

## **Letter from the Editor**

*by Greta van Meeteren, Editor*

While I sometimes dabble in open water (lake/river) swimming, I am mostly a pool swimmer who does not enjoy being part of the food chain. I look with admiration at the folks who dive into the cold, crashing waves of an ocean and find real pleasure in doing so.

Open water season is upon us. Two National Open Water Championships were already held: the 5K in Miromar Lake in FL, and the 10K in Las Vegas. Our open water chair, Jen Baker and two other NCMS swimmers participated in the Florida race. Jen has a report for us.

One of my former team mates, Craig Siegel, was kind enough to write about his swimming experiences both in the pool and in (cold) open water since he moved to TX.

Bill Davis has written a report about the USMS National Championships which were held in Indianapolis.

Our coaches' chair Marty Gaal is contributing his article about the technique he calls the power stroke, a very interesting read.

This month's workout was written by coach Frank McGrath.

Don't forget: on June 8 the Goldsboro Family YMCA will be hosting its third annual LCM meet. I hope you'll turn out in big numbers to support this meet, there is still time to sign up.

Enjoy your newsletter,  
Happy Swimming,  
Greta van Meeteren