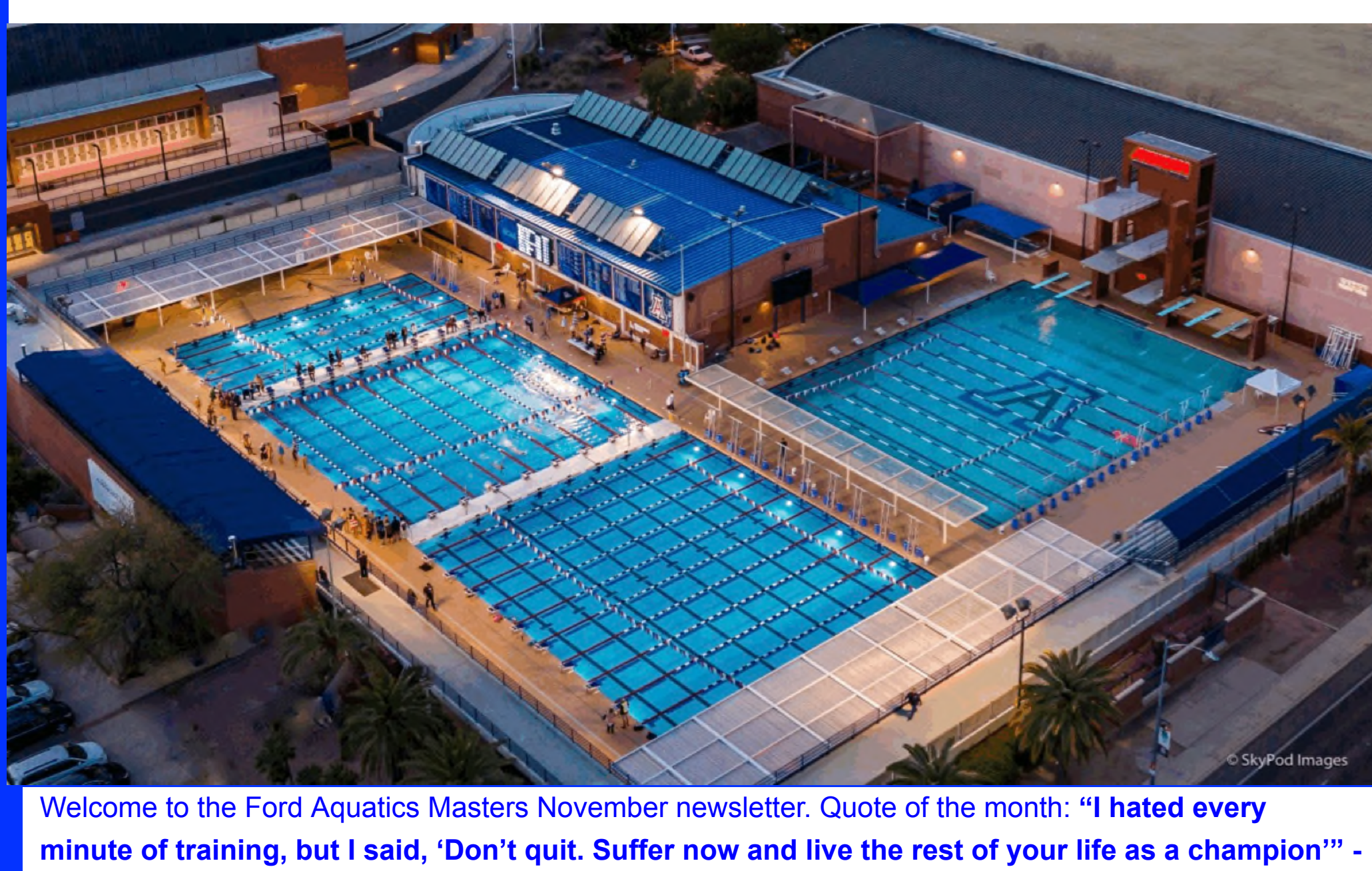


Ford Aquatics Masters Newsletter

November 6, 2019 - vol 12.11



Welcome to the Ford Aquatics Masters November newsletter. Quote of the month: "I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion'" - Muhammad Ali

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 is \$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).

November 4 - November 11 Practice Schedule:

- Mornings: M-W-F 5:30am, T & Th 5:45am (locker room restricted during practice time)
- Mid Day: Monday thru Friday 12:00pm
- Saturday: 6:45am - 7:45am (locker rooms 15 min before & after)
- Sunday: No Practice
- Monday Veteran's Day 11/11/19 - 6:45 to 7:45am ONLY (locker rooms 15 min before & after)

Timers Needed for 2020 UA Home Meets

Thanks to those of you who have helped time the early season U of A swim meets. Here are the remaining home meets...

- 1/2/20 Thursday TBA vs. Northwestern & NAU
- 1/3/20 Friday TBA vs. Northwestern & NAU
- 2/1/20 Saturday TBA vs. Texas
- 2/8/20 Saturday TBA vs. ASU

Meets usually last 2-2.5 hours. Pizza will be served to timers for all Friday meets that start at 2pm (after our noon practice).

2020 USMS MEMBERSHIP

2020 USMS membership is REQUIRED in order to swim with our masters team. As of this writing we have 121 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 or 2020 USMS MEMBERSHIP TO PRACTICE - NO EXCEPTIONS!!! 2020 membership is now available and includes the remainder of 2019 and ALL of 2020.

[USMS 2019-20 Registration link](#)

Evening Practice:

We are looking into the return of the **evening practice**. Possibly 6:30 to 7:30pm starting in January. There would be locker room access 15 minutes before and after practice. Please [click here to reply](#) and answer the following questions if you're interested:

1. Are you currently attending Ford Aquatics Masters practices? If so, morning or noon?
2. Would you be interested in a Masters evening practice at 6:30pm?
3. How often would you attend evening practices each week?
4. Would you participate in evening practices if there was no Friday evening practice offered?

November Training Goals:

We have a few swimmers who will be attending the last SCM meet of the season in Commerce, CA so they will continue to train & taper for that event on December 6-8 (online entry link below). Everyone else will begin early season base training for the SCY season. The first SC yards meet of the 2020 season will be our 30th Annual Polar Bear Classic on Sunday January 26th at Hillenbrand Aquatic Center. The eventual goal is to taper for the AZ SCY State Meet and/or USMS Nationals in San Antonio, Tx April 23-26, 2020. This is a GREAT facility for Nationals - LET'S GO!!!

Pima County Sports Hall of Fame:

On Sunday October 27th three UA / Ford swimmers were inducted into the Pima County Sports Hall of Fame. Emma Darlington Munsch was an individual high school State Champion with Salpointe Catholic and went on to be a 3 time All American with the U of A. She was a member of the U of A's first Women's NCAA Championship team in 2008.

Barry Roth set a UA school record in the 50y free, was named Arizona High School coach of the year in 1994, and went on to achieve numerous individual National and World rankings as a Masters swimmer including a number 1 world ranking in the 50 scm free in 2005 (25.14). He has also been a part of several Masters World Record setting relays.

Marcus Titus was the high school State Champion for Flowing Wells in the 100y breaststroke. He went on to help the University of Arizona win their first Men's NCAA Team Championship in 2008 while achieving All American status 12 times. He was a finalist in the 100m breaststroke at 2 Olympic Trials and has set numerous deaf World Records.

Preliminary LC Meters Top 10 Rankings:

If you swam in our early season LCM State Championship at Oro Valley May 31 - June 2, USMS LCM Nationals in Mission Viejo August 7-11 or any other LC meet this past summer please click on the link below, review your events, and let me know if any information is missing or incorrect. The deadline for corrections is Tuesday November 26th. And check out that #1 ranking for our Men 200+ 800m Free Relay (a U.S.M.S. RECORD!!!).

[LC Preliminary Top 10](#)

Coming Soon: A New Website!

Yes, this is long overdue but I'm hoping to have our new website up and running by December 1st. To help pay for the new site we are offering website advertising at a rate of \$120/yr. This will include your company logo or business card with a link to your company website.

What Else???

- * Tuesday & Thursday morning practices start at 5:45am until further notice.
- * Fin Friday & Fini's Landing Happy Hour will be on 11/08. RSVP for 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 October Highlights



Fini's Landing - Friday October 11, 2019



Ben Hoffman Swims, Bikes & Runs to 4th Place OVERALL in The Ironman World Championship Kona, HW 10/12/19



2019
Emma Darlington Munsch



2019
Barry Roth

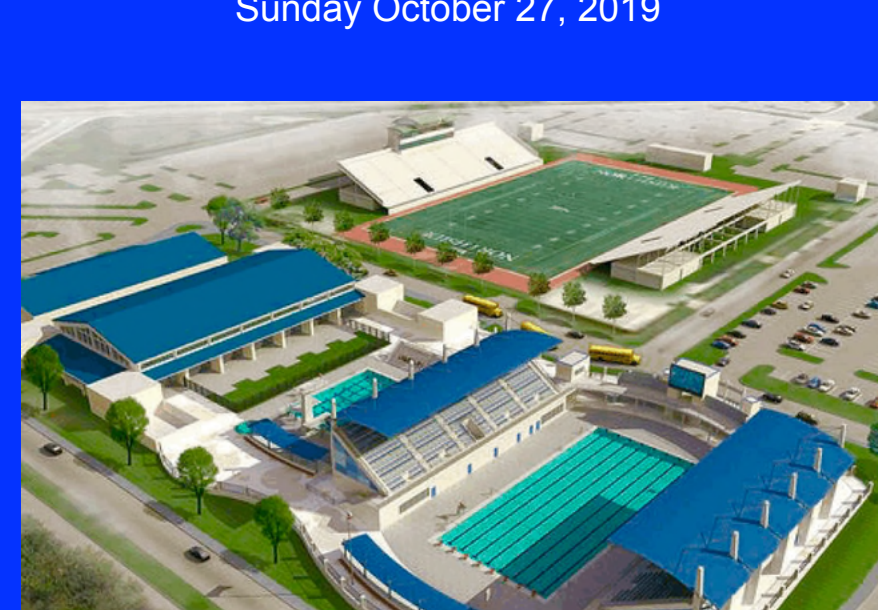


2019
Marcus Titus

Three UA / Ford Swimmers Inducted into the Pima County Sports Hall of Fame
Sunday October 27, 2019



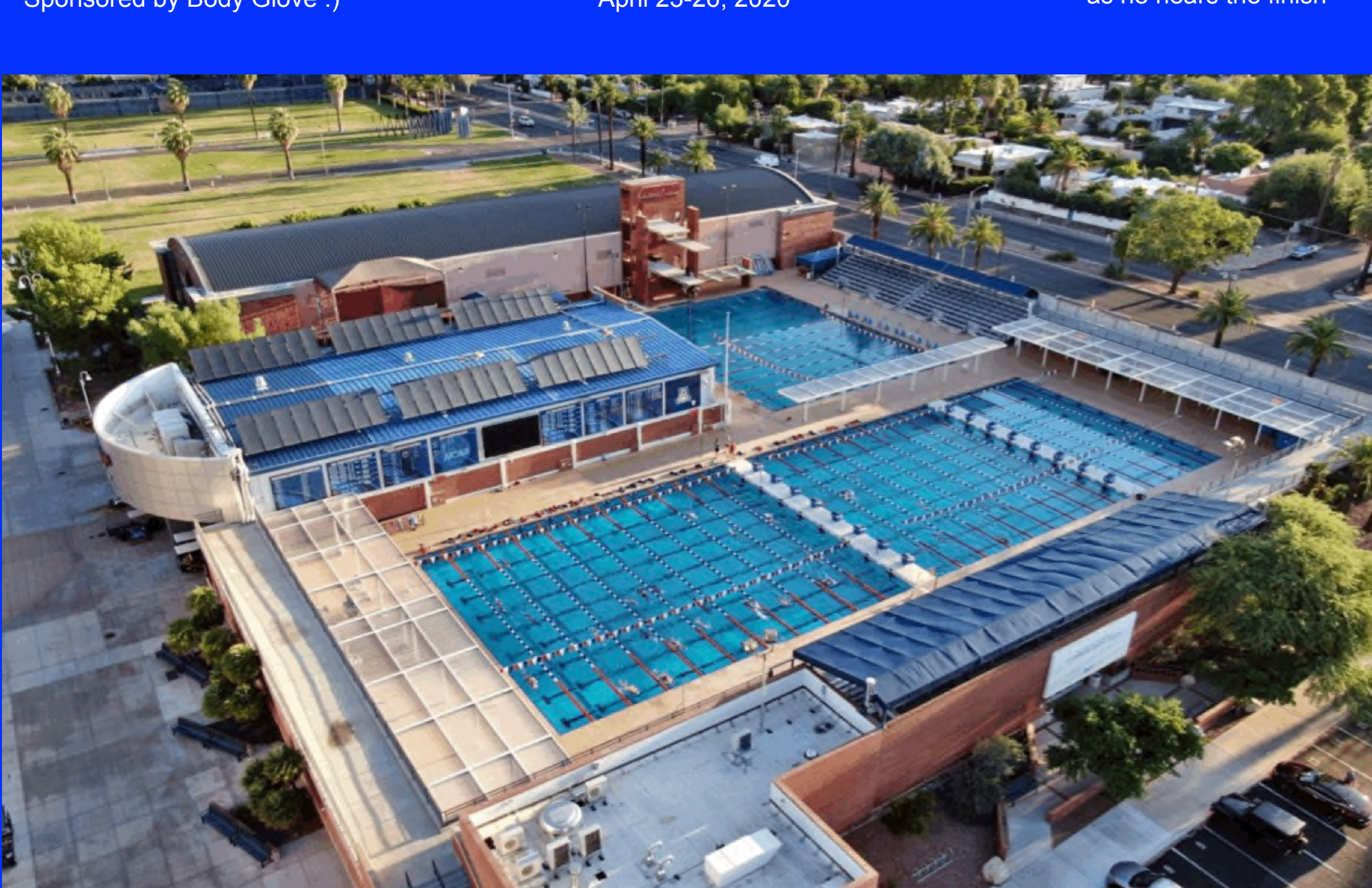
Howard Tuller & Joe Millstone
Sponsored by Glove Store



Site of USMS SC Yards Nationals - San Antonio, TX
April 23-26, 2020



The "Hoff" Smiles
as he hears the finish



Home Sweet Home
Hillenbrand Aquatic Center - Fall 2019

Upcoming Masters Events:

2019-20 Swim Meets:

- Dec 6-8 - [2019 SPMS Short Course Meters Championships](#) - Commerce, CA (entry deadline 11/30/19)
- Jan 26: 30th Annual Polar Bear Classic - Hillenbrand Aquatic Center - Tucson, AZ
- Apr 23-26 - [2019 USMS SCY Nationals](#) - San Antonio, TX (plan ahead - this is a GREAT facility!)

All Ford Masters swimmers MUST have a 2019 or 2020 USMS membership in order to swim 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 or 2020 membership card to swim1@qwest.net.

The \$60 fee for November 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 listed above or click the link for online payments.

See you at the pool!

~~~~Coach Jim Stites~~~~

