

From: James Stites <swim1@qwest.net>
Subject: Ford Aquatics Masters Newsletter 12/26/08
Date: December 25, 2008 9:31:10 PM GMT-07:00
To: Stites Jim <swim1@qwest.net>
▶ 1 Attachment, 4.7 MB

Welcome to the January issue of the Ford Aquatics Masters Newsletter. Please visit our website for the very latest team info: www.FordAquatics.com.

The Latest Scoop:

- Congratulations to those swimmers who participated in the SPMA Championship over the weekend of December 5-7th in Long Beach, CA. Six out of the ten AZ Masters swimmers were from FORD Aquatics. Jeff Utsch was only a few seconds off of the 40-44 NR in the 800m freestyle with a 8:42.59 and only 4 tenths off of the 40-44 NR in the 200m free with a time of 1:56.83. Jeff Commings broke both of his own 30-34 breaststroke WR's with a 1:01.34 for 100m and 28.01 for 50m. With only a small team and a wide range of ages, we didn't put together any relays. But we still managed a 12th place finish out of the 62 participating teams. Hop Bailey was the High Point winner in the 60-64 age group. [Results](#)
- **SIX DAYS REMAIN TO RENEW YOUR U.S.M.S. MEMBERSHIP!** You may not practice with the team in 2009 until you have renewed. Use the following link to register online NOW: <https://www.clubassistant.com/club/USMS.cfm?l=48>. After you complete the online registration process please forward the confirmation email you receive so I can keep a copy of your membership card on file. Once I receive your card you will be clear to practice with the team.
- The first meet of the new year will be our Polar Bear Classic XIX on Sunday January 25th in our own Hillenbrand Pool. This is a convenient home meet and will help you stay focused and training hard over the holidays. Meet links: [meet info.](#), [online entry](#).
- It's that time of year once again. Time to make some New Year's Resolutions: no more junk food, a little less alcohol, no more cursing at the kids. But how about

some swim goal times to keep you motivated when the weather gets cold and the practices get tough? Doug Everett has developed an elaborate color coded goal time spreadsheet that may be just what you need to keep motivated through the winter (see attached).

- Remaining Holiday Practice Schedule:
 - Friday 12/26/08 - normal practices
 - Saturday 12/27/08 - 9:30am
 - Mon.-Tue. 12/29-30/08 - normal practices
 - Wednesday 12/31/08 - morning and noon only
 - Thursday 1/1/09 - 1 practice TBA (check website)
 - Friday 1/2/09 - normal practices (UofA meet @2pm)
 - Saturday 1/3/09 - TBA (check website)
- Monthly dues will increase by \$5 per month starting January 1, 2009. Discounts are still available for advance payments (see below).

Upcoming Events:

- UA home swim meet 1/2/09 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.

Planning ahead:

- USMS SC Yards Nationals May 7-10, 2009 Clovis, CA.
- Check our website calendar for more dates.

Reminders:

- The January dues deadline is Saturday January 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.
- 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 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.



[Swim_goalsxls \(4.7 MB\)](#)