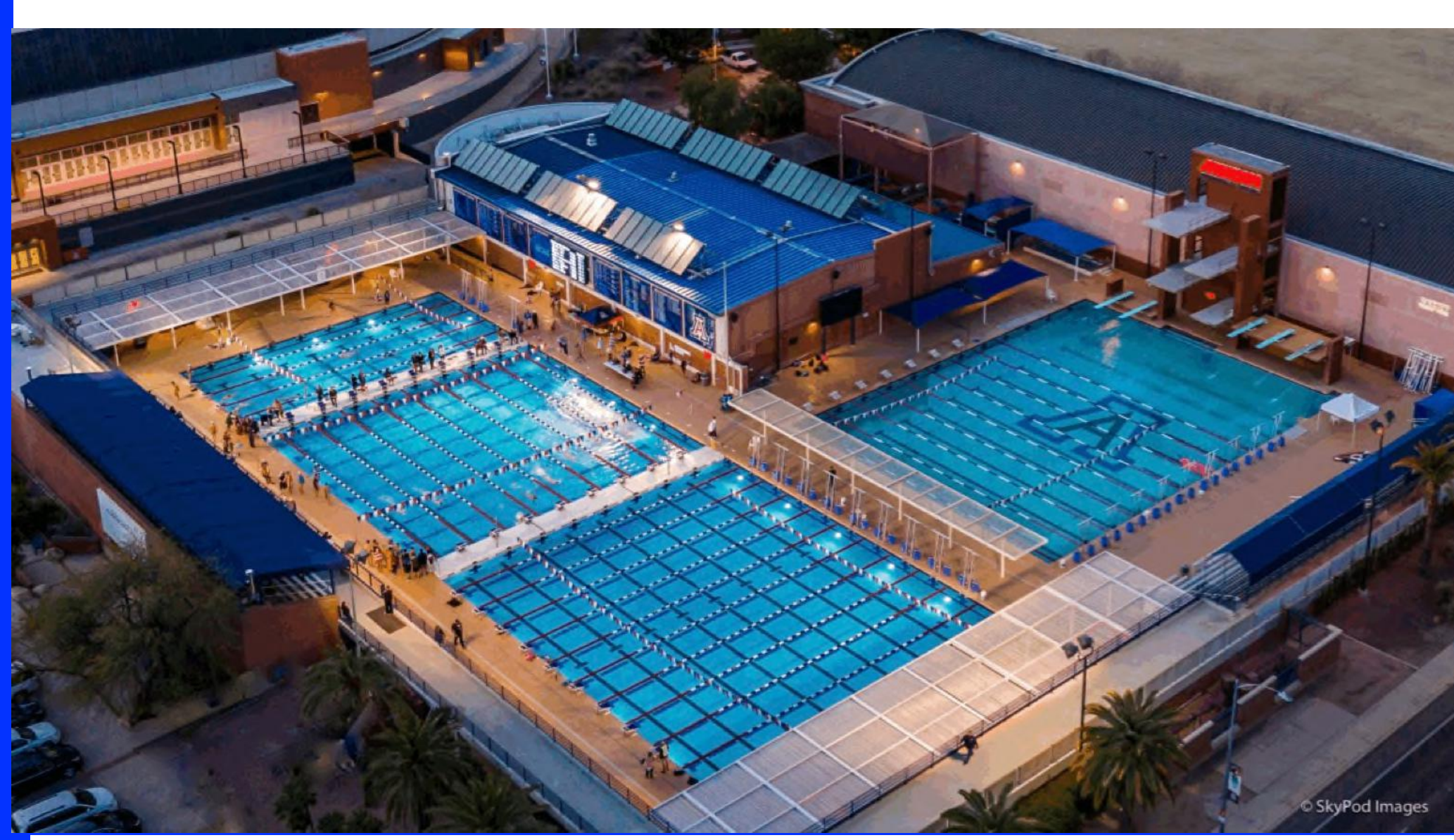


Ford Aquatics Masters Newsletter

October 1, 2019 - vol 12.10



Welcome to the Ford Aquatics Masters October newsletter. Quote of the month: **"Never let the fear of striking out get in your way."** – Babe Ruth

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 Ford Aquatics Masters monthly fee is \$60. The payment deadline is the 10th of this month. We are now offering advance payment discounts for 3 months, 6 months and 1 year. These discounts can be started in any month of the year and are no longer restricted by our fiscal year. To pay dues online please use the link below and scroll down to "8 - Masters / UA... Payments & Misc." If you have not yet registered with Ford Aquatics you can use the online payment link and scroll down to "7 - Masters Registration." After you register you will have the option to pay online.

[Online Payment & Team Registration Link](#)

Click on the above link and look for the following options for online payment and advance payments:

- 1 month - \$60
- 3 months - \$170
- 6 months - \$340
- 1 year - \$650

You may also pay by check to "Ford Aquatics" or with cash in a clearly labeled envelope. Be sure to include your name, "Masters Dues," and the month(s) you are paying for. Slip the check or envelope thru the mail slot in the lobby (east side door).

September 30 - October 5 Practice Schedule:

Mornings: M-W-F 5:50am, T & Th 5:45am (locker room restricted during practice time)
Mid Day: Monday thru Friday 12:00pm
Saturday 10/5/19 7:00am (locker rooms 6:45am to 8:15am)

2019 AZ LMSC SCM State (Ron Johnson Invite) Oct. 26-27:

This meet is earlier this year at ASU in Tempe, AZ. It is being held on the same weekend as the first UA home swim meets (see below). If you are NOT swimming in this meet please consider volunteering to time at the Saturday (10am) UA vs. Hawaii meet. Online entry deadline 10/22/19 @ midnight.

[Meet information](#)

Timers Needed for 2019-20 UA Home Meets

- 10/25/19 Friday 2pm vs. Denver
- 10/26/19 Saturday 10am vs. Hawaii
- 11/1/19 Friday 2pm vs. UCLA (Women only)
- 11/2/19 Saturday TBA vs. USC
- 1/2/20 Thursday TBA vs. Northwestern & NAU
- 1/3/20 Friday TBA vs. Northwestern & NAU
- 2/1/20 Saturday TBA vs. Texas
- 2/8/20 Saturday TBA vs. ASU

Timers needed for all of the above meets. Meets usually last 2-2.5 hours. UCLA is women only so it should finish in less than 2 hours. Pizza will be served to timers for all Friday meets that start at 2pm (after our noon practice).

2019 USMS MEMBERSHIP

2019 or 2020 USMS membership is REQUIRED in order to swim with our masters team. As of this writing we have 120 swimmers registered with USMS for 2019. Hopefully you are one of them. If not, this is an insurance issue and will be strictly enforced. When you sign up at the USMS website, "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](#) a copy of your 2019 USMS membership card to me. YOU MUST HAVE A 2019 or 2020 USMS MEMBERSHIP TO PRACTICE - NO EXCEPTIONS!!!

[USMS 2019 Registration link](#)

October Training Goals:

We'll continue to train hard this month towards the SCM State / Ron Johnson Invite meet on October 26-27 and then the SPMS SCM Championship in Commerce, CA 12/6-8. If you intend to taper for State please let me know. If you plan to attend the SCM meet in Commerce, CA 12/6-8 please let me know.

What Else???

- * Tuesday & Thursday morning practices start at 5:45am until further notice.
- * Fin Friday & Fini's Landing Happy Hour will be on 10/11. Let me know if you plan to go.
- * 2020 is the USMS 50th anniversary. Plan ahead... SCY Nationals in San Antonio, TX!!!
- * Need some drills? [click here](#)
- * Confused about swimming lingo? [click here](#)

Ford Aquatics Masters September Highlights



Susan - Maureen - Karen - Carolyn - Sarah
The 2019 La Jolla Gang



Sarah Mencke - Age Group 2nd Place



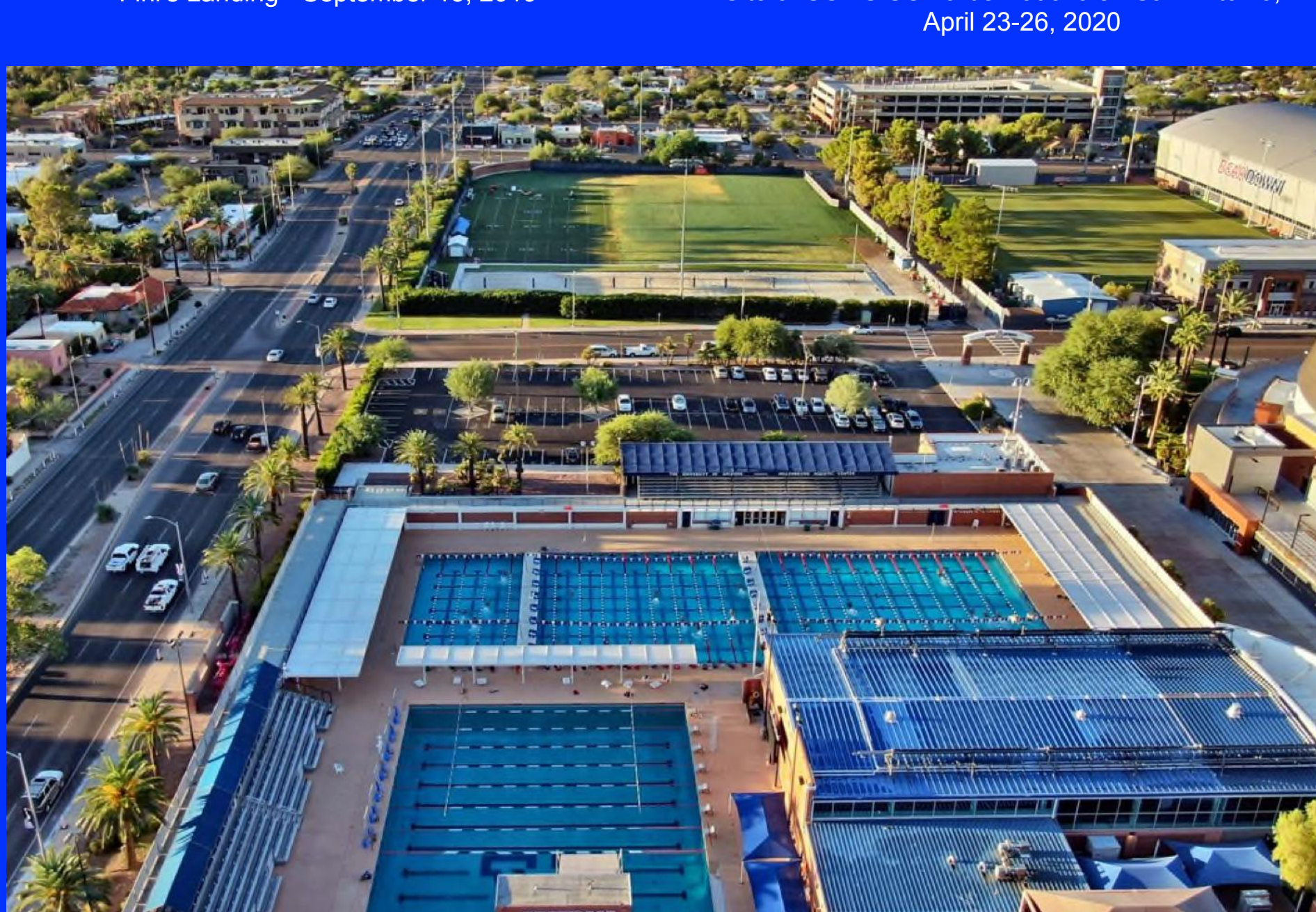
Larry Winter - Age Group 1st Place



Fini's Landing - September 13, 2019



Site of USMS SC Yards Nationals - San Antonio, TX
April 23-26, 2020



LET'S GO SWIMMING!
Hillenbrand Aquatic Center - September 19, 2019

Upcoming Masters Events:

2019-20 Swim Meets:

Oct 26-27 - [AZ Masters SCM State Championship](#) @ Mona Plummer Aquatic Center Tempe, AZ (ASU)
Dec 6-8 - 2019 SPMS Short Course Meters Championships - Commerce, CA
Jan 26: 30th Annual Polar Bear Classic - Hillenbrand Aquatic Center - Tucson, AZ
Apr 23-26 - [2019 USMS SCY Nationals](#) - San Antonio, TX (plan ahead - this is a GREAT facility!)

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 \$60 fee for October is due now. There is a \$10 late fee after the 10th of this month. 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 are now available. Please check the [schedules listed above](#) or click the link for online payments.

See you at the pool!

~~~~Coach Jim Stites~~~~

