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1 Attachment, 214 KB

Ford Aquatics Masters Newsletter

Welcome to the December 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 December is due now. Please add a \$5 late fee after Monday December 10th. **The monthly fee will be going up by \$5 starting January 1, 2013.** Don't forget: you receive a 10% discount for a 1 year advance payment and a 5% discount for a 6 month advance payment. We will continue to pay by check or cash until further notice.
- 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 credit card receipt email you will also receive).
- Congratulations to all who participated in the Ron Johnson Invitational at ASU November 10-11 and the SPMS Short Course Meters Championship in Long Beach the first weekend in December. Results for the Ron Johnson meet are now posted on our [website](#) and results for the SPMS meet can be found [here](#).
- Ford Aquatics has begun a fund raiser to help offset the many expenses associated with running a top notch program, with top notch coaches, in a top notch facility. Please read the attached file for more information about donations and the tax incentives of donating to a 501(c)3. Your donation will

help the Ford Aquatics program as a whole and have a positive effect on our Masters program as well.

- UA Basketball games have begun. Evening practices will not be canceled but you may not park in the pool lot or Cherry Ave. Garage. Plan ahead...check out the game schedule for December below under "Upcoming Events."
- December Training Goals:
 - Begin to think about your season goals and choose the meets you will swim this season.
 - Be prepared for cold weather training! Wear a hat and warm clothes. And don't forget... the water is warm.
 - Rebuild your base by coming to practices on a regular basis. You can maintain fitness with 3 high quality workouts per week but you need more than that to see noticeable improvements.
 - Don't eat more than usual during the holidays.

Upcoming Events:

- Saturday practice 12/15/12 will be held at 6:30am
- Men's Basketball: Tue. 12/18/12 7:00pm. All other December games are away or don't affect our practices.
- Check our website as we get closer to the holidays for the practice schedule Dec. 24 - Jan. 1.

Planning ahead:

- Look for the return of under water video taping coming on a Saturday morning in January. Stay tuned...
- 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 December dues deadline is Monday December 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)



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