

# Scottsdale Aquatic Club La Jolla Rough Water Swim

July 23, 2008

Swimmers,

The 2008 La Jolla Rough Water Swim is around the corner!! The Swim will take place on Sunday, September 7, in La Jolla Cove. I would like ALL SENIOR SWIMMERS to attend this event. It will be a lot of fun and it is a great way to kick off the short course season. It is also a great way to get acquainted with Open Water Swimming, now recognized by USA Swimming as a group of events. Go to [www.LJRWS.com](http://www.LJRWS.com) for event details.

For those that choose to attend the swim, we will offer travel with the team. We will either rent a bus or several rental vans depending on the number of swimmers who will be attending. We will stay overnight in a local hotel. The team would leave from Cactus Pool early Saturday, September 6, stay in La Jolla on Saturday evening, and then return to Phoenix on Sunday following the swim. The total cost for each swimmer will be approximately \$200. Once *Intent to Participate* forms have been turned in, a more accurate estimate of the costs will be determined.

Sign-up for the event must be done by each individual athlete (form attached). The sooner you get your form in, the cheaper the event costs. If you have questions when filling out the entry form, please let me know.

Travel and lodging details will be out once we have an approximate head count for the event. Again, I strongly encourage ALL SENIOR SWIMMERS to attend. It will be fun and worth your effort to go!

In order for us to make travel arrangements, please return the *Intent to Participate* form by FRIDAY, AUGUST 1, 2008.

SAC Coaching Staff

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Intent to Participate Form

Due Friday, August 1

Name \_\_\_\_\_ Age \_\_\_\_\_

I will be attending the La Jolla Rough Water Swim and will be traveling with the team. By turning in this form, I agree to pay my portion of the Travel/Lodging costs associated with this trip (approximately \$200).

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_