

## Duel in the pool: it was all about swimming, friendship and camaraderie.

**By Greta van Meeteren**

The Sports Center of Morehead Masters came up with a great idea: their swimmers wanted some racing experience, some had never been in a swim meet, and so they invited my team, TRYM, for a "duel in the pool". TRYM gladly accepted.



The Morehead team is re-organizing and having a lot of fun working out together. They take turns writing workouts, and in the winter months swim in an indoor pool which is a 5-lane shallow pool. During the summer they work out in their outdoor 50M pool.

The organizers of the event were Erika and Greg Burgess, and they did a splendid job. Our group was very graciously welcomed by the hosts, and the atmosphere was great from the first moment. We were very surprised to see this sign outside, this was after all a very small event with about 30 swimmers.



Some of us (including myself) were a little apprehensive about diving in shallow water, but we did not use starting blocks and so everyone did just fine. Despite the fact that this was a small group of swimmers we had a full slate of events to choose from. After each event there was a 2-minute break for warm downs, so that way all five lanes could be used the entire time - a great idea! There were some surprisingly fast swims and

everyone cheered for everyone.

After the meet Erika and Greg hosted a social at their home with great food, drinks and a good time to get to know each other a little better.



I would highly recommend this type of get-together and friendly competition to teams who work out relatively close in the same area.