

**From:** James Stites <swim1@qwest.net>  
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## *Ford Aquatics Masters Newsletter*

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). If you no longer wish to receive these newsletters simply reply to this email with "remove" in the subject line.

### The Latest Scoop:

- December fees are due. There is a late fee of \$5 after Thursday December 10th.
- 16 Ford Aquatics swimmers participated in the Ron Johnson Invitational in Tempe over the weekend of November 21-22. This meet serves as the AZ LMSC State Championship for short course meters. Our team finished in 3rd place overall behind Phoenix Swim Club and the host Sun Devil Masters. "Swimmer Of The Meet" goes to 21 year old Carl Miller for his outstanding swims in the sprint events. He was especially impressive in the 100 meter free where his 52.8 was the fastest time in the entire meet for that event. Ford High Point winners were: Susan Dawson-Cook, Hop Bailey, Helen Bayly, and Gordon Gillin [RESULTS](#)
- Congratulations to Judy Gillies and John Lesko for their election to the AZ LMSC Board of Directors as Chairman and Vice Chairman respectively. And thanks to all of you for voting ;)
- U.S.M.S registration renewals for the 2010 season take place during the month of December. You can renew online with a credit card. It's quick and easy at <https://www.clubassistant.com/club/USMS.cfm?l=48>. Remember to indicate "Arizona Masters" (ARIZ) as your club and "Ford Aquatics" (FORD) as your workout group. Be sure to forward the pdf file of your membership card to me. This is an insurance issue and you will not be permitted to swim with the team beginning January 1st unless I have a pdf or a hard copy of your 2010 membership card.
- December is always a tough training month for our team. The weather gets colder,

the days get shorter, and the holidays are almost upon us. Don't wait for the new year to set your fitness goals! Goals can be as simple as making it to practice 3 times per week, or moving up to a faster lane, or getting crazy and tracking all of your practice sets and workout times in a journal. Choosing an event to train for can also be a great motivator. Pay attention to your times in practice and set goal times for the event. Check out "Upcoming Events" and "Planning Ahead" (below) to choose an event that will fit into your schedule. ...and remember, no calories are burned sitting on the couch, watching TV, eating Aunt Edna's fruit cake!

### Upcoming Events:

- [The SPMA Short Course Meters Championship](#) at Belmont Pool in Long Beach, CA December 4-6, 2009. Live video coverage online at <http://liveswim.net/>
- Timers will be needed for the remaining four U of A home meets. Mark your calendar for the following dates and let me know the week of the meet if you can help out: Fri. 1/8 OSU/NAU, Sat. 1/9 SMU, Fri. 1/29 2pm Texas, Sat. 1/30 12pm Texas.
- Our 20th Annual Polar Bear Classic meet will be held on Sunday January 24th. More information can be found at our [website](#). Online registration is also available at [Active.com](#). This can be a great incentive to stay in shape through the holidays!

### Planning ahead:

- February 20, 2010 East Valley Pentathlon+ - Short Course Yards, Kino Aquatics Center (Mesa, AZ).
- March 12-13, 2010 Spring Desert Duo - Short Course Yards, Kino Aquatics Center (Mesa, AZ).
- April 9-11, 2010 AZ LMSC State - Short Course Yards, Hillenbrand Aquatic Center (Tucson, AZ).
- May 20-23, 2010 [US Masters Swimming Spring Nationals](#) - Short Course Yards, Georgia Tech Aquatics Center (Atlanta, GA).
- It is not a rumor, the **2011** US Masters Spring Nationals will take place at the Kino Aquatics Center in Mesa, AZ.

### Reminders:

- The December dues deadline is Thursday December 10th. Checks should be made out to "Ford Aquatics" for \$45 and placed through the slot in the Ford Aquatics office door or delivered to a coach on deck. There is a \$5 late fee after the 10th.
- You can receive a 10% discount if you pay for 1 year in advance (\$486) or a 5% discount if you pay for 6 months in advance (\$256.50). 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 2009 to swim in practices with Ford Aquatics Masters. If you haven't yet sent me a copy of your card please do so ASAP. 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.
- Let me know if your email address changes.

:Coach Jim (aka Swim Swami)