

Letter from the Editor

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

Many exciting events have happened in our state in September: there were several - very different - meets, reports of which you'll find in this issue.

The 2012 USAS (United States Aquatic Sports) convention was held in Greensboro September 13-16 and our LMSC was represented by: Jen Baker, Jon Blank, Jerry Clark, George Simon, Hans and Greta van Meeteren. Also present were Don Gilchrist, Hill Carrow and a group of volunteers who worked in the hospitality suite.

The fitness education committee came up with a great slogan: BE FIT, BE FABULOUS. After all: we all swim to be fit. There are plenty of swimmers in our midst who do not compete. A special fitness workout was created by coaches Tom Mester and Chris Campbell, and you will find that workout in this issue.

Don't forget: the 3,000/6,000 yard postal championships are now going on. If you have not tried one of these "postals", you should check them out. You can read the rules of competition here:

https://www.clubassistant.com/club/meet_information.cfm?c=1287&smid=3918

Enjoy your newsletter,
Happy Swimming,
Greta van Meeteren