

Letter from the Editor

by *Greta van Meeteren, Editor*

I grew up in The Netherlands, and when I learned to swim, the first stroke I learned was the breaststroke (as did every child back then and today's Dutch children still learn this as their first stroke). I still love swimming breaststroke. Needless to say: the technique has changed very drastically and it keeps evolving.

During this year's USAS convention I had the distinct pleasure to participate in a workout by Cokie Lepinski. It was a breaststroke drill workout and it was fun and very helpful. Cokie has generously given me a copy of the drills to share with you. Thank you Cokie!



Do you remember the T-shirts that were handed out at the 2012 USMS Nationals in Greensboro? We have some left over: 20 XL and 6 L. If you'd like to purchase one of them, the price, including mailing, is \$8.50. You can send me an Email at: gvanmeeteren@gmail.com with your order, and I'll let you know if I still have what you want and send it off to you.

In this newsletter Jim Lineberger writes about his open water swimming experiences, and there is a write-up by Andrew Pulsifer about the Steve Barden Memorial Meet.

As promised last month, Tom Cox, our officials chair, gives an excellent explanation about the recent rule updates in backstroke and breaststroke.

Don Gilchrist and Jerry Clark have contributions about the championship committee and the organization of Masters swimming.

Enjoy your newsletter,
Happy Swimming,
Greta van Meeteren