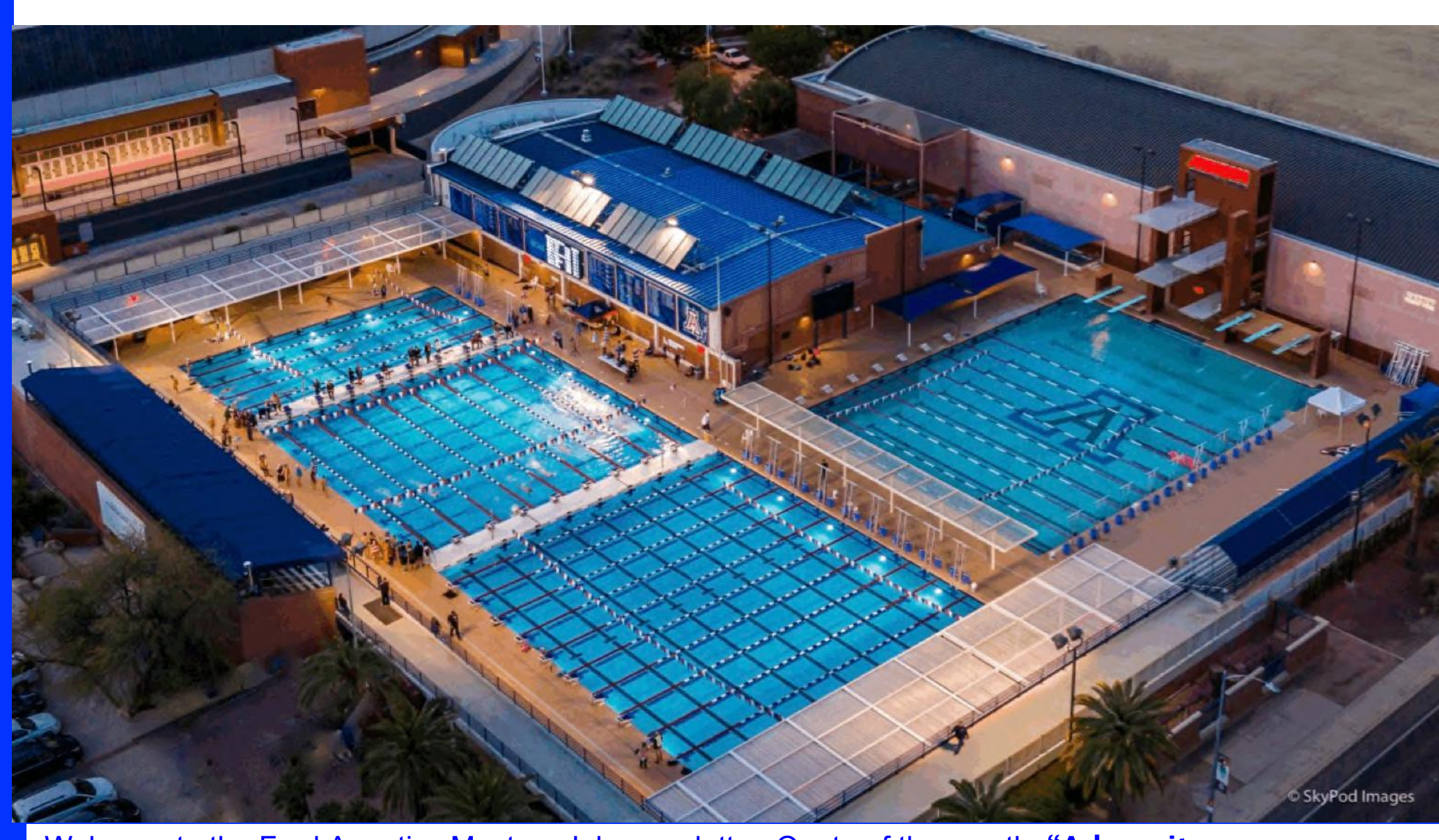


Ford Aquatics Masters Newsletter

July 1, 2019 - vol 12.7



Welcome to the Ford Aquatics Masters July newsletter. Quote of the month: **"Adversity cause some men to break; others to break records."** – William A. Ward

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 July is due now with a payment deadline of Wednesday July 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 (July)
2 months = \$110 (July & August)
Note: No payments beyond August at this time.

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](#)

July 1- 6 Practice Schedule:

Monday thru Wednesday + Friday 5:30am & 12:00pm
Thursday July 4th = 9:30am ONLY (locker room available after 9:15am)
Saturday 8:30am (locker room available after 8:15am)

Please note: **Hillenbrand Aquatic Center will be CLOSED 8/12/19 thru 8/18/19** for annual maintenance and repairs. Stay tuned for off site practice times and locations during that week.

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

Senior State at Hillenbrand Aquatic Center July 25-28:

The USA Swimming Arizona Senior State Championship will be held at Hillenbrand Aquatic Center over the last weekend in July. Ford Aquatics has invited Ford Masters swimmers to time the 5:00pm finals session of that meet on Saturday evening 7/27/19. Please let me know if you're available ASAP [email](#). Note: you may also time on other evenings.

Silver Fin Classic Sunday July 7, 2019:

The Silver Fin Classic will be held this Sunday 7/7/19 in Goodyear, AZ. This is the last chance for a long course meet before the registration deadline for USMS LCM Nationals. The registration deadline is Wednesday 7/3/19 at 11:59pm. Here's the link for more info & to enter the meet: [2019 Silver Fin Classic](#)

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

Only a few weeks until taper begins for LC Nationals @ Mission Viejo, CA. Click ---> [Meet information](#) for more info about the meet and registration. The registration deadline is Monday July 8th – so it's coming up FAST! Once you decide to enter please send me an [email](#) to let me know you've entered and if you need a hotel room. The hotel reservation deadline is Sunday 7/14/19. LET'S GO SWIM FAST and HAVE SOME FUN!!!

2019 USMS MEMBERSHIP

2019 USMS membership is REQUIRED in order to swim with our masters team. As of this writing we have 108 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](#)

July Training Goals:

National taper is almost here! Just a couple more weeks of hard training and the chance to make some final improvements to your fitness. You'll be seeing a little "extra rest" thrown in now and again and some opportunities to dive off the starting blocks. Quality swimming counts from here on. Finalize your goal times and try to hit your goal pace in practice. BE READY & MAKE IT COUNT!!!

What else is happening?

Fini's Landing Happy Hour is Friday 7/12/19 around 5:00pm. Let me know if you plan on attending. Fin Friday is also Friday July 12th. The main swim set will be done with fins - last one before Nationals!

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

Ford Aquatics Masters June Highlights



Barry Roth named to Pima County Sports Hall of Fame

Former swimming coach at Sabino & Sahuaro high schools, the 1994 AIA coach of the year, who later was ranked No. 1 in the world in masters age group swimming.

Induction ceremony Sunday October 27 @ 12:00pm



Have you noticed? Check out the new Hillenbrand Aquatic Center sign on the southwest corner of the building facing the parking lot.

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 8 - [La Jolla Open Water Swim](#) is coming back!, [Article](#) about the return.
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 July is due now. There is a \$10 late fee after Wednesday July 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~~~~

