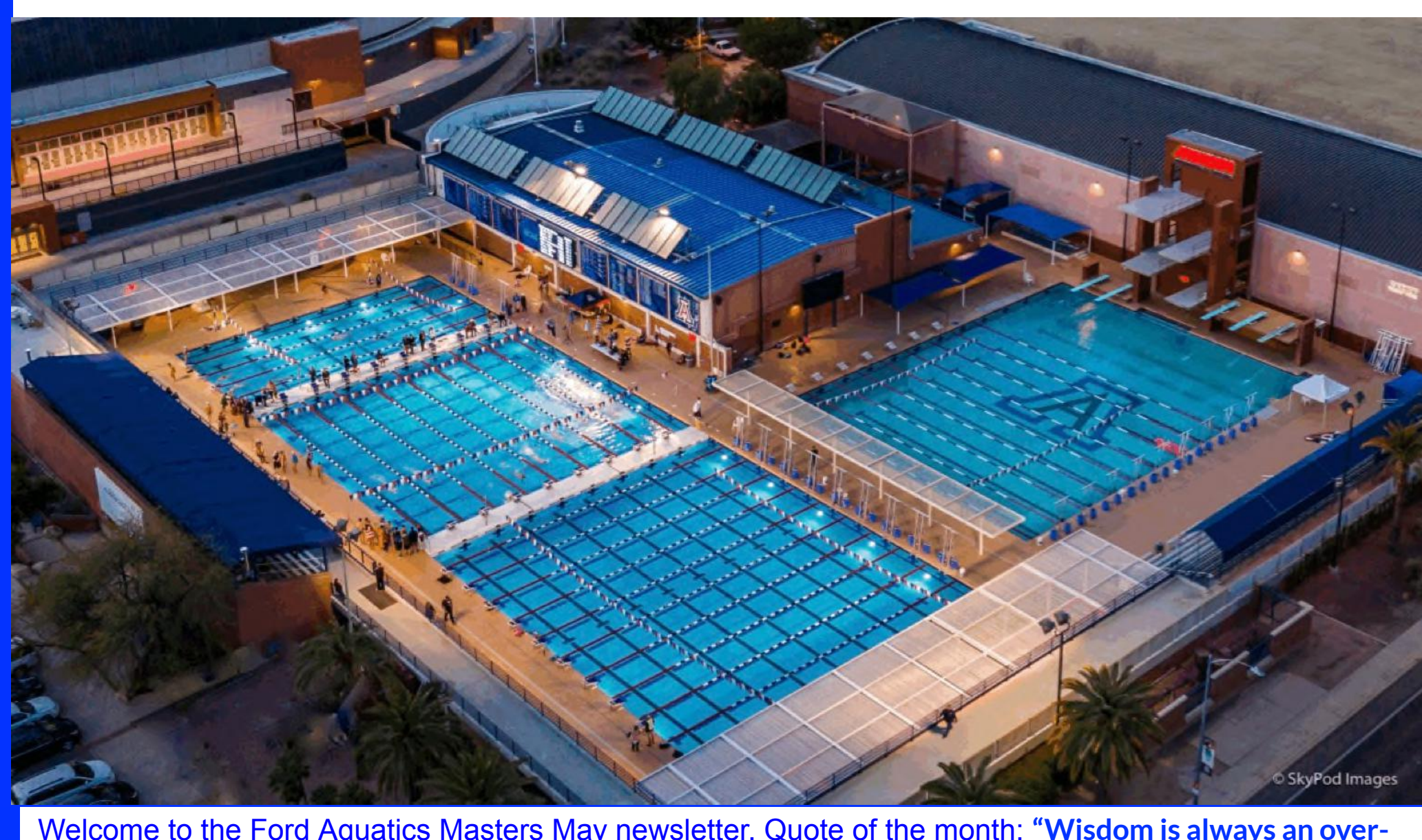


# Ford Aquatics Masters Newsletter

May 1, 2019 - vol 12.5



Welcome to the Ford Aquatics Masters May newsletter. Quote of the month: "Wisdom is always an overmatch for strength." - Phil Jackson

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 \$55 monthly fee for May is due now with a payment deadline of Friday May 10th. There is a \$10 late fee after the 10th. Monthly fees will increase to \$60 starting in September. 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:

Monthly = \$55  
2 months = \$110  
3 months = \$165  
4 months = \$220

You may also pay by check to "Ford Aquatics" (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 4/29/19:

M-W-F: 5:30am & 12:00pm, T & Th: 5:45 & 12:00pm  
Saturday NO PRACTICE

## Summer Practice Schedule 5/28/19 - 7/26/19:

M thru F mornings 5:30am to 6:30am (no locker room restrictions)  
M thru F mid day 12:00pm to 1:00pm (no locker room restrictions)  
Saturdays TBA

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

## Southwest Invitational May 24-27 (Memorial Day weekend):

We have been asked once again to time the finals sessions for the USA Swimming TYR Southwest Classic on Friday 5/24, Saturday 5/25 and Sunday 5/26. The final sessions will start at 5:30pm each day and last approximately 2 hours. The long distance events will be held in the morning on Memorial Day Monday 5/27. We will not be timing the long distance events. Please reply to this email if you can time the meet on Fri., Sat., or Sun. evenings.

## 2019 USMS SCY Nationals Report:

Wow! What a meet! Ford Aquatics took 25 swimmers to compete at the Masters National meet in Mesa, AZ over the weekend of April 25-28. Everyone had at least a few GREAT swims. Here are some highlights...

Most points scored Women - Clare Hine, Carolyn Duffield, Judy Gillies

Most points scored Men - Jeff Commings, Tyler DeBerry, Kurt Dickson

National Champions - Jeff Commings (6), Tyler DeBerry (2), Kurt Dickson (1), Doug Friman (1), John Sarikas (2)

Top 3 Finishes - Jeff Commings, Tyler DeBerry, Kurt Dickson, Carolyn Duffield, Doug Friman, Al Jaegers, Erwin Kratz, John Sarikas, Jeff Utsch.

Arizona Masters won the Regional Team division by a landslide scoring 800+ points more than 2nd place Colorado Masters. A good portion of that was due to the 99 relays we put on the blocks compared to Colorado's 53. Many of these relays contained Ford Aquatics Masters swimmers.

Ford made up less than 15% of the total Arizona National team yet we scored close to 20% of Arizona Masters individual event points. Complete Ford Aquatics Masters and Arizona Masters meet results can be found in the attached Excel worksheet. Check out the meet photos below.

What's the next National meet? USMS Long Course Meters Nationals @ Mission Viejo, CA - August 7-11, 2019. Less than 3 months until taper! 🏊 Make your plans NOW! 🙌 More information next month.

## 2019 USMS MEMBERSHIP

2019 USMS membership is REQUIRED in order to swim with our masters team. As of this writing we have 104 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 USMS MEMBERSHIP TO PRACTICE - NO EXCEPTIONS!!!

[USMS 2019 Registration link](#)

## May Training Goals:

Can you believe they put LC State at the end of May? For those of you going to LC Nationals in Mission Viejo August 7-11 we will train through this meet and only take a day or 2 easy. The meet is to be held at the Oro Valley Aquatic Center May 31 - June 2 and will act as our first "tune up" for Long Course. Plan now to swim the maximum number of events and all of the relays to get a challenging "endurance with speed" combo workout. The meet will offer all of the relays 200m thru 800m. Hopefully we'll find other LC meets this summer to fine tune before NATS @ Mission. Stay tuned.

In the meantime we will return our focus to building back our aerobic foundation this month (and most of next month) before returning to the race pace / speed development mode. You might want to set your sights on the Bartlett Lake open water swim on May 19th as a short term motivator to get in shape!

## What else is happening?

Fini's Landing Happy Hour is Friday 5/10/19 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 May 10th.

Need some drills? [click here](#)

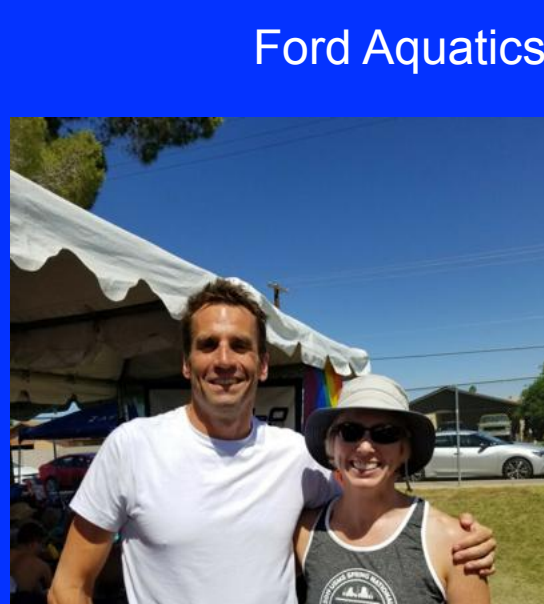
Confused about swimming lingo? [click here](#)

## Ford Aquatics Masters April Highlights



Ben Hoffman - South African Ironman Champion April 7, 2019

## Ford Aquatics Masters Swimmers of the Day - SCY Nationals 2019



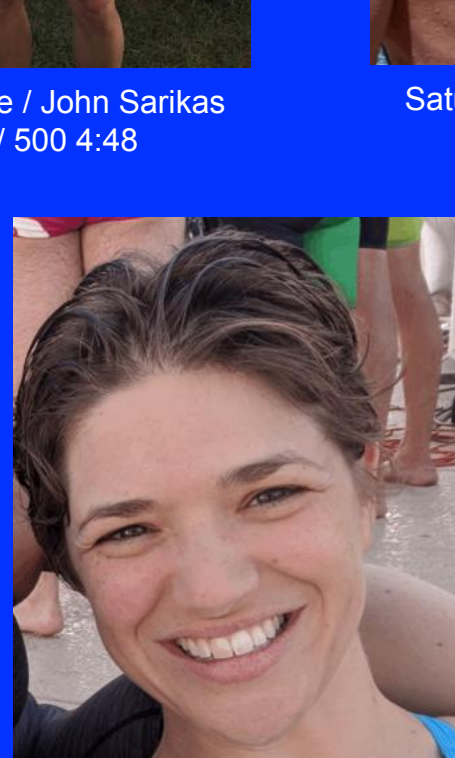
Thurs: Doug Friman / Carolyn Duffield  
1650 Champ / 1000 free top 3



Friday: Clare Hine / John Sarikas  
200 br 4th / 500 4:48

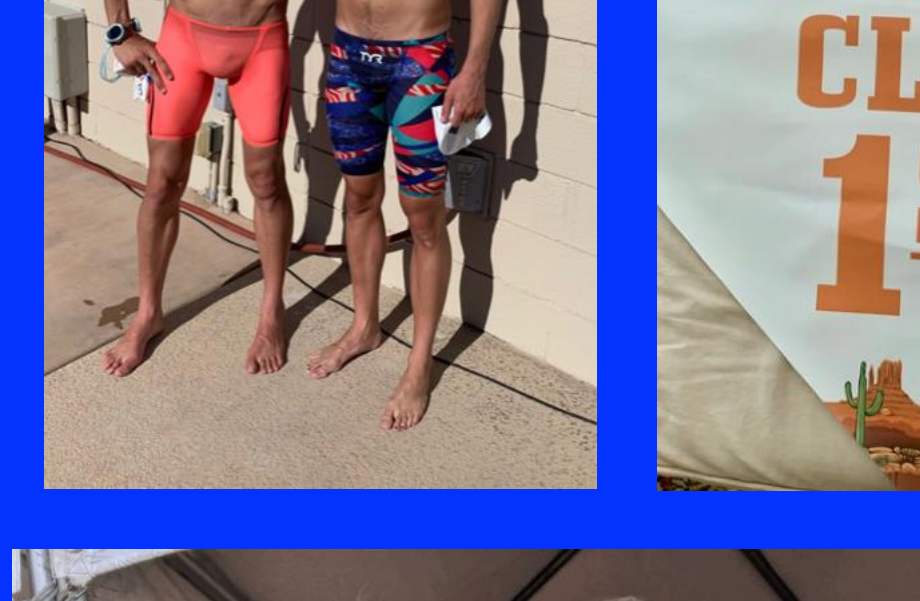
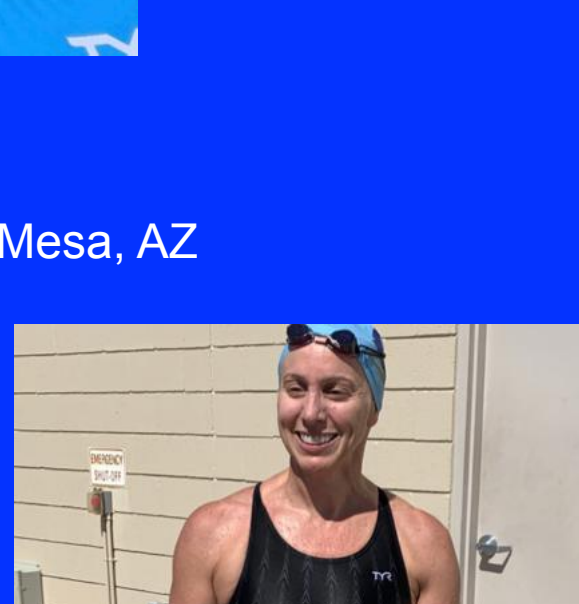
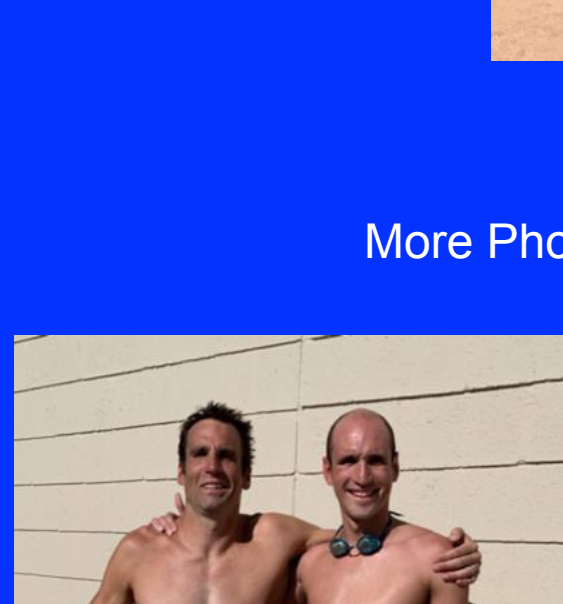


Saturday: Erwin Kratz/ Becki Major  
200 ba 2.02 / 50 free 28.78



Sunday: Al Jaegers / Chrissy Nelson  
400 in 2nd / 100 ba 1:06

## More Photos From 2019 SCY Nationals in Mesa, AZ



## Upcoming Masters Events:

### 2019 Swim Meets:

May 31-June 2 - [2019 AZ LMSC LC Meters State Championship](#) - Oro Valley Aquatic Center

July 28 - [Upper Lake Mary](#) - Flagstaff, AZ - 1000m, 2000m & 4000m open water swims

Sept 22 - [Lake Pleasant Spring Canyon](#) - Peoria, AZ - 1000m, 2000m, 3000m open water swim

Sept 29 - [La Jolla Cove 10 mile Relay](#)

All Ford Aquatics 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 Arizona Masters as your club. Please email a pdf file of your 2019 membership card to [swim1@gwest.net](mailto:swim1@gwest.net).

The \$55 fee for May is due now. There is a \$10 late fee after Friday May 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~~~~

