

## **Letter from the Editor**

*by Greta van Meeteren, Editor*

Great swim meets have happened this month: the Goldsboro LCM meet and the Pan Am games in Florida. The first one small, the second one big, but both serving our swimming communities.

Jon Blank points out the amazing power of our social media, and along that same line: check out the nutrition information found on those media as well.

We have no article by a NC coach this month, but you might want to check out a VERY interesting article that recently appeared in the USMS online Streamlines magazine. The title: Are You Plugged Into Your Power Center? It is now available on the USMS website: <http://www.usms.org/articles/articledisplay.php?aid=2722>

This month's workout comes to us courtesy of the SwimMAC Carolina Facebook page.

Enjoy your newsletter,  
Happy Swimming,  
Greta van Meeteren