


**From:** James Stites <swim1@qwest.net>   
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1 Attachment, 214 KB

# *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](http://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 monthly fee is increasing to \$55 starting today, January 1, 2013. Please add a \$5 late fee after Thursday January 10th. You receive a 10% discount for a 1 year advance payment (\$594) and a 5% discount for a 6 month advance payment (\$313.50). 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).
- There will be a "Bon Voyage" party for Mark Hickman at Fini's Landing (Swan & Sunrise) at 5:00pm on Friday January 11th. Mark is moving to Australia at the end of the month. Don't miss it!
- 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 January below under "Upcoming Events."
- January Training Goals:
  - Start focusing on the upcoming Polar Bear Classic meet at our pool on Sunday January 27th. Meet information coming soon!
  - Be prepared for cold weather training! Wear a hat and warm clothes. And don't forget... the water is warm.
  - Burn off the extra pounds you put on over the holidays.

### Upcoming Events:

- Practice on New Years Day will be at 8:00am, Wednesday & Thursday will be normal, there will be no noon practice on Friday due to the U of A swim meet starting at 12 noon. Please let me know if you can help with timing from noon to 2:30pm. Saturday practice time 1/5/13 TBA.
- UA Men's Basketball: Th. 1/3/13 6:00pm, Th. 1/24/13 7:00pm. All other January games are away or don't conflict with our practices.
- Mark Hickman's Going Away Party on Friday January 11th at Fini's Landing 5:00pm (or anytime after).

### 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. **TIMERS NEEDED!!!**
- 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 January dues deadline is Thursday January 10th. There is a \$5 late fee after

the 10th. Checks should be made to "Ford Aquatics" for \$55 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 (\$594) or a 5% discount if you pay for 6 months in advance (\$313.50). 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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