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Subject: Ford Aquatics Masters Newsletter 8/1/09
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To: Stites Jim <swim1@qwest.net>

Ford Aquatics Masters Newsletter

Welcome to the August 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:

- August fees are due. There is a late fee of \$5 after Monday August 10th.
- The Men's locker room will be closed for repairs August 3-7. Practices will be held as usual. Outdoor showers are available near the 3 meter diving boards and restrooms will be available in McKale.
- 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. I must receive your signed Rec Center waiver by Friday 8/7/09. Waivers are now available at our website and in the pool lobby. Practices will also be posted each day at our website.
- Wow! We only had a 4 point lead after day 1 at the LC State meet. After some arm twisting, a few additional relays and some GREAT swimming on Sunday we ended up outscoring Brophy by nearly 600 points on day 2 and taking the team title. Ford Aquatics "Swimmer of the Meet" goes to Antonio Soto who won high point in his first Masters meet with some very fast times (57.16 100m free). Check it out with the links provided on our homepage.
- We have 8 swimmers headed to Indianapolis this week for USMS LC Nationals. GOOD LUCK to: Hop Bailey, Laura Hernandez, Al Jaegers, Jeff Kronegaard, Chrissy Nelson, Bridget Pranke, Barry Roth and Scott Shake!
- The entry fee for the 79th La Jolla Rough Water Swim & Gatorman increased by \$20 on July 30th. The next \$20 increase occurs on August 12. If you plan to go, ENTER TODAY (entry form under "Meet Information" link on our

homepage). La Jolla Cove Suites is located directly across from the cove (888-525-6552) and the Shell Beach Guest Apts. are just down the street and can be reached at the same number.

Upcoming Events:

- [USMS LC Nationals](#) - Indianapolis, IN - Thursday 8/6/09 to Monday 8/10/09.
- [Grand Tiki Dedication & Street Party](#) - Saturday August 29th - The Hut - 15 bands, \$15, Hawaiian grill
- 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
- 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.

Planning ahead:

- Check our website [calendar](#) for more dates and times.

Reminders:

- The August dues deadline is Monday August 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)