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Welcome to the July issue of the Ford Aquatics Masters Newsletter. Please visit our website for the very latest team info: www.FordAquatics.com.

The Latest Scoop:

Holy Cow! Were the Olympic Trials exciting or what! I was in Omaha for the first couple of days and it was so exciting I didn't want to leave! The highlight while I was there was watching Matt Grevers (Ford Aquatics) make the team in the 100m backstroke. I ran into him in the hotel elevator later that night and he was still flying high with emotion. A couple of days later Lacey Nymeyer made the team on the 400m free relay by finishing 3rd in the 100m free! Totally AMAZING. Check our homepage for pictures of Matt & Lacey.

Join the Nymeyer Family in wishing Tucson's Lacey Nymeyer great success in Beijing.

When: Monday, July 7th 6-8 PM

Where: Mountain View High School Gymnasium (3901 W. Linda Vista Blvd.)

Some of you have asked about rooms at LC State next weekend. I am in the process of negotiating a group discount at the Phoenix Inn Suites. This hotel is close to the Brophy pool and will cost less than \$89 per night. Please let me know if you want me to reserve a room for you, what night(s) you need, your roommate status and if you are interested in relays on Saturday or Sunday. Even if you don't need a room please contact me about relays if you plan on attending the meet. Remember, warm-ups are only for 30 minutes and start at 5:30pm on Friday 7/11, 11:30am on Saturday 7/12, and 10:00am on Sunday 7/13.

By the way, I spoke to Coach Simon Percy last Sunday at the ASU masters meet and he was confident that the ASU men's team would be officially reinstated very soon. Thanks to all of you who helped Ford Aquatics donate over \$4000 towards their fund raising effort.

Upcoming Events:

- LCM State Championships at Brophy (PHX) July 11-13, 2008 (no Saturday practice on 7/12)
- San Diego Imperial LC Championships (UCSD)
- USMS LC Nationals Mount Hood, Oregon August 14-17, 2008.
- La Jolla 1 Mile Rough Water Swim & 3 Mile Gatorman Sunday September 7, 2008

Mark Your Calendar:

- Tinfoilman Triathlon at Hillenbrand Aquatic Center Sunday October 12, 2008
- SC Meters AM/PM inter squad meet in our new pool! (if/when it is ready in October)
- SC Meters State Championship @ ASU - November date TBA
- SC Meters SPMA/SW Zone Championship @ Long Beach, CA - 1st weekend in December

REMINDERS

- July dues will be late after this Thursday the 10th! Checks should be made out to "Ford Aquatics" for \$40 and placed through the slot in the Ford Aquatics office door. You can receive a 10% discount if you pay for 1 year in advance (\$432) or a 5% discount if you pay for 6 months in advance (\$228). These discounts are available at the start of any month. Checks may also be mailed to Ford Aquatics, P.O. Box 44233, Tucson, AZ 85733.
- Your USMS membership must be current for 2008 to swim in practices with Ford Aquatics Masters. If you haven't yet made a copy of your card for me please do so ASAP.
- Let me know if your email address changes.

:Coach Jim (aka Swim Swami)

P.S. If you no longer want to receive these newsletters please reply to this email with "remove" in the subject line.