

Spring has sprung! It is my absolute favorite season of the year. The pine pollen are here, but so are the daffodils, blooms on the trees and slightly warmer weather. I cannot believe this is already our third monthly newsletter - time flies!

Our excellent Web Master and friend George Simon has put the articles from the previous newsletters on our NC Masters Website, so if you'd like to check back on something, you can. Thank you George!

In this issue we have a meet overview, another great contribution from Brian Goldman, two excellent coaches' articles, a sprint workout, part three in our postal series, and a "meet the NC swimmer" article for you. I hope you enjoy your newsletter.

Happy Swimming!

Greta van Meeteren