

Letter from the Editor

by Greta van Meeteren, Editor

I hope your summer is going swimmingly!

Long distance and open water events are going on. We are in the midst of the 5K and 10K Postal National Championships, and if you are interested in participating, you have until September 15 to do so. For more information about the event, go to: https://www.clubassistant.com/club/meet_information.cfm?c=1246&smid=4427

NC Swimmers have participated in 3 National Open Water Championships between April and now. A point score list is in this newsletter.

NCMS coach Sue Haugh has a great article on swimming with fins - check it out! Part of her article is a fin workout, which is our workout of the month. Thank you Sue!

I am looking for volunteers to form an editorial committee. Ideally I'd like to have about 3 people from different workout groups who are willing to help collect articles for this newsletter. We need to get anything that is of interest for our swimmers: favorite practices, special event stories, coaches articles, health and nutrition articles.

This would not be a huge time commitment, no more than a few hours each month. Please contact me at gvanmeeteren@gmail.com if you are interested in helping out. You'd be doing a great service for our membership.

Enjoy your newsletter,
Happy Swimming,
Greta van Meeteren