

FROM THE EDITOR, by Greta van Meeteren, NC Masters Swimmng Committee Chairwoman and Newsletter Editor

One more week to Nationals as I'm writing this - 493 NC swimmers will be participating and we'll have some 220+ relays in the pool! Things will be "hopping" at the Greensboro Aquatic Center.

We have just returned from the YMCA Masters National Championships in Ft. Lauderdale, FL, and two of my fellow NC swimmers (there were 5 of us there) have written a summary of the meet and why they enjoy going there and participating.

In this issue, Brian Goldman, our doctor in the pool, has an article about the anatomy of the shoulder. This is part 1 in a 3-part series about THAT joint!

You'll get to meet fellow NC swimmer Charlotte Disher and there is a very good article by Susan Koepp about nutrition.

Enjoy your newsletter,
Happy Swimming,
Greta van Meeteren