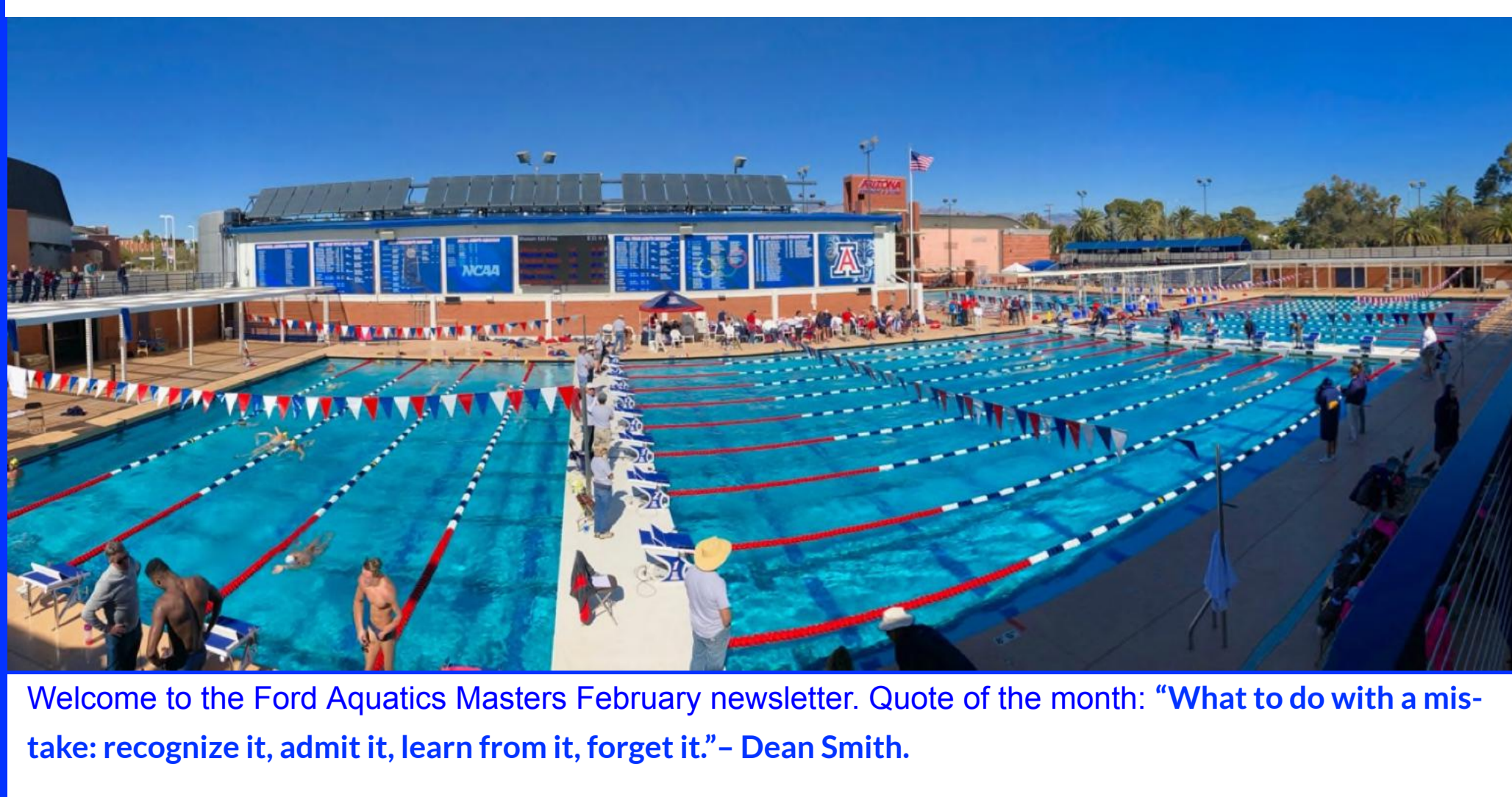


Ford Aquatics Masters Newsletter

February 3, 2019 - vol 12.2



Welcome to the Ford Aquatics Masters February newsletter. Quote of the month: "What to do with a mistake: recognize it, admit it, learn from it, forget it." - Dean Smith.

THE NEW POOL IS FINISHED! The new facility dedication starts at 11:30am and will be followed by the UA vs. ASU home meet on Saturday February 9th. Scroll down for more details.

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 Sunday February 10th. There is a \$10 late fee after the 10th. You may pay online for Feb (\$50), Feb & Mar (\$100), or Feb-Mar-Apr (\$150) 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 advanced 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 - Week of 2/4/19:
M-W-F: 5:30am & 12:00pm, T & Th: 7:00am & 12:00pm
Saturday TBA

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

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 90 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** your DOB to me. YOU MUST HAVE A 2019 USMS MEMBERSHIP TO PRACTICE - NO EXCEPTIONS!!!

[USMS 2019 Registration link](#)

February Training Goals:

Fin January is over! We will now return to FIN FRIDAYS on the 2nd Friday of each month. This is phase 2 of 4 in our build up towards USMS Nationals. At this point you need to decide what events you plan to swim at Nationals in Mesa at the end of April and focus on those strokes & events in practice. A few monster pull sets will be scattered through the month and a 1 hour swim challenge to be offered on a Saturday - possibly the 16th depending on pool scheduling. To make it official you will need to bring someone to count your laps. Scroll down for official 1 hour swim information and a list of swim meets and open water events coming up in 2019.

What else is happening?

Look for the 2019 Polar Bear results to show up on the AZ LMSC & USMS website soon.

Fin's Landing Happy Hour is Friday 2/08/19 around 5:00pm. Let me know if you plan on attending.

Please **email** if you can be a timer for the final UA home meet of the season:

ASU Sat 2/9 @ 12pm - this will be the pool dedication ceremony and senior day. I need 6 more timers!

Need some drills? [click here](#)

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

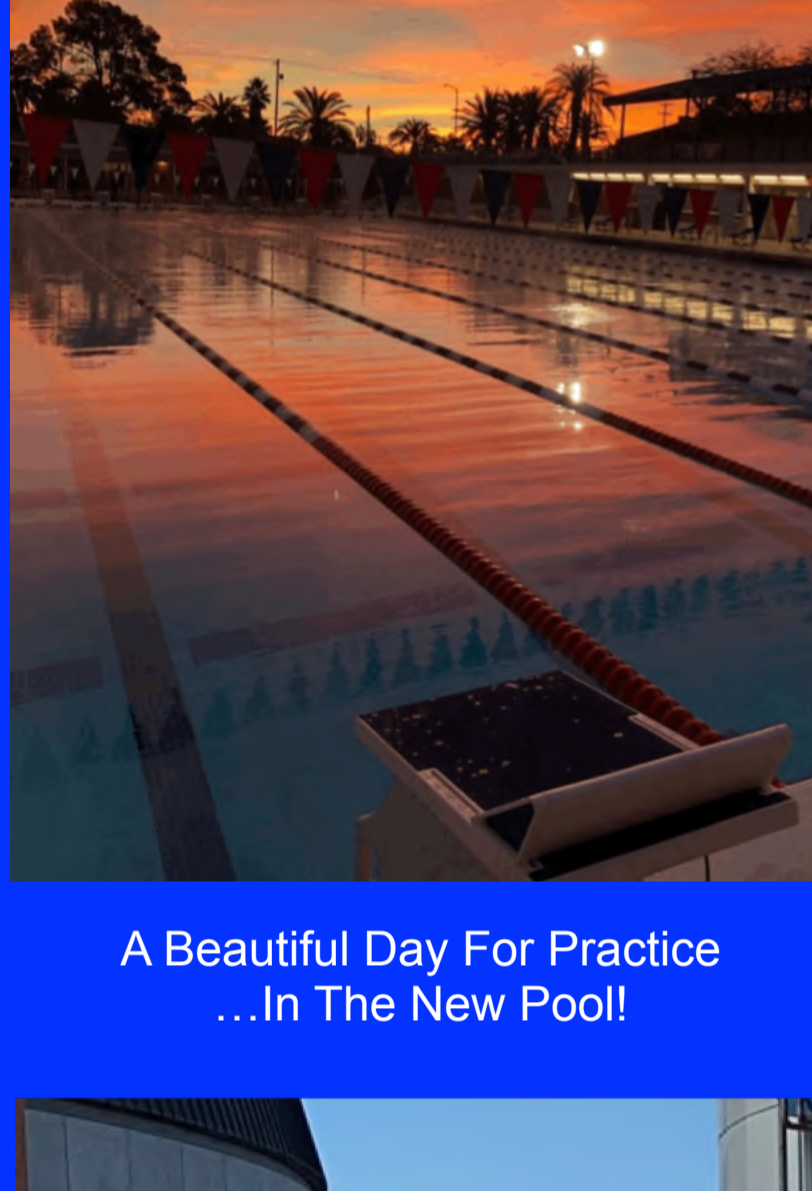
The University of Arizona Department of Intercollegiate Athletics cordially invites you to the Hillenbrand Aquatics Center Facility Dedication Saturday, February 9, 2019



10:00am - Gates Open • 11:30am - Facility Dedication & Arizona Senior Day Recognition • Noon - Swim & Dive Meet Begins

Parking available for a nominal fee in South Stadium and 6th Street Garage

Ford Masters January Highlights



A Beautiful Day For Practice ...In The New Pool!



First Practice in New Pool 5:30am 1/4/19



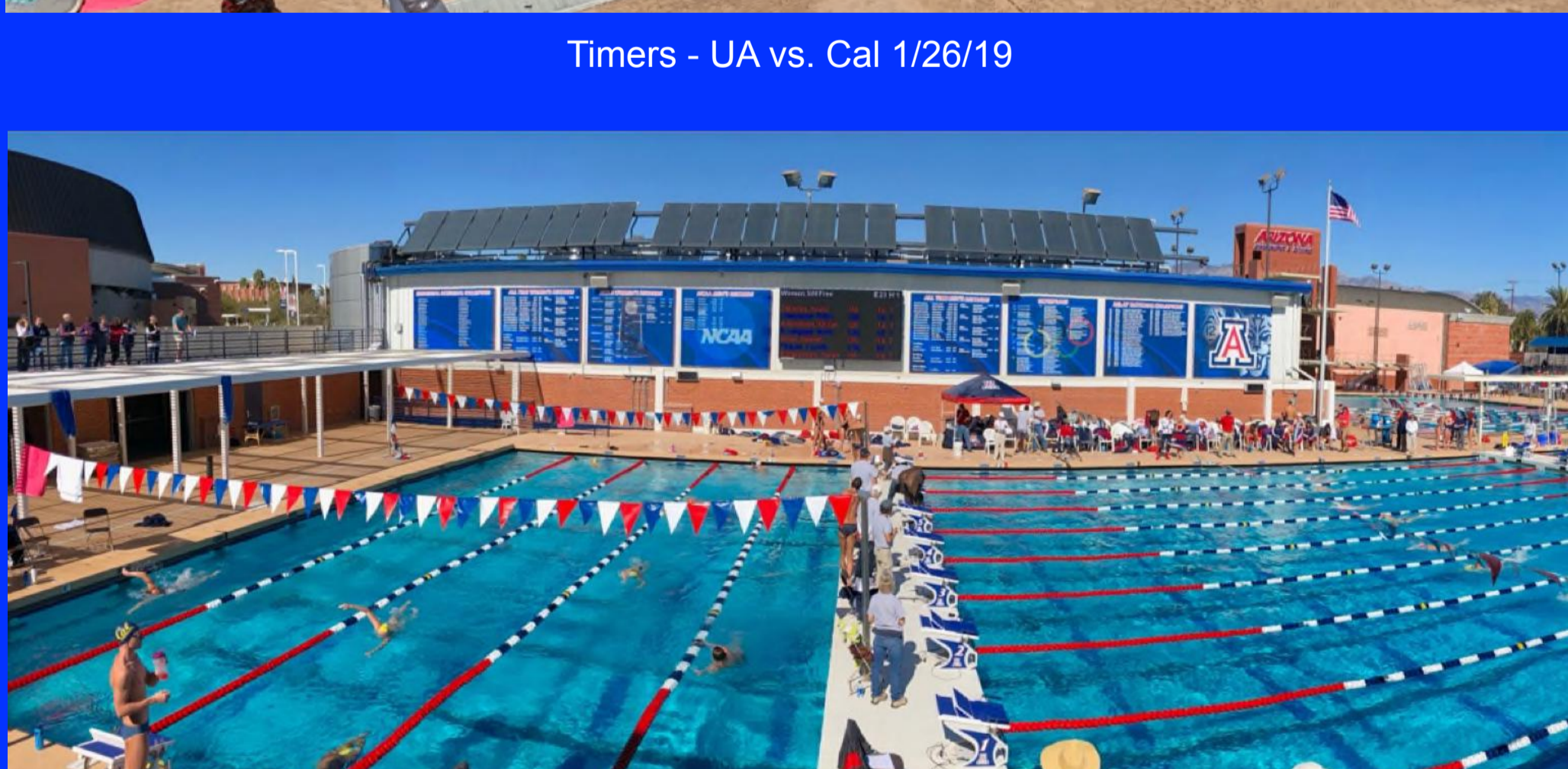
First Timing Crew @ First UA Meet in New Pool 1/11/19



Timers - UA vs. Stanford 1/25/19



Timers - UA vs. Cal 1/26/19



UA vs. Cal 1/26/19



Gruender Award Winners Doug Springer & Barry Roth @ 2019 Polar Bear Classic



Early Morning @ H.A.C.

Upcoming Masters Events:

2019 Swim Meets:

- Feb 9 - [NAU Spring Fever Masters Swim Meet](#)
- Feb 10 - [Oro Valley Aquatic Center Masters Relay Meet](#)
- Feb - 2019 USMS 1-Hour ePostal National Championship
- Early March - Sprinter Spectacular @ ASU (info. soon)
- March 16-17 [USMS National Pool Distance Invite](#) - Oro Valley Aquatics Center
- March 29-31 - AZ LMSC SCY State Meet - Hillenbrand Aquatic Center - Tucson, AZ (info. soon)
- 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@west.net.

The \$50 fee for February is due now. There is a \$10 late fee after Sunday February 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~~~~

