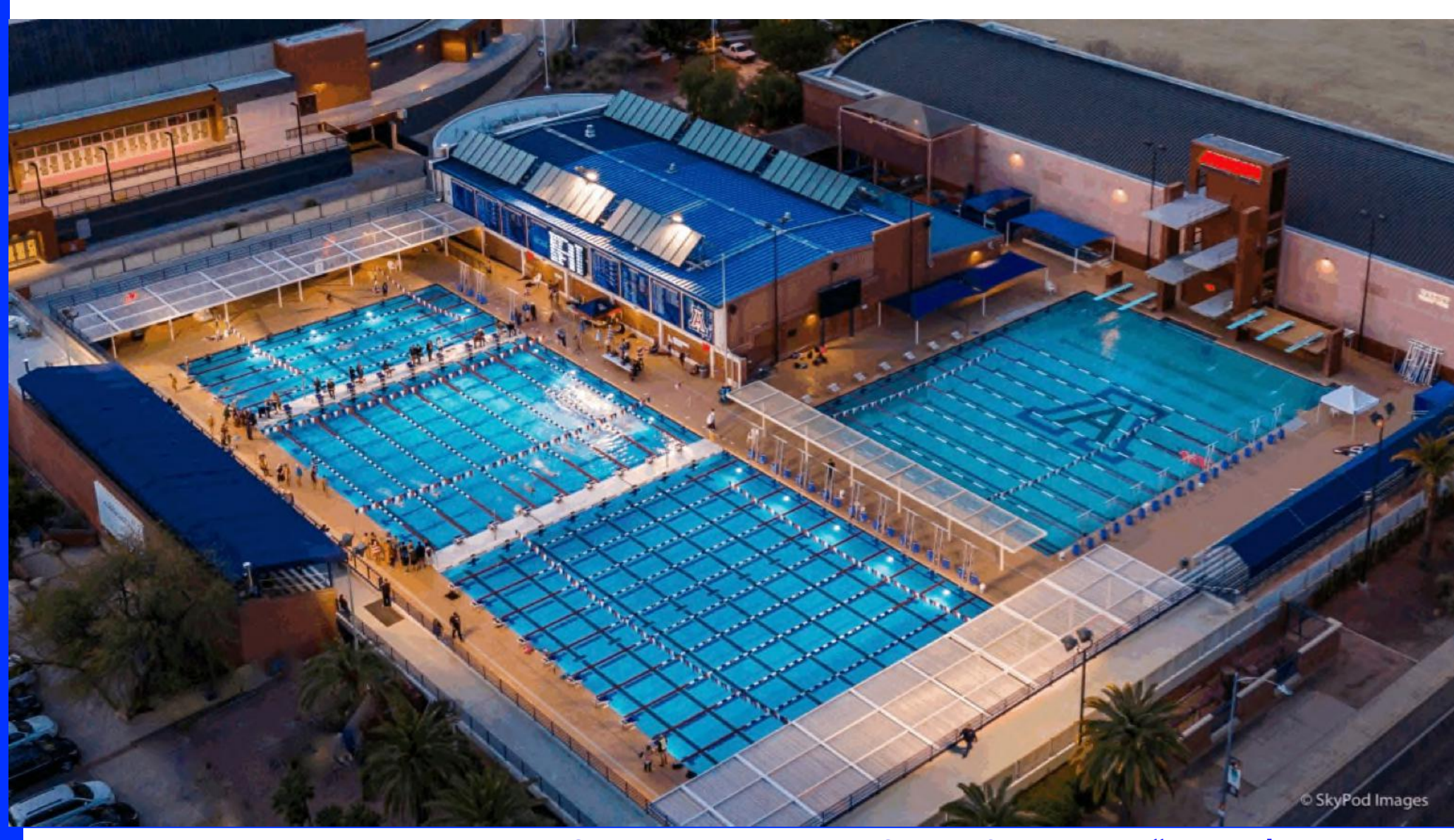


Ford Aquatics Masters Newsletter

September 1, 2019 - vol 12.9



Welcome to the Ford Aquatics Masters September newsletter. Quote of the month: **"Never let your head hang down. Never give up and sit down and grieve. Find another way."** – Satchel Paige

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 Ford Aquatics Masters monthly fee has increased to \$60. The payment deadline is the 10th of this month. We are now offering advance payment discounts for 3 months, 6 months and 1 year. These discounts can be started in any month of the year and are no longer restricted by our fiscal year. To pay dues online please use the link below and scroll down to "8 - Masters / UA... Payments & Misc." If you have not yet registered with Ford Aquatics you can use the online payment link and scroll down to "7 - Masters Registration." After you register you will have the option to pay online.

[Online Payment & Team Registration Link](#)

Click on the above link and look for the following options for online payment and advance payments:

- 1 month - \$60
- 3 months - \$170
- 6 months - \$340
- 1 year - \$650

You may also pay by check to "Ford Aquatics" or with cash in a clearly labeled envelope. Be sure to include your name, "Masters Dues," and the month(s) you are paying for. Slip the check or envelope thru the mail slot in the lobby (east side door).

September 2 - 8 Practice Schedule:

Monday (Labor Day) – 8:00am ONLY – locker rooms available 15 min before & after
Tue & Thu – 5:45am & 12pm – locker rooms available 15 min before & after
Wed & Fri – 5:30am & 12pm

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

Great meet for everyone! All Ford Aquatics Masters swimmers had at least 1 swim in the top 10 in their age group or on a relay. John Sarikas won the 25-29 age group in the 400m & 1500m free and finished 2nd in the 200m free! Scott Shake scored the most individual points for us with 37. Ted Wallach had top 10 finishes in all 4 of his events including a 4th in the 1500m and his first ever 400m IM finishing 7th. Our Arizona Masters team finished 2nd in the Regional Team division with Ford Aquatics Masters contributing about 1/3 of the team's points. Nice job!

Full meet results online at SwimPhone.com & photos below.

2019 USMS MEMBERSHIP

2019 USMS membership is REQUIRED in order to swim with our masters team. As of this writing we have 114 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](#)

September Training Goals:

We're now ramping up for open water swims and Short Course Meters season. The La Jolla Rough Water Swim is next weekend on Sunday 9/8/19. You can find more information about the event and race day registration at RaceWire. There are also open water swims at Lake Pleasant on 9/22/19 and the La Jolla Cove 10 mile relay event on 9/29/19. These 2 events have not been confirmed but you can explore more information with the links below the photo section. The first SCM meet will be the [Jamina Winston Memorial SCM Invite](#) at Kino Aquatics Center in Mesa, AZ on Saturday 9/21/19. The entry deadline is 9/16/19. This is a good meet to get some early season times in preparation for the SCM State / Ron Johnson Invite meet in October and the SPMS SCM Championship in Commerce, CA 12/6-8.

What Else???

- * Tuesday & Thursday morning practices start at 5:45am until further notice.
- * The pool will be set up SC Yards for 3-4 weeks then, because it is an Olympic year, the pool will be set up LC meters on Sat, Mon, & Tue and SC yards on Wed, Thu & Fri. There will be exceptions to this schedule as the UA gets closer to their sc yards taper meets.
- * Fin Friday & Fini's Landing Happy Hour will be on 9/13. Let me know if you plan to go to Fini's.
- * 2020 is the USMS 50th anniversary. Plan ahead... SCY Nationals in San Antonio, TX!!!
- * Need some drills? [click here](#)
- * Confused about swimming lingo? [click here](#)

Ford Aquatics Masters August Highlights



John Sarikas - 2 Gold / 1 Silver



Monica Bailey - Jim Stites - Becki Major



Ted Wallach - 4/4 Top 10



Team Night Out - Dinner @ Dublin 4 Mission Viejo, CA



Celebrating Our Return To Hillenbrand AC on Monday Finis Landing 8/16/19



Home Sweet Home 8/30/19

Upcoming Masters Events:

2019 Swim Meets:

Sept 21 - [La Jolla Open Water Swim](#) is coming back!, [Article](#) about the return.
Oct 26-27 - [AZ Masters SCM State Championship @ Mona Plummer Aquatic Center Tempe, AZ](#) (ASU)
Dec 6-8 - 2019 SPMS Short Course Meters Championships - Commerce, CA
Apr 23-26 - [2019 USMS SCY Nationals](#) - San Antonio, TX (plan ahead - this is a GREAT facility!)

2019 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 \$60 fee for September is due now. There is a \$10 late fee after the 10th of the month. 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 are now available. Please check the schedule posted above or click the link for online payments.

See you at the pool!

~~~~Coach Jim Stites~~~~

