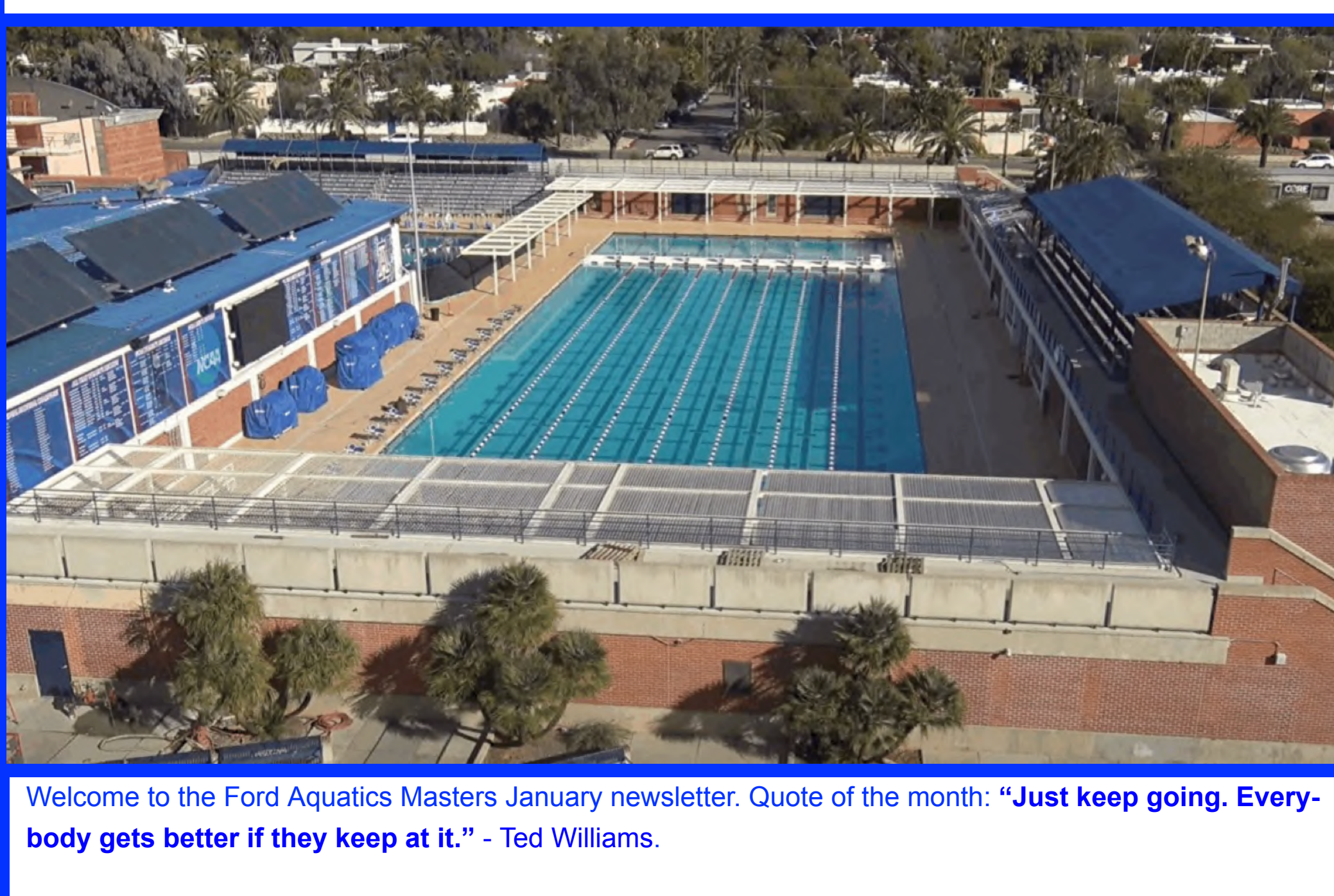


Ford Aquatics Masters Newsletter

January 1, 2019 - vol 12.1



Welcome to the Ford Aquatics Masters January newsletter. Quote of the month: **"Just keep going. Everybody gets better if they keep at it."** - Ted Williams.

NEW POOL COUNTDOWN: A few more days (possibly Monday 1/7/19). We will continue to enter the facility through the gate near the NE corner of McKale even after the new pool is in use. We will continue to use the McKale restrooms for changing until the locker rooms are cleaned and ready. Please stay clear of work areas still in progress. The construction crew will be finishing the final details for a few more weeks even after we begin to use the new pool. Scroll down for the latest photos...

Top 10 Reasons To Swim With Ford Aquatics Masters:

10. Organized team workout plan, daily practice challenges and races
9. Be a volunteer timer for a UA swim meet & receive a UA timer t-shirt
8. \$50 per month thru April
7. Get in shape for the 29th Annual Polar Bear Classic (01/27/19)
6. Get ready for the USMS 1-Hour ePostal National Championship in February
5. Begin training for the USMS LC meters Nationals in Mission Viejo, CA - Aug. 7-11, 2019
4. Fin January! Main sets on M-W-F and kick sets on T & Th with fins
3. Begin training for USMS SC yards Nationals in Mesa, AZ - April 25-28, 2019
2. Swim in the newly refurbished Hillenbrand Aquatic Center!
1. Meet new people, make new friends and swim with the best Masters team in Arizona.

Please visit our website for the latest team info: www.FordAquatics.com. Information on our website directly **above the daily pool temperature listings** is updated regularly. If you no longer wish to receive our newsletter simply reply to this email with "remove" in the subject line. All live links in this newsletter are in red and underlined.

Team News:

The new **\$50 monthly fee** is due now with a payment deadline of Thursday January 10th. There is a \$10 late fee after the 10th. You may pay online for Jan (\$50), Jan & Feb (\$100), Jan-Feb-Mar (\$150) or Jan thru April (\$200) at this time. You may also pay by check (or cash in a clearly marked envelope) and hand it to me on deck during practice. To pay dues online please use the following link and scroll down to "8 - Masters / UA... Payments & Misc." [Online Payment Link](#). Watch for a new early payment discount schedule starting in September 2019.

ALL FORD MASTERS SWIMMERS MUST GO THRU THE TEAM REGISTRATION PROCESS EVEN IF YOU OPT OUT OF ONLINE PAYMENTS. Click below to go to the Masters Registration Portal. This page is titled FORD Programming. Scroll down to "7 - Masters Registration."
[Ford Aquatics Masters Registration Portal](#)

Upcoming Practice Schedule:

Wed. 1/2/19 thru Fri. 1/4/19: 5:30am & 12:00pm
Saturday TBA

Check for updates / changes at www.FordAquatics.com ABOVE pool temperature listings.

New Pool Construction Guidelines:

There is NO ACCESS to the pool lobby, locker rooms or Hillenbrand pool deck
All masters practices are now held in Kasser Pool

[Access to Kasser](#) is now thru the NW gate just north of the Roby Gymnastics Training Center

There is a "rinse off" shower available on the pool deck near the 3m diving boards

You may use the restrooms located up the ramp on the 2nd level of McKale Center

The new pool construction may be complete by Monday 1/7/19 (check website) - recent photos below.

RENEW YOUR USMS MEMBERSHIP FOR 2019 TODAY!

2019 USMS membership is REQUIRED in order to swim with our masters team. As of this writing we have 71 swimmers registered with USMS for 2019. Hopefully you are one of them. If not, this is an insurance issue and will be strictly enforced. "Arizona" is your LMSC, "Arizona Masters" is your club and "Ford Aquatics" is your workout group. "Ford Aquatics" will only become a choice AFTER you choose "Arizona Masters" as your club. New members will need to [email](#) your DOB to me. YOU MUST HAVE A 2019 USMS MEMBERSHIP TO PRACTICE - NO EXCEPTIONS!!! [USMS 2019 Registration link](#)

January Training Goals:

This will be a BIG endurance base building month in preparation for the SC yards season. Time to work off those holiday pounds and get in shape!!! Try to arrange your schedule so you can attend as many practices as possible. We will be overloading with fin sets on M-W-F for the main set and the kick sets on T & Th. Bring your fins daily and be ready to work!

This is phase 1 of 4 in our build up towards USMS Nationals. Plan ahead for the meets you will attend in preparation for [2019 USMS SC Yards Nationals](#) in Mesa, AZ April 25-28, 2019. I have already reserved rooms at the Hyatt Place in Mesa - 10 minutes from the pool. A good starting place for your season is our 29th Annual Polar Bear Classic meet to be held in the new pool on Sunday January 27th. Scroll down for a list of meets and open water events coming up in 2019.

What else is happening?

Fini's Landing Happy Hour is Friday 1/11/18 around 5:00pm. Let me know if you plan on attending.

Please [email](#) if you can be a timer at any of the UA home meets:

Wash State Fri 1/11 @ 2pm

Stanford Fri 1/25 @ 2pm

Cal Sat 1/26 @ 12pm

ASU Sat 2/9 @ 12pm

Need some drills? [click here](#)

Confused about swimming lingo? [click here](#)

Check the new pool construction 24 hours a day with this link: [Live webcam link...](#)

Ford Masters December Highlights



Ford Aquatics Masters
Finis Landing 12/14/18



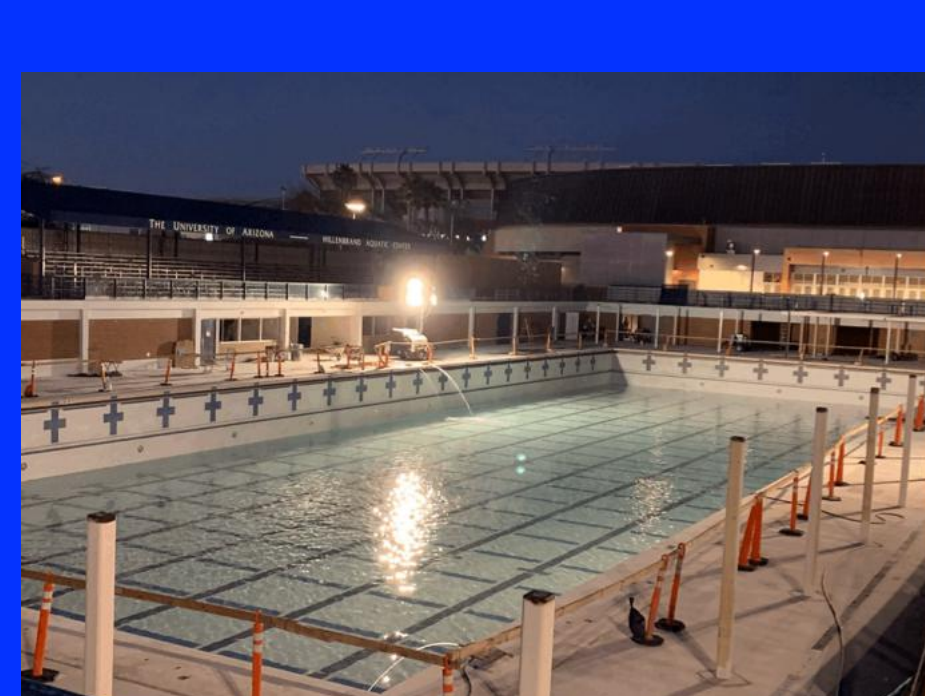
Al Jaegers / Doug Everett
SC Meters @ Commerce, CA



David Conger / Scott Shake
Same Seattle Team 40 years apart



Hillenbrand A.C. Construction
December 12, 2018



Hillenbrand A.C. - Filling...
December 13, 2018



Hillenbrand A.C. - Almost Full !!!
December 15, 2018



Hillenbrand Aquatic Center Construction 12/17/18
Bulkhead #1 Lowering Into Pool



Hillenbrand Aquatic Center 12/17/18
Bulkheads 1 & 2 Have Landed!



Christmas Day Practice Kasser Pool 12/25/18



Hillenbrand Aquatic Center 50 meter Course
w/ Lane Markers - Early Morning 12/31/18



Hillenbrand Aquatic Center 50 meter Course
w/ Lights & Fog - Early Morning 12/31/18

Upcoming Masters Events:

2019 Swim Meets:

Jan 27 - [29th Annual Polar Bear Classic](#) - Hillenbrand Aquatic Center - Tucson, AZ
Feb - 2019 USMS 1-Hour ePostal National Championship
March 16-17 [USMS National Pool Distance Invite](#) - Oro Valley Aquatics Center
April 25-28 - [2019 USMS SC Yards Nationals](#) - Kino Aquatics Center - Mesa, AZ
August 7-11 - [2019 USMS LC Meters Nationals](#) - Marguerite Aquatic Center - Mission Viejo, CA

2019 Open Water Swims:

April 24-27 - [2019 S.C.A.R. Swims](#) - 4 swims in 4 lakes in 4 days
Late September - [La Jolla Cove 10 mile Relay](#)

All Ford Masters swimmers MUST have a 2019 USMS membership in order to practice with our team. This is an insurance issue and may be completed online at USMS.org Remember to indicate "Arizona Masters" as your club and then "Ford Aquatics" as your workout group. Ford Aquatics will only be available as a choice AFTER you select Arizona Masters as your club. Please email a pdf file of your 2019 membership card to swim1@qwest.net.

The \$50 fee for January is due now. There is a \$10 late fee after Thursday January 10th. If you set up an auto payment through your bank please have the check mailed to: Ford Aquatics, P.O. Box 44233, Tucson, AZ 85733. You may make online payments after registering with Ford Aquatics using the following link: [Masters Registration Portal](#). Advance payment discounts may be available after September 1, 2019

See you at the pool!

~~~~~Coach Jim Stites~~~~~

