

I hope your Easter was all you had hoped it would be. Your newsletter is a few days later than is the norm, because I was in Ft. Lauderdale last week (see article below).

"Open water" season is here, and so I have included a lot of articles about open water swimming in this month's issue. Coach Patty Waldron of SwimMAC has an outstanding article for us on training for open water, and Nicole Gross has written about her experiences at the "Open Water Safety" clinic.

Speaking of open water: our very own Andrea Packard competed in the Swim Miami 10K event on Saturday, April 9, 2011. Andrea placed 2nd in her age group, with a time of 2:33:00, she was the 8th placed woman overall, and the 18th placed swimmer out of 62 participants. Congratulations Andrea on some great swimming!! (She is now training to swim the 25K open water in June).

Enjoy your newsletter,

Happy Swimming!
Greta van Meeteren