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Subject: Ford Aquatics Masters Newsletter 6/5/09
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To: Stites Jim <swim1@qwest.net>

Ford Aquatics Masters Newsletter

Welcome to the June issue of the Ford Aquatics Masters Newsletter. Please visit our website for the very latest team info: www.FordAquatics.com. If you no longer wish to receive these newsletters simply reply to this email with "remove" in the subject line.

The Latest Scoop:

- USMS Short Course Nationals were held in Clovis, CA from May 7 to May 10th. It was a very successful weekend for everyone on our team. All Ford Aquatics swimmers placed in the top 10 in their age group in at least 1 event. Monica Bailey was numero uno in the 50 yd. backstroke for W 45-49 with a time of 29.93, Scott Shake broke the National Record in the 200 yd. back and placed 2nd in the M 50-54 with a time of 2:03.67, and the AZ Masters W 45+ medley relay of Monica Bailey, Brigid Bunch, Liz Hobbs and Becki Major brought home the gold with a National Record setting time of 1:56.87. UNBELIEVABLE! Those are just the very best of our swims. Complete Ford Aquatics national results can be found at:

<http://homepage.mac.com/jimstites/FordAquatics/2009USMSscNATresults.html>

- Thanks to all who have volunteered to time at the SW Invitational this weekend. We now have all spots covered with 2 timers per lane for all 3 nights. Be sure to report to the west end of the pool behind the blocks by 5:45pm for each night you have signed up to time. Parking will be scarce so allow time to park and walk from the Cherry Avenue Garage on the west side of McKale. If you haven't volunteered to time I would HIGHLY recommend that you check out the meet. The Australian National Team, a team from Canada, a team from Atlanta, the U of A swimmers and many others will make this one of the fastest

meets of the summer.

- Happy Hour at The Hut prior to Friday finals, 4:30pm to 5:30pm. I'll order Pizza for anyone who has volunteered to time any of the finals sessions. Get there EARLY (doors open at 4:00pm).

Upcoming Events:

- [2009 Arizona Open Water Swim Series](#) - race #2 Lake Pleasant - Peoria, AZ 06/06/09
- [Brute Squad Meet](#) - Oro Valley Pool - Sunday 6/21/09 (meet info. also in Hillenbrand pool lobby)
- [Firecracker Triathlon & Firecracker Youth Triathlon](#) - Sunday July 5th (race is filling fast!) race info.
- Summer Classic at NAU (Flagstaff, AZ) - Saturday 7/11/09 - info. coming soon!

Planning ahead:

- AZ Masters LC State - Hillenbrand Aquatic Center - July 25-26, 2009 - info. coming soon!
- [USMS LC Nationals](#) - Indianapolis, IN - Thursday 8/6/09 to Monday 8/10/09
- Check our website [calendar](#) for more dates and times.

Reminders:

- The June dues deadline is Wednesday June 10th. Checks should be made out to "Ford Aquatics" for \$45 and placed through the slot in the Ford Aquatics office door or delivered to a coach on deck. There is a \$5 late fee after the 10th.
- You can receive a 10% discount if you pay for 1 year in advance (\$486) or a 5% discount if you pay for 6 months in advance (\$256.50). Full time U of A undergrads receive a \$5 discount each month. Married couples each receive a \$5 discount each month. These discounts are available at the beginning 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 2009 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. Join USMS online at <https://www.clubassistant.com/club/USMS.cfm?l=48>

- Let me know if your email address changes.

:Coach Jim (aka Swim Swami)

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