

The Cary Masters Swim Team

by Marty Gaal

The One Step Beyond Cary Masters Swim Team, a workout group of NCMS, was formed in 2007 and started practicing the first day the Triangle Aquatic Center opened in October, 2007. The Triangle Aquatic Center is a state of the art competition facility, with a 50 meter pool, a 25 yard training pool, and a shallow water teaching pool. The facility is located adjacent to the Cary Town Center Mall, just off exit 291 on I-40.



The team is comprised of all types of swimmers, from new adult fitness swimmers to former collegiate athletes (The Tar Heels are well represented in the distance group!). The team also has a large number of competitive triathletes and open water swimmers. As of September, 2011, OSBC Masters has 49 registered Masters members ranging in age from 25 to 65. The team has morning practice each day of the week, two evening practices, and occasional Saturday swims and summer open water training sessions. Each practice has a particular theme – for example, Monday is distance freestyle and Friday always include sprints or short threshold sets.

We have five coaches on staff and the head coach is Marty Gaal, who owns One Step Beyond (a triathlon coaching business) along with his wife Brienne. They also organize the Triangle Open Water Mile Swim Series during the summers. The first practice is free and swimmers can drop in for \$6.50 per session or join for a monthly fee of \$52.50. The team has a large social component, with quarterly team socials other various get-togethers. Many of the swimmers can be found competing in the local Masters swim meets, triathlons, and open water swims. OSBC Masters is a fun group of athletes and the team encourages sportsmanship, fitness, camaraderie, and competition.

You can read more about the team and coaches at www.osbmultisport.com/masters