone on our team is required to be a member of USMS for insurance reasons. If anyone in the water during our practices is not registered then our team insurance is null and void. Please renew your membership by the end of the year using the new online registration service. Click on the following link and have your credit card and 2008 membership number handy. Once you have renewed please send the pdf file of your membership card to me via email (preferred) or make a copy and give it to me at practice. "I Swim For Life" wrist bands go to the first 15 people who send or give me a copy of their card. <https://www.clubassistant.com/club/USMS.cfm?l=48>
- Once you renew your USMS membership you are eligible for the first meet of the new year. Our Polar Bear Classic XIX will be held on Sunday January 25th in our own Hillenbrand Pool. This is a convenient home meet and will help you stay focused and keep training over the holidays. Click the link in the next section for more information and watch our homepage for an online entry link coming soon.

#### Upcoming Events:

- SPMA SCM Championships at Belmont Pool in Long Beach, CA December 5-7, 2008 (this weekend!).
- [Polar Bear Classic XIX](#) at Hillenbrand Pool Sunday 1/25/09 (everybody swims, no excuses!).

#### Planning ahead:

- UA home swim meet 1/2/09 10am and 2pm (OSU, NAU, WA). Timers needed.
- UA home swim meet Thursday 1/8/09 2pm (West Virginia). Timers needed.
- UA home swim meet Friday 1/23/09 1pm (Cal). Timers needed.
- UA home swim meet Saturday 1/24/09 12pm (Stanford). Timers needed.
- USMS SC Yards Nationals May 7-10, 2009 Clovis, CA.
- Check our website [calendar](#) for more dates.

#### Reminders:

- The December dues deadline is Wednesday December 10th. Checks should be made out to "Ford Aquatics" for \$40 and placed through the slot in the Ford Aquatics office door or delivered to a coach on deck.
- You can receive a 10% discount if you pay for 1 year in advance (\$432) or a 5% discount if you pay for 6 months in advance (\$228). Full time U of A undergrads receive a \$5 discount each month. Married couples each receive a \$5 discount each month. These discounts are available at the beginning of any month. Checks may also be mailed to Ford Aquatics, P.O. Box 44233, Tucson, AZ 85733.
- Your USMS membership must be current for 2008 to swim in practices with Ford Aquatics Masters. If you haven't yet made a copy of your card for me please do so ASAP. Join USMS online at <https://www.clubassistant.com/club/USMS.cfm?l=48>
- Let me know if your email address changes.

:Coach Jim (aka Swim Swami)

P.S. If you no longer want to receive these newsletters please reply to this email with "remove" in the subject line.