

From: James Stites <swim1@qwest.net>
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To: Stites Jim <swim1@qwest.net>



Ford Aquatics Masters Newsletter

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

- January fees are due. There is a late fee of \$5 after Sunday January 10th.
- U.S.M.S registration renewals for the 2010 are **REQUIRED** before participating in your next practice. It's quick and easy to renew online with a credit card 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. Please forward the pdf file of your membership card to me once you receive it. The easiest way to do this is to forward the follow up email you'll receive from USMS Executive Director Rob Butcher about 24 hrs. after you register. There is a link to a pdf file of your membership card imbedded in that email. 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. I do not need a copy of your credit card receipt! You can find a list of those I have received a membership card from at: [2010 USMS list](#)
- YES-YES! There is a NEW Year's Day practice at 12:00 noon. Afterwards we will try to set a new pool record for the number of people in the Kasser Family Pool **HOT TUB**. A photo will be submitted to the USMS Newsletter. Meet for lunch at Bruegger's at 1:45pm.
- 4 Ford Aquatics swimmers joined 7 other Arizona Masters swimmers at Belmont Pool in Long Beach over the 1st weekend in December to participate in the largest ever SPMA Short Course Meters Championship. Hop Bailey, Doug Everett, Becki Major and Jim Stites all helped the Arizona team score over

300 points and finish 14th out of nearly 70 teams / 600 swimmers... [RESULTS](#)

- Goals... yes, it's that time of year again. It's time to make New Year's resolutions and set your swimming goals for 2010. I WILL make it to 3 practices or more every week, I WILL be on time, I WILL swim in meets in 2010, I WILL break 1:15 for 100 free... You get the idea. Your mind is a powerful tool. You just need to tap into it and let it work to your advantage.
- Hooded, navy blue team sweatshirts are available in the pool office while they last. They are \$25 (checks or cash).
- The next U of A Men's Basketball parking conflict will be on Friday January 8th. There will be practice but there won't be any parking available. Please plan ahead.
- Have you seen the new panoramic photo of the pool on our [homepage](#)?

Upcoming Events:

- 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. This is a great short term swimming goal to get you going in 2010. More information can be found at our [website](#). Online registration is also available at [Active.com](#). The entry deadline is Saturday January 16th but if we have enough early entries there may be a commemorative long sleeve t-shirt offer. ENTER NOW!
- Registration for the March 21st Tucson Triathlon held at Hillenbrand Aquatic Center is nearly filled! Drop your entry off today if you plan on participating.

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). Hotel rooms have been reserved so let me know if you're going.

- It is not a rumor, the 2011 US Masters Spring Nationals will take place at the Kino Aquatics Center in Mesa, AZ.

Reminders:

- The January dues deadline is Sunday 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. 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 2010 to swim in practices with Ford Aquatics Masters. If you haven't yet sent me a copy of your pdf membership file 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)