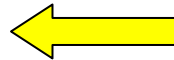


# Narwhal News

April, 2014

## Thank You for your Contributions!!!

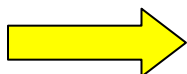
Last month I had asked for y'all to send in any photos of yourself or a write up on a recent accomplishment. A few of you took it to heart, and shared some memorable photos!!!



Amy Mullaney and Sara (no "H") Rippentrop at their first meet in "Tech Suits". Official Peter Eisenklam was there making sure the suits were a legal competition length.

Kent Nicholas organizing the very first S.C.A.R. challenge! It was a hit!!! Two laps around the irrigated Westwood football field. Go Warriors!!!

(Pictured: Kent Nicholas; Tony Poleo; Bill Passey; Jim Rang; Allan Holly; Zach Anderson)

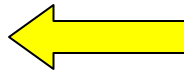




Gordon Smith, Tim Murphy, Brad Lundblad, Peter Lofquist, Bradley Cahoon and Mike Wares in the "Animal Lane" on a brisk Kino morning.



Joanne Menard and Donna Watt working on their dives before the very first Arizona Masters State Meet!!!



**Breaking news...breaking news...breaking news....**

Kelly Harrigan is coming out of retirement, and has her hopes pinned on making the 2016 USA Olympic Team in the 200M Breaststroke...

Jason Sexauer is giving up Triathlons to focus all his time and energy into becoming a professional Polka Dancer...

Stupid Little Whitney's stupid little perfect dog was arrested late last night on drug possession charges. He's looking at 10 to 20 in the big house.

Early this morning, the infamous Sheriff Joe Arpio conducted a huge immigration raid on central Mesa. Bonnie Pronk, Ann McGrath and a slue of other Canadians are currently being held in custody, awaiting deportation.

Shauna Nelson has just released her first "Prancercise" video. It will be coming out in the western part of south central India, Uzbekistan and downtown Sheridan, Wyoming this summer.

Peter Lofquist has purchased a kayak for his wife Beth as she will paddling along side of him during the SCAR swim. Along board will be the ingredients for an early morning mimosa. Beth strongly recommends that all fellow kayakers encourage your swimmer to swim at Peter's pace. Please bring your own mimosa plastic cup and caviar to share.

There will no longer be hot water available in the showers beginning in April. Rather than paying the water bill the staff of Team Narwhal will be going on a training seminar in Hawaii. Thank you JoAnne Menard for donating the use of your condo.

A new policy on interval training will be introduced beginning in April. Actually interval training will be eliminated. We will transition into a total drafting workout. Please sign up for the free clinic being offered by Mike Wares and Pam Barker.

The coaches are coming under increased pressure by the life guards to remind our swimmers to shower before use of the pool. Frankly that is not going to happen as it can be quite chilly in the morning and requiring you to shower first is unreasonable. Nonetheless we are all becoming quite lax on the policy of brushing our teeth or at least taking a swish of Listerine before jumping in the pool and in close proximity to our lane mates. Beer breath seems to be the most complained of smell. In all fairness some of the smell is emanating from the deck when Dan Leibrand is coaching.

With the impending approach of the Grand Prix event please watch out for carpet baggers coming to our pool and peddling new theories on swimming techniques. We have highly qualified coaches on deck always there to answer any questions on your

stroke. Occasionally Paul Smith may suggest you should try a different sport as you have no skills in the water but for the most part our coaches are very supportive. In fact another swimmer, namely Lindsey Urbatchka is very knowledgeable in the area of vortices and the dolphin kick. She is also an expert in mind altering drugs. Finally, do not miss the next edition of Cosmos when Neil deGrasse Tyson and our very own Ann McGrath explain how to avoid a black hole when swimming the 200 Fly.

**FRAUD ALERT:** Lady Narwhals beware! Despite what Bill Passey has been telling you, Mesa Aquatics Club does NOT have a “mandatory bikini” clause in its membership requirements.

## FREE TO GOOD HOME



Paul is looking for his “forever home”. He knows his basic commands, and travels well in a car. Paul would be best suited in a home without small children or cats, as he tends to scare them. His favorite things in life are squeaky toys, potato chips, and beef jerky...so have plenty of each on hand!!! He is current on all his shots, and appears to be in good health. Paul is available immediately. Please call Laura at

602.309.2598 if you are interested in this fine boy!

## Exciting Changes....

After years of being the M.A.C. “Narwhals”, we have decided to change our mascot to the “Mesa Haboobs”, to better represent the weather occurrences in the Valley during the monsoon season. We sincerely apologize for all of you who have already gone out and gotten permanent Narwhal tattoos, customized shoes, and nifty hats. Our new cheer, “Boobs on three. 1, 2, 3 GO BOOBS!!!” New T-shirts are available in the office.

\*In case you haven't caught on by now, this is the April Fool's edition of the Narwhal News!!! Got Ya!! A special thank you to Sara Rippentrop who selflessly contributed her keen sense of wit to the newsletter.