

From: James Stites <swim1@qwest.net>
Subject: Ford Aquatics Masters Newsletter 1/1/11
Date: January 2, 2011 1:25:07 PM MST
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 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 January is due today. Add a \$5 late fee after Monday January 10th. Please scroll to the bottom of this page for information about discounts and an address for payments by mail.
- All Ford Masters swimmers **MUST** [register or renew with USMS](#) for the 2011 season. Please visit our homepage for more information. Forward a pdf file with your membership card to me once you receive it via email from USMS Executive Director Rob Butcher. This is an insurance issue and you may not swim with the team until you have a 2011 membership.
- Please make a note of the following adjustments to our January practice schedule:
 - Morning practice will begin at 5:30am on the following dates W1/12, F1/14, W1/19, M1/24, W1/26, F1/28, M1/31
 - Practice will be held on U of A home basketball game nights, but parking will not be available: Th 1/6 and Th 1/27.
- Thanks to Helen & Brian Bayly for their New Years Day photos! [CLICK HERE](#) to view photos.
- The first test of our training for USMS Nationals in Mesa will be our own Polar Bear Classic meet on Sunday January 30th. This is a great low key way to start participating in meets if you haven't done so in a long time (or ever) and will give you a benchmark to compare to at future meets this season and years to come. [Meet Info/Entry Form, Online Registration](#)

- The countdown to USMS Nationals in Mesa continues... 115 days (16.5 weeks). The meet is scheduled over 4 days from April 28 thru May 1, 2011 at Kino Jr. High Aquatics Complex ([more information](#)). Your goals this month should include adding more practices per week and trying to attend the longer practices when announced. January base building will include:
 - Longer distances on Monday & Fridays. Time to get in shape and lose those holiday pounds!
 - Long Speed Wednesdays - don't expect 25's and 50's, Wednesdays will become more like Saturday practices.
 - 1500 swim time trial, 800 kick time trial, 1 hour swim for distance.

Upcoming Events:

- Jan. 7 - UA vs. OSU/NAU, home 2pm, timers needed
- Jan. 21 - UA vs. Stanford, home 2pm, timers needed
- Jan. 22 - UA vs. Cal, home 1pm, timers needed
- Jan. 30 - Polar Bear Classic XXI (masters meet at our pool, short course yards)

Planning ahead:

- February or March meet in the Phoenix area. Date and location TBA.
- The Arizona State Meet & SW Zone Championship will be held in the same pool as the USMS National Championship - Kino Aquatics Center in Mesa, AZ. Mark your calendar for April 1-3, 2011. Hotel rooms have been reserved.
- Start training! The 2011 US Masters Spring Nationals will take place at the Kino Aquatics Center in Mesa, AZ April 28 - May 1. All Masters swimmers are permitted to swim 3 events and up to 6 events if you have achieved the time standards. Hotel rooms have been reserved.

Reminders:

- The January dues deadline is Monday January 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 may 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 beginning 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)