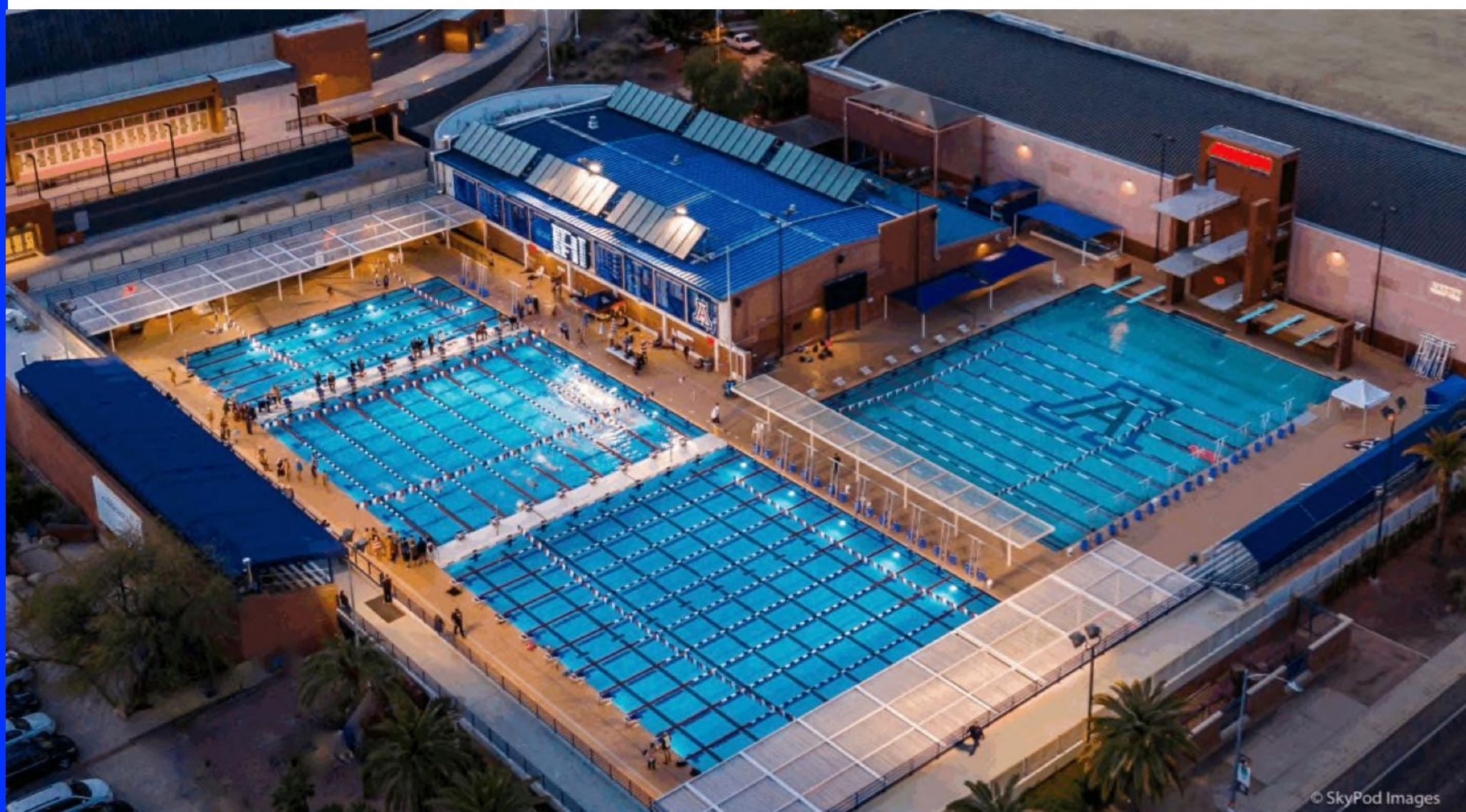


Ford Aquatics Masters Newsletter

August 1, 2019 - vol 12.8



Welcome to the Ford Aquatics Masters August newsletter. Quote of the month: **"Some people say I have attitude – maybe I do...but I think you have to. You have to believe in yourself when no one else does – that makes you a winner right there."** – Venus Williams

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 August is due now with a payment deadline of Saturday August 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:

Masters Monthly Dues \$55

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).

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](#)

August Practice Schedule:

Hillenbrand Aquatic Center will be CLOSED the week of 8/12/19 thru 8/18/19 for annual maintenance and repairs.

Thursday 8/1 & Friday 8/2 - 5:30am & 12:00pm
Saturday 8/3 - 9:30am (locker room available after 9:15am)
Monday 8/5 through Friday 8/9 - 5:30am & 12:00pm
Saturday 8/10 - No Practice
Monday 8/12 through Friday 8/16 - 6:00am ONLY at [Amphi High School Pool](#)
-->125 W Yavapai Rd 85705 = just off Stone Between Ft. Lowell & Prince (go to NW corner of parking lot)
Saturday 8/17 - no Practice
Monday 8/19 - back to normal schedule at Hillenbrand (5:30am & 12:00pm)

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

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

Taper is now full speed ahead for for LC Nationals @ Mission Viejo, CA. Click ---> [Meet information](#)

You can follow the meet results online at SwimPhone.com Good luck to...

Doug Everett – 100fl, 400fr, 100ba, 50fl
Becki Major – 50fr, 100fr, 50ba, 200fr
Scott Shake – 200ba, 400im, 50ba, 200im, 100ba, 200fr
Ted Wallach – 1500fr, 50fr, 400im, 100fr
Terry Lavery – 800fr, 400im
John Sarikas – 1500fr, 100fr, 400fr, 200fr
Hop Bailey – 800fr, 400im, 100fr, 200im, 400fr
Kurt Dickson – 200ba, 50fr, 800fr, 400im, 100fr, 200fl

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](#)

August Training Goals:

Swim fast at Long Course Nationals and then start ramping up for open water swims and Short Course Meters season!

What else is happening?

Fini's Landing and Fin Friday will be pushed out to Friday 8/16 due to LC Nationals. Let me know if you plan on attending. This will celebrate our last practice at Amphi!!!

Need some drills? [click here](#)

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

Ford Aquatics Masters July Highlights



2019 Arizona Senior State Championship Timers

Thanks to:

Doug Everett, Eric Sheehan, Barry Roth, Ginger Marcus, Becki Major, Peggy Rupert & Rollie Grnder

Upcoming Masters Events:

[2019 Swim Meets:](#)

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 August is due now. There is a \$10 late fee after Saturday Aug. 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~~~~~

