

Letter from the Editor

by Greta van Meeteren, Editor

The USAS (United States Aquatic Sports) convention is over, and NC was represented by 5 board members plus Hill Carrow.



Left to right: Jerry Clark, Don Gilchrist, Jon Blank, Greta and Hans van Meeteren. On the airplane: Hill Carrow.

During the convention 21 standing committees hold meetings. Because our LMSC has 1455 swimmers we can be represented by 4 delegates. Furthermore, because Jerry was Dixie Zone chair and I am a member of the Long Distance Committee, we were so-called "automatic delegates" and extra voices for North Carolina Masters Swimming.

Your representatives were there to do the business of USMS in its many forms and we each went to different committee meetings so that we can understand the various aspects of this job and are better able to serve you, the swimmer. Jon has some more detailed information in his chairman's corner.

This just in from USMS: Competing in a USMS meet this weekend? There are some changes to the Rule Book that take effect tomorrow, Sept. 25. Clarifications to breaststroke, butterfly, backstroke, and swimwear. All questions to rules@usms.org. Click on first update under "Important Updates."

Our Officials Chair Tom Cox will have a clarification for you in next month's newsletter.

Danielle Newton writes in this issue about the importance of a good Masters Swim Coach.

At my special request, long distance open water swimmer and friend Susan Kirk sent in a great article about her experiences swimming the Gertrude Ederle Swim. This is an excellent read and very likely an inspiration for all open water swimmers.

Please be sure to read Celia Wolf's introduction to the Gold Star Teen Adventures and the document this is linked to.

USMS Postal National Championships have now moved to the SCY environment again. You can participate in the 3,000 and 6,000 yard championships. To find out more, go to https://www.clubassistant.com/club/meet_information.cfm?c=1287&smid=4664

Please remember: I am always looking for volunteers to help out collecting interesting articles for this newsletter. Send any ideas to: gvanmeeteren@gmail.com. You would be doing a great service for your fellow NC swimmers and it would not take more than a couple of hours per month of your time.

Enjoy your newsletter,
Happy Swimming,
Greta van Meeteren