

First of all: thank you for the positive reactions to our new newsletter, I hope to have something for all NC masters swimmers in each issue.

This month there are new and exciting articles for you: news from the Sunbelt Championship, the first in a series of articles about nutrition for the athlete, meeting NC swimmer Mitch, part 2 of our article series on Postal Championships, and a super contribution to our coaches' corner.

I want to encourage all of our coaches to make contributions to this part of our newsletter, it is something all of our readers seem to enjoy and you are a very important part of Masters swimming. Please send contributions to: ncmastersnews@gmail.com.

Also, to all of you: if you have something to share about what is going on in your workout group or if you have some pictures or a favorite workout, I'd love to hear from you!

Happy Swimming,
Greta