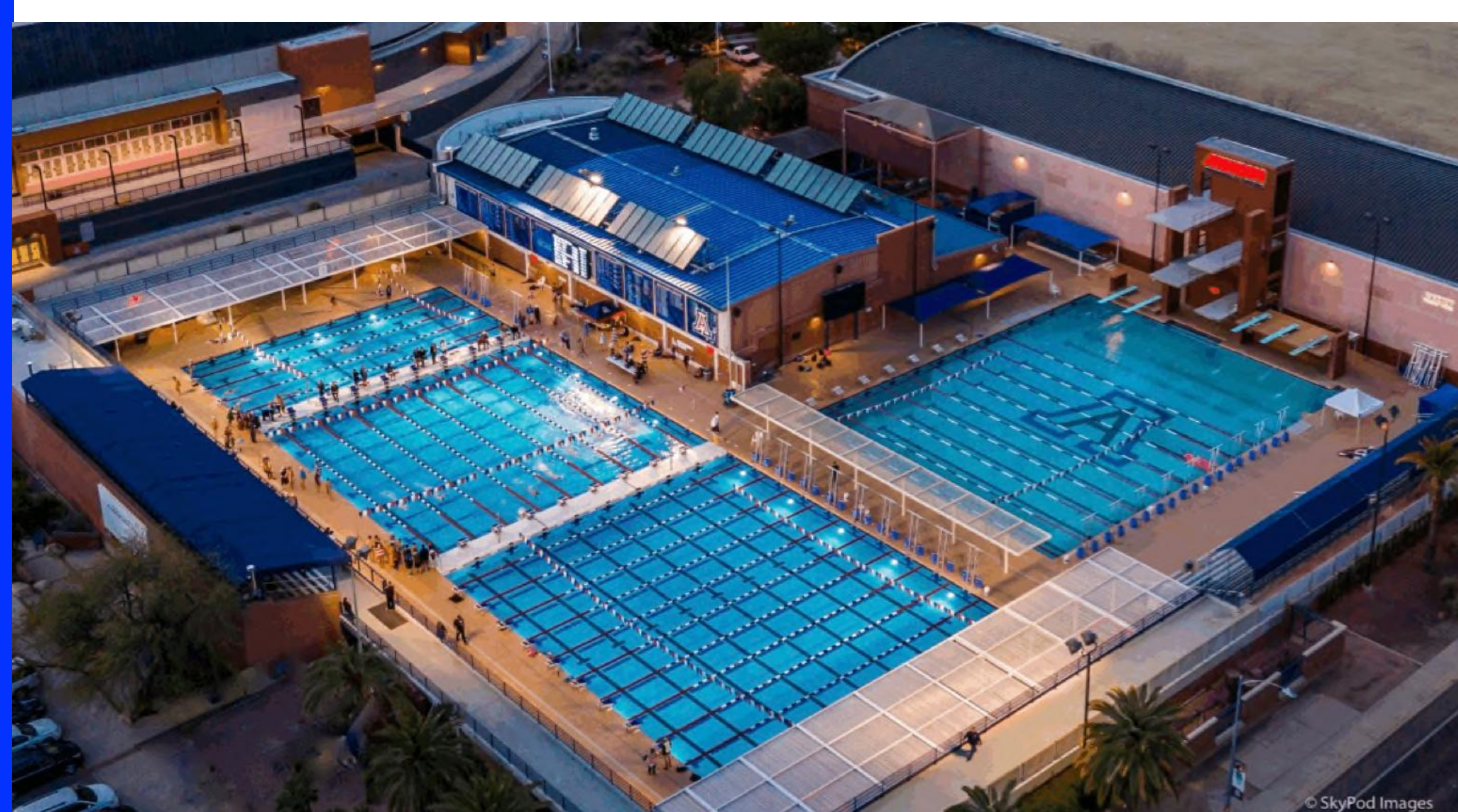


# Ford Aquatics Masters Newsletter

April 2, 2019 - vol 12.4



Welcome to the Ford Aquatics Masters April newsletter. Quote of the month: **"Do not let what you can not do interfere with what you can do."** – John Wooden

Please visit our website for the latest team info: [www.FordAquatics.com](http://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 for April is due now with a payment deadline of Wednesday April 10th. There is a \$10 late fee after the 10th. Monthly fees will increase to \$55 starting in May and continue at \$55 through August. To pay dues online please use the following link and scroll down to "8 - Masters / UA... Payments & Misc." [Online Payment Link](#). Look for the following options for online payment and advance payments:

April = \$50  
April + May = \$105  
April thru June = \$160  
April thru July = \$215  
April thru August = \$270

You may also pay by check (or cash in a clearly marked envelope) and slip 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 4/1/19:

M-T-W-F: 5:30am & 12:00pm, Th: 7:00am & 12:00pm  
Saturday 6:30am

Check for updates / changes at [www.FordAquatics.com](http://www.FordAquatics.com) ABOVE pool temperature listings.

## 2019 SCY State Report:

It was a beautiful last weekend in March at the NEW Hillenbrand Aquatic Center for the 2019 AZ Masters SCY State Championships. 190 swimmers on 23 teams attended the 3 day meet and swam over 1000 swims. Ford Aquatics Masters finished in 2nd place 260 points ahead of the 3rd place Sun City Stars but 1700 points behind first place Saddlebrooke Masters. Kurt Dickson took the High Point Award in the 50-54 age group representing Ford Aquatics Masters. We have enough swimmers to win this meet, we just need to get everyone to swim! [2019 SCY State Meet Results](#)

## 2019 USMS MEMBERSHIP

2019 USMS membership is REQUIRED in order to swim with our masters team. As of this writing we have 101 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](#)

## April Training Goals:

April is the beginning of the long course meters (LCM) season for some and the end of the short course yards (SCY) season for others. Our pool is now set up LCM with 3 SCY lanes available at the far east end. If you are not attending SCY Nationals then it's time to get into LCM shape! We'll start building back up our endurance in April working towards the USMS LCM National Championship in Mission Viejo, CA August 7-11, 2019. Those who are tapering later in April for SCY Nationals in Mesa, AZ will have the option to swim SCY until the end of April. We will continue with hard training for another 10-12 days then... TAPER BEGINS !!!

I have reserved rooms for the team at [Hyatt Place Phoenix/Mesa](#) for the national meet. I need to know if you want to reserve a room by Monday April 8th. Please email if you want a room and include which nights and the names of your roommates. If you're looking for a roommate let me know. 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 to the pool.

Hyatt Place PHX / Mesa

- 3 nights: Th 4/25, Fr 4/26, Sa 4/27, check out Su 4/28
- 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](mailto: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.

## What else is happening?

Fini's Landing Happy Hour is Friday 4/12/19 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 April 12th.

Need some drills? [click here](#)

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

## Ford Masters March Highlights



Hillenbrand Aquatic Center - SCY State 3/31/19



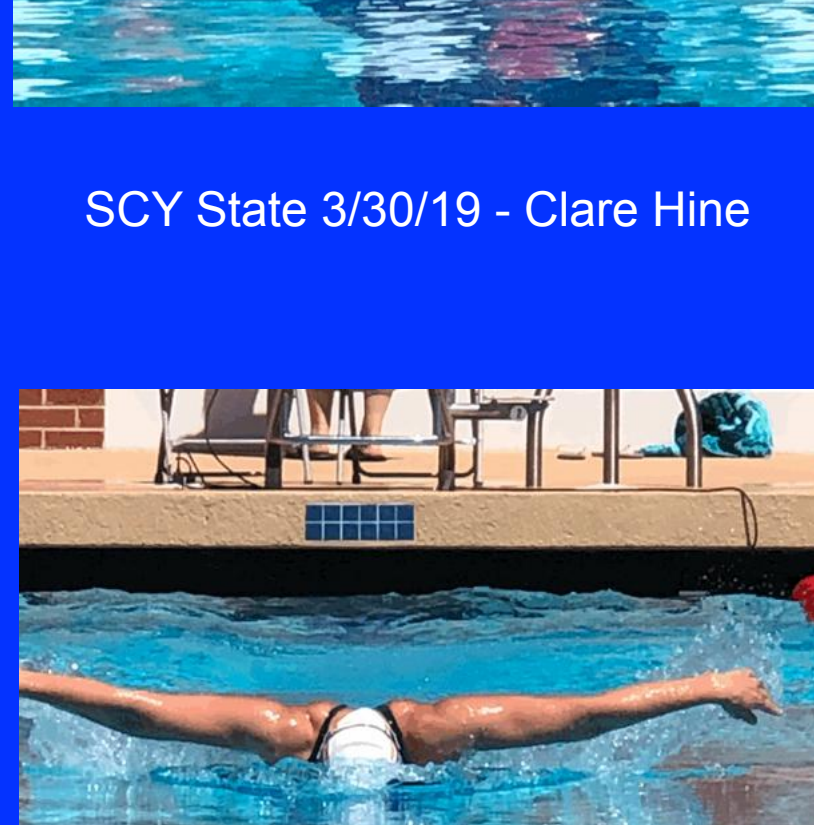
Fini's Landing March 8th  
Kathy Krucker's 70th !!!!



SCY State 3/30/19 - Clare Hine



RELAY! - RELAY! - RELAY!  
Alison, Carolyn, Clare, Chrissy



SCY State 3/30/19 - Alison Meadow

## Upcoming Masters Events:

### 2019 Swim Meets:

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](http://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 "Ford Aquatics" as your club. Please email a pdf file of your 2019 membership card to [swim1@qwest.net](mailto:swim1@qwest.net).

The \$50 fee for April is due now. There is a \$10 late fee after Wednesday April 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 checking 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~~~~

