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Subject: Ford Aquatics Masters Newsletter 12/1/11
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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 fee for December is due now. Please add a \$5 late fee after Saturday December 10th. Scroll to the bottom of this page for information about discounts and an address for payments by mail. **We will be moving to an online payment system in 2012.**
- All Ford Masters swimmers **MUST** [register with USMS](#) for the 2011 season. Please visit our homepage for more information. This is an insurance issue and you may not swim with the team unless you have a 2011 or 2012 membership. You no longer need to email your card to me once you renew for 2012. Thanks to those of you who have already renewed for 2012! [2011 members link](#), [2012 members link](#).
- All weekday morning practices start at 5:30am until further notice. The facility officially opens at 5:15am. Please don't get in the water until you're sure the masters coach has arrived (this applies to ALL masters workouts).
- There are 2 December basketball games that will restrict parking for the evening practice: Tuesday December 20th at 6:00pm and Thursday December 22nd at 5:00pm. Practice will be held but parking will not be available.
- The next U of A home swim meet will be against OSU, NAU, New Mexico State and Iowa on Friday January 6th at 2:00pm. Please send me an email early in that week if you can help with timing.
- December Training Goals:
 - Back to base training. Gotta burn those holiday calories!

- Start developing your short course yards goals (general and specific, short term and seasonal).
- Plan to swim in our 22nd Annual Polar Bear Classic on Sunday January 29th.
- Please reply to this email if you plan to attend the SCM State Championship at Brophy in Phoenix 12/10-11. There is no online entry available. Entries must be postmarked by Monday December 5th.

Upcoming Events:

- [SPMA Short Course Meters Championship](#) - Long Beach, December 2-4, 2011
- [Arizona LMSC Short Course Meters State](#) - Phoenix Swim Club, December 10-11
- 22nd Annual Polar Bear Classic - Sunday January 29, 2012

Planning ahead:

- Base building - December 12 until Polar Bear Classic XXII
- Other 2012 meets in Arizona TBA

Reminders:

- The December dues deadline is Saturday 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. 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 registered can be found using the following links: [2011 members link](#), [2012 members link](#).
- Let me know if your email address changes.

:Coach Jim (aka Swim Swami)