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Subject: Ford Aquatics Masters Newsletter 7/1/10
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To: Stites Jim <swim1@qwest.net>



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. 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 Saturday July 10th.
- Speaking of fees... The U of A has doubled our rent! Beginning September 1, 2010 the Masters fee will be increased to \$50 per month. You can avoid that increase (temporarily) by paying for 6 months or 1 year in August and take advantage of the old rate and advance payment discounts (see bottom of page).
- July challenges: 7/9 1500m time trial, 7/13 800m kick time trial, 7/21 200-100-50m time trials (pick 2), July 30 - Aug. 1 State Meet in Phoenix.
- I'm hoping to take a good sized group up to Phoenix Swim Club for the Long Course State Meet. Let's break up the home town advantage and give them a run for their money. Who's going? I am! [link to meet information](#)
- Junior National Diving Championships will be held in Kasser Pool July 23-31. This is a massive undertaking and we have been asked to help with the event. If you would like to volunteer for a 3 hour shift (or more) please contact Michelle Mitchell at divetucson@aol.com. During the meet days the front doors will be locked. We will access the pool through the west gates only. I will be closing and locking the gate shortly after the start of practice (be on time!). I will wait after practice and lock the gate once everyone is finished in the locker room and out of the facility. The only other alternative was to cancel

workouts for 9 days.

Upcoming Events:

- July 4: Firecracker Triathlon: run course volunteers needed 5:15am - 9:30am. Please email if you can help.
- July 30 - Aug. 1: [AZ Masters LC State Championship](#) - Phoenix, AZ. Entries postmarked by July 21st.
- Aug. 9-12: [USMS LC Nationals](#) - San Juan, Puerto Rico. Online entry deadline 11:59pm July 8th.

Planning ahead:

- La Jolla training begins on August 2nd. You should think about getting your entry in very soon!
- [La Jolla Rough Water & 3 mile Gatorman](#) - September 12, 2010. La Jolla, CA
- Start training! The **2011** US Masters Spring Nationals will take place at the Kino Aquatics Center in Mesa, AZ (last weekend in April 2011). All Masters swimmers can swim up to 3 events without achieving a time standard. Let's go!

Reminders:

- The July dues deadline is Saturday 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. Checks may also be mailed to Ford Aquatics, P.O. Box 44233, Tucson, AZ 85733. 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 (\$10 total). These discounts are available at the beginning of any month.

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- Your USMS membership must be current for 2010 to swim in practices with Ford Aquatics Masters. If you haven't yet sent me a copy of your pdf membership file please do so ASAP. Join USMS online at <https://www.clubassistant.com/club/USMS.cfm?l=48>. Choose "Arizona Masters" (ARIZ) as your club and "Ford Aquatics" (FORD) as your workout group. You can find a list of swimmers I have received a membership card from at: [2010 USMS list](#)
- Let me know if your email address changes.

:Coach Jim (aka Swim Swami)