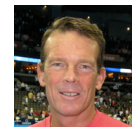


From: James Stites <swim1@qwest.net>
Subject: Ford Aquatics Masters Newsletter 11/12/11
Date: November 12, 2011 4:40:26 PM MST
To: Jim Stites <swim1@qwest.net>



Ford Aquatics Masters Newsletter

Welcome to the November 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 fee for November is past due. Please add a \$5 late fee if you have not yet paid for November. Scroll to the bottom of this page for information about discounts and an address for payments by mail.
- All Ford Masters swimmers **MUST** [register with USMS](#) for the 2011 season. Please visit our homepage for more information. This is an insurance issue and you may not swim with the team unless you have a 2011 or 2012 membership. Please email your pdf membership card to me for our records. Thanks to those of you who have already renewed for 2012!
- All weekday morning practices start at 5:30am until further notice. The facility officially opens at 5:15am. Please don't get in the water until you're sure the masters coach has arrived.
- Congratulations to those who participated in the Ron Johnson Invitational on October 15-16 at ASU's Mona Plummer Aquatic Center: Tim Gendler, Mikey Girard, Mark Hickman, Becki Major, Jesse Melnick, Barry Roth and Jim Stites. It seems like everybody had at least 1 or 2 good swims but our "Swimmer Of The Meet" was Tim Gendler with times of 27.94, 59.67 and 2:13.28 in the 50, 100 and 200 meter backstroke events respectively. Nice job Tim! [results link](#)
- The next U of A home basketball game that will restrict parking for the evening practice will be held on Wednesday November 23rd at 6:30pm. Practice will be held but parking will not be available.
- The next U of A home swim meet will be against OSU, NAU, New Mexico State

and Iowa on Friday January 6th at 2:00pm. Please send me an email early in that week if you can help with timing.

- November Training Goals:
 - Focus on the small things. A few tenths here, a few tenths there will add up when you're shaved and tapered!
 - Speed & race pace in practice are very important now ("Sammy Save Up" is encouraged).
 - Take your taper seriously. Try to plan extra rest into your daily routine.
 - Finalize your goal times for SCM @ Long Beach and/or SCM State @ Brophy (Phoenix).
- Please reply to this email if you plan to attend the SPMS meet in Long Beach 12/2-4 and/or the SCM State Championship at Brophy in Phoenix 12/10-11.

Upcoming Events:

- [SPMA Short Course Meters Championship](#) - Long Beach, December 2-4, 2011
- [Arizona LMSC Short Course Meters State](#) - Phoenix Swim Club, December 10-11
- SCM Intrasquad Time Trials - Saturday November 26th

Planning ahead:

- Base building - December 12 until Polar Bear Classic XXII
- Polar Bear Classic XXII - late January or early February (TBA)

Reminders:

- The November dues deadline was Thursday November 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. 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. A list of swimmers who have forwarded their membership card to me can be found at: [2011 USMS list](#)

- Let me know if your email address changes.

:Coach Jim (aka Swim Swami)