

Letter from the Editor

by Greta van Meeteren, Editor

We are all so very saddened by the tragic, violent events that occurred during the Boston Marathon. Our thoughts are with all the victims and their families. Jon has written his thoughts in his "chairman's corner" article.

The YMCA Masters National Championships are in the books. It was a wonderful meet, as always, and included in this newsletter is an article written by many of the participants from North Carolina. Enjoy!

Coach Patty Waldron has written an article about tapering - it is that time of the SCY season! Thank you Patty.

To all our NC coaches: we appreciate having good masters coaches in our state, and we welcome any articles you can share with our swimmers. Please send any writings you are willing to share to:
gvanmeeteren@gmail.com

Long Course Meters season is almost upon us. First, of course, there will be the USMS National Championships in Indianapolis but after that: gear up!

On June 8 the Goldsboro Family YMCA will be hosting its third annual LCM meet. The uniqueness of this meet is: it is in Eastern NC, and to date it is the only Masters meet in this part of the state. I hope you'll turn out in big numbers to support this meet. The second LCM meet of the season will be held on August 3 in Cary, in the same facility where the State Championships were recently held.

Hans van Meeteren, our top ten recorder, has written about the things that need to be done to ensure all swim meet results can be counted for the national top ten and records.

Bob Schmitz was kind enough to send another one of his sheer endless amount of workouts. Thanks again, Bob!

Enjoy your newsletter,

Happy Swimming,
Greta van Meeteren
The Chairman's Corner