

Dear LRRC Masters Swimmers,  
Just a couple of things:

#### Coaches Coverage:

This weekend, both Coach Evan and I will be out of town for the Arkansas State Championships. Tasha and Acadia will be coaching practices. Acadia often coaches from the water and does the workout with everyone. If you are uncomfortable with this, please let me know and we will make other arrangements. Please know if we see we will be missing a practice during our offseason, we will find a substitute coach. If we are unable to find a coach, (which happens very rarely) we will send the practice via email as a non-coached workout.

#### Schedule Changes:

- \* We will not have practice the week of Sept 3-7. This is the teams' end of season break.
- \* Effective Sept. 1st we will be dropping our Wednesday morning practice.
- \* This fall we will have our Sr Prep Group (Swimmers ages 13 -16) train with the Mon. & Fri. morning masters group. Some practices they will do the same as masters, some they may do some different training. They are one of the most respectful well-behaved group of young adults I have ever coached. We are planning they will be a good asset and bring a positive energy to your training. Coach Evan and I will flipflop our coaching groups when this Sr Prep group starts mornings.

#### Fee Change:

Well, this happens very rarely but we are actually going down in price for our Master's training group due to dropping one of your practice choices. The new fee will be \$64/month for non-members and \$45 a month for members. Non-members if you are interested in joining the club, either Evan or I can give you \$100 off your joining fee. Just ask, and we will make arrangements for you, of course, we would love to see you become a member of the club.

#### Equipment Link:

Our team store is swim outlet. You may be able to get better prices through our team store. [Here is the link](#)

#### New Informational Website:

If you have someone interested in joining the team, you can send them to our new informational website [ardolphins.com](http://ardolphins.com) We even have a page dedicated just to masters. We will still have the team unify site (it is the workhorse of the team).

Lost an email? Check the [Site Tab LRRC on the dolphin-laser.com site](#)

Sorry for the long email, hopefully, I have caught you up with all that is happening and provided you with some useful information.

Good luck to our swimmers competing in Masters Nationals, Whistler Ironman, and Age Group State Champs.

See you on deck,  
Tay