

Greetings CMSC,

My last day of coaching before I deploy to Afghanistan with the MA National Guard will be on Thursday. I will be coaching the AM and PM workouts. The deployment will last one year. Thank you all for your kind words and support. I will maintain contact with the team via email when available.

**MASTERS WORLD CHAMIONSHIPS:**

CMSC members Glen Dixon, Jen Downing, Sue Jenson, Stephen Mugford, and Frank Wuest will be competing at the 2010 Masters World Championships beginning Saturday, July 31st in SWEDEN! Follow your teammates at:

<http://www.2010finamasters.org/>

**SCHEDULE THIS WEEK:**

There will NO Friday noon practice due to the NE Open Championships at Harvard. Saturday, 7:30 to 9am, and Sunday, 6:15 to 7:45pm, will be at the MAC.

Directions to the MAC are on the website: <http://cambridgemasters.com/MainPool.htm>

**THANK YOU FROM COACH SARAH MOONEY:**

Thank you everyone for the adorable gifts for Mason. The seat/stool is so cute and what a wonderful idea. The fire truck theme is great. I know his cousin Jack LOVES fire trucks so Mason will most likely follow in his foot steps. The Mute Button binkie is also great. Mason is definitely a binkie baby so it is already coming in handy!

Thanks again and hope to see you all around the pool soon.

Sarah, Matt and Mason

**AUGUST PRACTICE SCHEDULE:**

The August practice schedule is up, the pool will be closed from August 15th to August 29th due to annual pool maintenance. All registration packages have been discounted to reflect the August pool closure.

**CMSC AT THE RACES:**

Please send Marly and I your SWIMMING, TRIATHLON, AND RUNNING results so your teammates know what you are up to.

Medena Knespi

The Appleman triathlon. Medena was the first woman overall!

Congratulations Medena!

Paul Goudreau

Results from this past weekend's 10 mile Kingdom Swim in Newport, Vermont. Paul finished in 4 hours 41 minutes and 57 seconds for 19th place overall and 13th in the mens nonwetsuit division.

Congratulations Paul!

**WEEKNIGHT SWIMMERS:** Some swimmers have expressed that they cannot make the 5pm start time on Tuesday and Thursday nights. Please come to workout even if you are going to be late, you are more than welcome to join the workout part way through.

WEDNESDAY NOON workouts will be a Sprint workout, in addition to Thursday morning

and Thursday evening being sprint workouts.

**UPCOMING EVENTS:**

Check:

<http://www.cambridgemasters.com/MainMeets.htm>  
[www.swimnem.org](http://www.swimnem.org)

**MONTHLY MEMBERS:**

We offer auto pay. For more information or other options please contact our administrator Sarah at [info@cambridgemasters.com](mailto:info@cambridgemasters.com).

**GUEST POLICY:**

We encourage CMSC members to bring their friends to try our workouts. Please have them fill out the drop in waiver from the website and bring in the \$10 one day fee.

**SWIM EQUIPMENT FROM NIKE:**

Training equipment (paddles, kick boards, pull buoys, quick dry towels) can be ordered with a mail-in order form. Please consider getting your own gear.

[http://www.cambridgemasters.com/cmssc\\_equipment\\_orderform.pdf](http://www.cambridgemasters.com/cmssc_equipment_orderform.pdf)

**MORNING SWIMMERS:**

Make sure you have the coaches cell numbers in case you get locked out:

(505) 259-3285 Marly

(617) 999-6355 Sam