

Letter from the Editor

by Greta van Meeteren, Editor

I hope your holiday season is beautiful, and also that you are able to get your workouts in the way you like. Have you set your goals yet for 2014? If so, I'd love to hear from you, don't be shy! It would be fun to put some of these in next month's newsletter. They do not have to be lofty, they can be very simple but important to you.

I do hope that an immediate goal is to renew your USMS membership if you have not already done so!

Many swim teams all over the nation do an annual 100 x 100 on New Year's Day. Is your group doing anything special on that day? Don't forget to take some pictures and submit them to me at: gvanmeeteren@gmail.com.

We are very fortunate to have a contribution from coach Kerry O'Brien for this newsletter. To find out about Kerry's multitude of achievements in the Masters Swimming world, follow this link: <http://www.usms.org/people/03FX6>

If you regularly read the USMS "Swimmer" magazine, you have undoubtedly seen articles named "both sides of the lane line". Well: we have something similar going on in this issue of "Across the Lanes". You may remember Jim Green's article on changing your stroke. In this issue there is a reply by John Albanese.

I hope you are planning to participate in the 2014 One Hour Postal National Championship. For more information on the event, go to: https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=4912, and **make this your "Happy Hour" swim!**

The Sunbelt Meet in Charlotte will be number 40, and this will be the 15th time that Jerry is the meet director. It would be great if we could show up in big numbers.

I wish everyone Happy Holidays and a Happy and Healthy 2014.

Enjoy your newsletter,
Greta van Meeteren