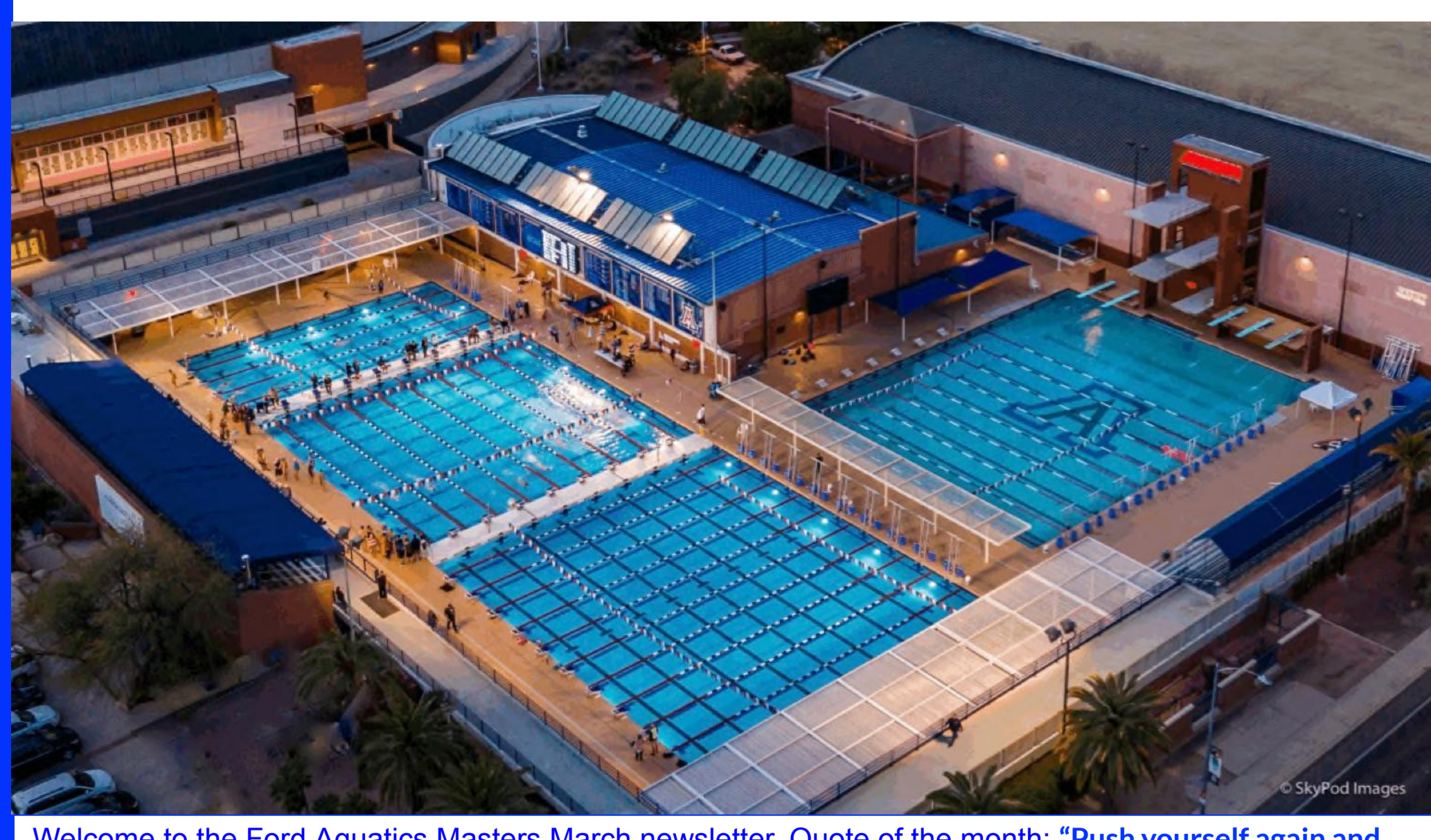


Ford Aquatics Masters Newsletter

March 3, 2019 - vol 12.3



Welcome to the Ford Aquatics Masters March newsletter. Quote of the month: "Push yourself again and again. Don't give an inch until the final buzzer sounds." - Larry Bird

THE NEW POOL IS FINISHED (PHOTO ABOVE) - YOU GOTTA SEE IT... You GOTTA SWIM IN IT!

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 \$50 monthly fee is due now with a payment deadline of Sunday March 10th. There is a \$10 late fee after the 10th. You may pay online for March (\$50) or for March & April (\$100) at this time. To pay dues online please use the following link and scroll down to "8 - Masters / UA... Payments & Misc." [Online Payment Link](#). You may also pay by check (or cash in a clearly marked envelope) and slide it thru the mail slot in the lobby (east side door). 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 3/4/19:

M-T-W-F: 5:30am & 12:00pm, Th: 7:00am & 12:00pm
Saturday TBA

NOTE: T & Th mornings will start at 5:30am on March 5, 12, 14, 19 & 21 (stayed tuned)
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 95 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](#)

March Training Goals:

March Madness begins! March will bring an emphasis to speed and race pace in preparation for the SCY State meet at the end of the month while working towards USMS NATS at the end of April in Mesa, AZ.

Laura Utsch Moore is holding a short swim clinic on Saturday March 9th from 9:30am to 11:00am at the Oro Valley Aquatic Center. The clinic will focus primarily on the power that can be generated thru a kick driven hip roll to initiate the pull in free & back. The cost is \$30 - email Laura at Laura@findyourfins.org.

There is a [SwimDevil Masters](#) tune up meet at ASU on Sunday March 10th. The entry deadline is this Wednesday March 6th. This is a good stepping stone from our Polar Bear meet to State. Let me know if you plan to attend.

The [2019 Arizona Masters SCY State Championship](#) will be held at the brand new Hillenbrand Aquatic Center over the last 3 days of March. The meet will follow a 3 day meet format with the 1000 & 1650 beginning late in the afternoon on Friday and the other events spread out over Saturday & Sunday. The Friday distance events are limited to the first 30 swimmers who register in each event. There is a \$35 entry fee for 1 day or \$60 for 2 or 3 days. A meet t-shirt is included in the entry fee. We WILL be swimming relays at this meet and I expect everyone to contribute to our effort for AT LEAST 1 of the 3 days. The more events you swim the more team points you score. Those who swim in State can expect a couple of easy training days prior to the meet if your practice attendance has been consistent in March. The entry deadline is 6:00pm on Sunday March 24th.

After State we will have 2 more weeks of hard training prior to tapering for USMS SCY Nationals in Mesa, AZ April 25-28. I have reserved rooms for the team at [Hyatt Place Phoenix/Mesa](#). I need to know if you want me to reserve a room for you by Monday April 8th. All remaining rooms will be canceled on April 10th. This is the same motel we stayed in for USMS SCY NATS in Mesa in 2011 - a 10 minute drive from the pool.

Hyatt Place PHX/Mesa

- 3 nights: April Th25, Fr26, Sa27, check out Su28
- 1422 W. Bass Pro Dr., Mesa, AZ 85201
- 2 queen beds + sleeper sofa
- Free wi-Fi, coffee maker, mini fridge
- Outdoor pool, free parking
- \$149/nt.

Be sure to email Katy James KatyJamesSwims@gmail.com if you want to get in on the Arizona Masters swag she is putting together for our Arizona Masters team at USMS Nationals in Mesa. Tomorrow is the deadline (3/4/19)!!!

What else is happening?

[2019 Polar Bear results](#)

Fin's Landing Happy Hour is Friday 3/08/19 around 5:00pm. Let me know if you plan on attending.

YES! Fin Friday is back to the 2nd Friday of every month... this month it's Friday March 8th.

Need some drills? [click here](#)

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

Ford Masters February Photos



The New Pool February 1, 2019



Fin's Landing February 8th



Snow Day @ NOON!!! February 22, 2019



Timers - UA vs. ASU 2/9/19



Another Beautiful Day at Hillenbrand Aquatic Center

Upcoming Masters Events:

[2019 Swim Meets:](#)

Mar 10 - [Swim Devil Invite](#)
Mar 16-17 [USMS National Pool Distance Invite](#) - Oro Valley Aquatics Center
Mar 29-31 - [2019 Arizona Masters SCY State Championship](#) - Hillenbrand Aquatic Center - Tucson, AZ
Apr 25-28 - [2019 USMS SC Yards Nationals](#) - Kino Aquatics Center - Mesa, AZ
Aug 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 March is due now. There is a \$10 late fee after Sunday March 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~~~~

