

From: James Stites <swim1@qwest.net>
Subject: Ford Aquatics Masters Newsletter 2/1/11
Date: February 1, 2011 11:13:48 AM MST
To: Stites Jim <swim1@qwest.net>



Ford Aquatics Masters Newsletter

Welcome to the February 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 February is due today. Add a \$5 late fee after Thursday February 10th. Please scroll to the bottom of this page for information about discounts and an address for payments by mail.
- Several of you STILL have not sent me your USMS membership card. All Ford Masters swimmers **MUST** [register 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 February practice schedule:
 - Morning practice will begin at 5:30am on the following dates W2/2, F2/4, others in Feb. TBA.
 - Practice will be held on U of A home basketball game nights, but parking will not be available: Th 2/17.
- Thanks to Helen Bayly for photos during the [Stanford](#) & [Cal](#) meets. Polar Bear photos coming soon!
- Congratulations to everyone who swam in the 21st annual Polar Bear Classic meet this past Sunday and many thanks to those who helped out. Lots of great swims from the entire team. Tim Gendler was selected the meet's "Outstanding Swimmer" for his performances in the 1650 (18:22.21), 200 ba

(2:06.78), 200 im (2:09.47), 100 im (1:00.06), and 500 fr (5:26.70) winning 4 out of 5 of his events in the 30-34 age group. To view meet results by event order [click here](#), by last name [click here](#).

- The countdown to USMS Nationals in Mesa continues... 86 days (12.5 weeks). The meet is scheduled over 4 days from April 28 thru May 1, 2011 at Kino Jr. High Aquatics Complex. You may swim up to 3 events without qualifying times and up to 6 events if you have met the [qualifying times, more information](#).
- Your goals this month should include continuing to attend at least 4 practices per week and be ready for a little more intensity. February strength building will include:
 - Fins on Monday & Fridays main set. And don't forget to bring fins & paddles on Wednesdays.
 - If you don't have shoulder issues be prepared to do Monday & Friday pull sets with a tube (if you have one).
 - 800 kick time trial tentatively scheduled for this Thursday 2/4/11.

Upcoming Events:

- Feb. 12 - UA vs. ASU, home 1pm, last home meet, timers needed
- Early March - Intrasquad meet - Women vs. Men (if no AZ LMSC meet is scheduled for March).

Planning ahead:

- 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.
- 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

in Mesa, AZ April 26 - May 1. All masters swimmers are permitted to swim 5 events and up to 6 events if you have achieved the time standards. Hotel rooms have been reserved.

Reminders:

- The February dues deadline is Thursday February 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 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)