

Letter from the Editor

by Greta van Meeteren, Editor and Chairwoman of the Local Masters Swimming Committee for North Carolina

Here we are: it is almost **Thanksgiving**. There was no October newsletter, because yours truly was off sailing through North Carolina for the month. We had a blissful time with different exercise than swimming: sailing, walking and biking. The swimming muscles got some recovery time and that feels good. We are now refreshed and ready for more swimming!

Most of us in North Carolina came through hurricane Sandy unscathed so we do have a lot to be thankful for!

During October we had one swim meet: the SCM meet in Charlotte. There is a report about that meet in this newsletter.

Our "doc in the water" is back with another installment about the swimmer's shoulder, and be sure to read Dr. Nathan Coles' article about the side effects of Statins, it is very enlightening!

We have an article about the three Rs of effective distance freestyle which should appeal to the long distance folks among us, and our workout of the month is geared towards triathletes.

I wish all of you a wonderful, happy Thanksgiving and a beautiful holiday season.

Enjoy your newsletter,
Happy Swimming,
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