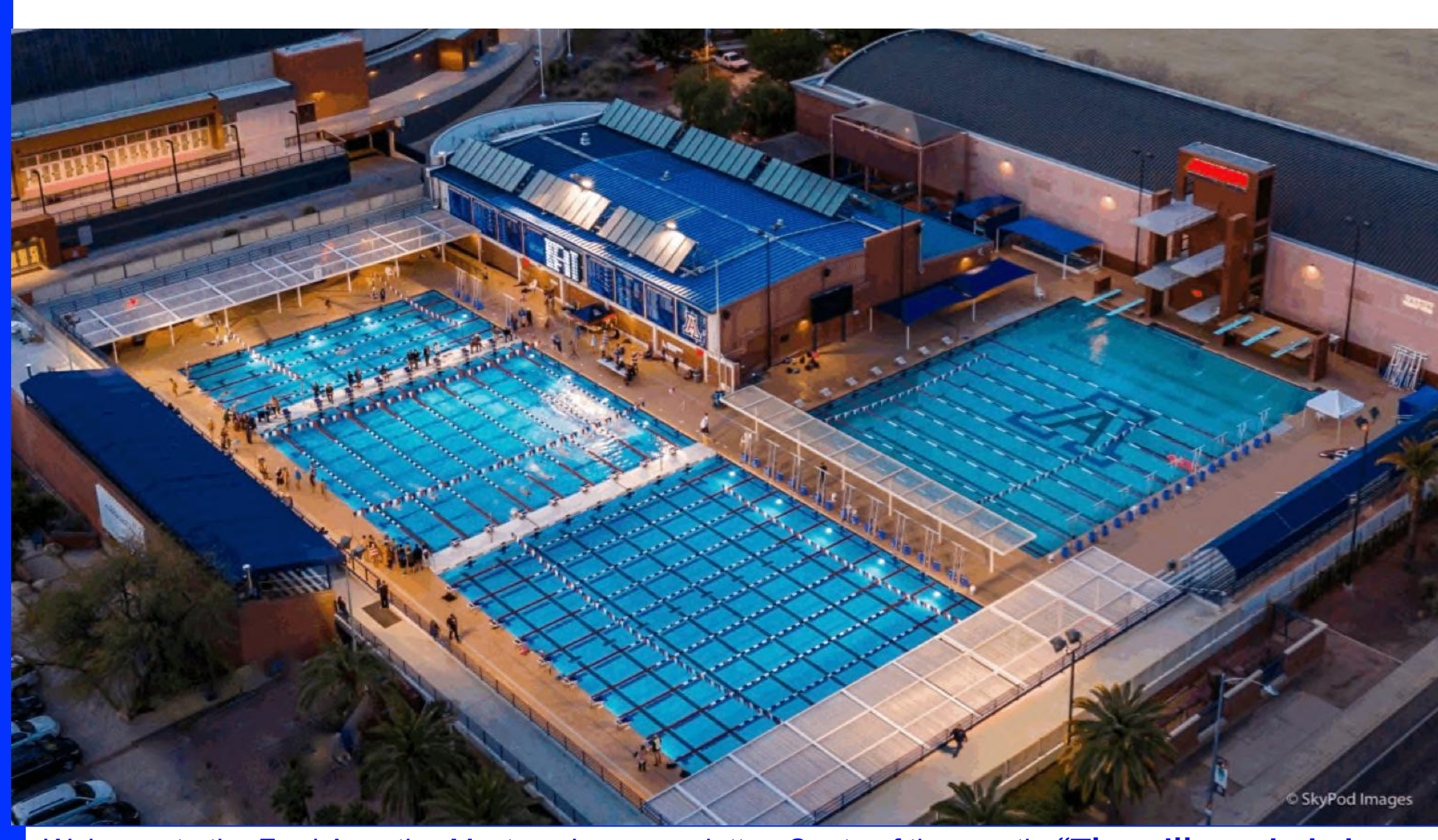


Ford Aquatics Masters Newsletter

June 2, 2019 - vol 12.6



Welcome to the Ford Aquatics Masters June newsletter. Quote of the month: **"The will to win is important, but the will to prepare is vital."**

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 **\$55 monthly fee** for June is due now with a payment deadline of Monday June 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

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](#)

Summer Practice Schedule 5/28/19 thru late August Date TBA:

Monday thru Friday 5:30am & 12:00pm (no locker room restrictions)
Saturdays TBA

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

Southwest Classic May 24-27 (Memorial Day weekend):

Many thanks to those of you who came out and timed at the finals sessions for the SW Classic meet! It takes an army of people to produce this meet every year and you are part of the success.

LCM State Championship @ Oro Valley A.C. May 31 - June 2:

Over 2 months until LCM Nationals but this "early bird" State Championship provided the start of the season for these ambitious swimmers:

Kurt Dickson*
Doug Everett
Clare Hine
Al Jaegers*
Erwin Kratz
Terry Lavery
Alison Meadow*
Barry Roth
Scott Shake
Jeff Utsch
Ted Wallach*

*age group high point award winners!

The meet highlight was a National Record set in the Men's 200+ 800m free relay on Friday afternoon. Terry DeBiase, Erwin Kratz, Kurt Dickson & Jeff Utsch combined for a 8:38.51 to set the record and just missed a World Record by 27 100ths!

It was a very small meet but we brought home the 2nd place plaque in the "large team division" with 10 swimmers and set some good times to beat later this summer (photos below). And Al Jaegers brought home the first place plaque in the small team division all by himself!!!

2019 USMS LCM Nationals @ Mission Viejo, CA - August 7-11:

Less than 2 months until taper 🍌... Make your plans NOW! 🍌 Look over the [meet information](#), decide what [events you want to swim](#) 🏊, book a flight to LAX ✈️, [email](#) what nights you need a hotel room 🏠, and BE READY TO HAVE SOME FUN AND SWIM FAST!!! It's time for a Ford Aquatics Masters vacation in Southern California!!! 🍌🍌 JUST DO IT!

The last chance to make qualifying times for LCM NATS will be at the Silver Fin Classic meet on Sunday July 7th. This is the day before the LCM National meet entry deadline (scroll down to meet info link below).

2019 USMS MEMBERSHIP

2019 USMS membership is REQUIRED in order to swim with our masters team. As of this writing we have 107 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](#)

June Training Goals:

Let's improve on consistent training 4? 5? 6? practices per week will make a difference. I know of at least 1 swimmer who has done a few double workouts - something that will pay off at Mission V in August. Think about gradually increasing Frequency, Intensity and Time (FIT) over this month and next. And don't forget about Tuesdays! I now consider Tuesday a day for stroke AND I.M. not strictly an I.M. day - so no excuses!!! I also may be able to offer some longer workouts and will announce when they are available - possibly Saturdays (?). Start getting excited about your goals NOW - don't wait until the taper arrives because that's waaya too late. The taper will allow you to swim fast if everything else goes right but a taper is only as good as the work you put in leading up to the taper. Make some sacrifices and get it right this time.

What else is happening?

Fin's Landing Happy Hour is Friday 6/14/19 around 5:00pm. Let me know if you plan on attending. Fin Friday is back to the 2nd Friday of every month... this month it's Friday June 14th.

Need some drills? [click here](#)

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

Ford Aquatics Masters May Highlights



Men 200+ 800m Free Relay - USMS National Record 8:38.51
Terry DeBiase, Erwin Kratz, Kurt Dickson, Jeff Utsch 5/31/19



2019 LCM State Champion Runner Ups
Al Jaegers, Scott Shake, Ted Wallach, Terry Lavery, Doug Everett
Barry Roth, Kurt Dickson, Jim Stites, Alison Meadow, Clare Hine
Not in photo: Erwin Kratz & Jeff Utsch

Upcoming Masters Events:

2019 Swim Meets:

July 7 - [2019 Silver Fin Classic](#) - Southwest Family YMCA Goodyear, AZ
Aug 7-11 - [2019 USMS LC Meters Nationals](#) - Marguerite Aquatic Center - Mission Viejo, CA

2019 Open Water Swims:

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 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 \$55 fee for June is due now. There is a \$10 late fee after Monday June 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~~~~

