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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 monthly fee for November is due now. Please add a \$5 late fee after Saturday November 10th. We will continue to pay by check or cash until further notice.
- The registration deadline for the Ron Johnson Invitational (Nov. 10-11) is this Monday 11/5/12. [click here to enter](#). Reply to this email if you plan to attend. Need a room or a roommate?
- The registration deadline for the SPMS SC Meters Championships (Long Beach, Nov. 30 - Dec. 2) is Monday 11/12/12. [click here to enter](#). Reply to this email if you plan to attend. Need a room or a roommate?
- All Ford Masters swimmers MUST have a 2013 USMS membership. **You can now register with USMS for the 2013 season with the following link: [2013 USMS](#)**. Remember to indicate that "Arizona Masters" is your club and "Ford Aquatics" is your workout group. This is an insurance issue and you may not swim with our team unless you have a 2013 membership. Please email a pdf of your membership card for our records or forward a copy of the email you receive from USMS with a link to a pdf of your membership card (I DO NOT need the receipt email you will also receive).
- UA Basketball games have begun. Evening practices will not be cancelled but you may not park in the pool lot or Cherry Ave. Garage. Plan ahead...check out the game schedule for November below.
- November Training Goals:

- Enter the Ron Johnson Invitational and/or The SPMS Championship (Long Beach, CA).
- It's taper time for the Ron John meet! The SPMS taper begins Monday November 12th!
- Race pace, broken swims, focus on goal times.
- Extra sleep, cut back on training, visualization. GET READY!

Upcoming Events:

- Men's Basketball: Tue. 11/6 6:30pm, Thu. 11/15 8:00pm, Mon. 11/19 7:00pm, Wed. 11/28 8:00pm.
- November 10-11 - Ron Johnson Invitational (short course meters), Tempe, AZ.
- NO SATURDAY PRACTICE - November 10 & 17 (check website for Thanksgiving weekend practice times).
- November 17 - UA Swim vs. Boise State 12:00pm, Women only (timers needed).
- November 30 - December 1 - SPMS SC Meters Championships, Long Beach, CA.

Planning ahead:

- No practice Saturday December 1, 2012.
- January 4 - UA Swim vs. NAU, Oregon St., New Mexico St. 12:00pm, Women only.
- January 25 - UA Swim vs. Cal 2:00pm.
- January 26 - UA Swim vs. Stanford 12:00pm.
- January 27, 2013 - 23rd Annual Polar Bear Classic, Hillenbrand Aquatic Center, Tucson, AZ.

Reminders:

- The November dues deadline is Saturday 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. 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 registered can be found using the following link: [2013 members link](#).
- Let me know if your email address changes.

:Coach Jim (aka Swim Swami)