

From the Editor Greta van Meeteren



My swim team, TRYM, is a lucky bunch of people for so many reasons. First of all: we have a great pool to swim in and a good coach. We swim in an outdoor 25-yard, 8-lane pool which in the winter is covered by a "bubble". This year the bubble came down earlier than is the norm, and that means our 5:30-7:30 AM workouts are partially "moonlight swims". It does not get much better than that, even though the air is a little chilly yet these early spring days. But: coming to this in the morning makes my day any time.

Our team was also the lucky group who were treated to a swim clinic by Olympian Greg Burgess just this past Saturday. More about this later on in the newsletter.

Find out more about a new athletic team: Operation Homeland Honor. Jenny has an excellent article about this very special group of people. Make sure to click the link to read the entire story!



The **YMCA Masters National**

Championships are behind us and I'll share with you impressions from various North Carolina swimmers. This "other" national championship event has changed venues, and it was an altogether delightful experience for our group from TRYM as well as for all of the other swimmers who were there.

Rob Cole has a follow-up article on last month's Open Water Swimming article. He has valuable information to share with you.

If you are an open water aficionado, you will want to check out what our neighbors to the north (New Jersey) are up to, it might just be your "cup of tea".

Open water and distance swimmer Jim Green has tips about training for those very long OW swims.

Don't forget: it is Long Course Season!!!! Your first NC opportunity to swim a LCM meet will be the 4th annual ENC Splash in Goldsboro on June 7. This is a fun meet, and it is the only one in the eastern part of our state that is easily accessible for swimmers from Wilmington, New Bern, Morehead City, Greenville, Rocky Mount and yes, also Raleigh! Let's show up in numbers and make it a great meet!

Happy Swimming!
Enjoy your newsletter,
Greta van Meeteren