

**From:** James Stites <swim1@qwest.net>  
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## *Ford Aquatics Masters Newsletter*

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

- July fees are due. There is a late fee of \$5 after Friday July 10th.
- The Firecracker Triathlon will take place this Sunday (7/5) at Hillenbrand. If you are available to help on the run course from 5:30am to approximately 9:15am please let me know.
- Did you see our team photo in the most recent issue of "Behind The Blocks"? The photo was taken in Kasser Pool at our New Year's Day practice and was the "We've Got Spirit" photo of the month. Check it out [here](#) and scroll down.
- Thank you Judy Gillies for another great [Brute Squad meet](#) and congratulations to "BRUTES" Lucy Mitchell and Patricia Lebensohn who earned a dusty purple towel for swimming the three brute events: 200 fly, 400 im and 1500 free .
- Nominations are now being taken for 4 AZ LMSC Board of Directors positions: Chairman, Vice Chair, Secretary & Treasurer. Judy Gillies has been nominated for Chairman. Let me know if you are interested.
- The Men's locker room will be closed for repairs August 3-7. Practices will be held as usual.
- Hillenbrand Aquatic Center will be closed August 10-14. There will be 1 practice offered each day from 6 to 7am at the U of A Student Rec Center. You must sign a waiver prior to attending practices at the Rec Center. The practices will also be posted each day at our website.

### Upcoming Events:

- Summer Classic at NAU (Flagstaff, AZ) - Sunday 7/12/09 - [meet info.](#)
- AZ Masters LC State - Hillenbrand Aquatic Center - July 25-26, 2009 - [meet entry form](#), [online entry](#) by 7/17
- [USMS LC Nationals](#) - Indianapolis, IN - Thursday 8/6/09 to Monday 8/10/09 (online entry deadline July 3rd).

#### Planning ahead:

- La Jolla Rough Water & Gatorman 9/13/09, entry forms in pool lobby, [more information](#)
- Open Water Swim Series, Saguaro Lake, AZ, 9/19/09 [more information](#)
- [Swim Champions' Fitter & Faster Tour](#) (Masters clinic featuring Lacy, Matt, Adam), Oro Valley Pool 9/19/09
- Check our website [calendar](#) for more dates and times.

#### Reminders:

- The July dues deadline is Friday July 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)