

Letter from the Editor

by Greta van Meeteren, Editor and Chairwoman of the Local Masters Swimming Committee for North Carolina

Here we are, nearing the end of August! If you are a long distance swimmer: you still have time until September 15 to participate in the 5K and/or 10K postal championships. I highly recommend it.

Of course, you swim this in a 50M pool with clean water and a line on the bottom, and not out there where you might become part of the food chain (crabs, jelly fish, sharks, etc.:been there done that), butit is a good physical and mental challenge. Below is the link to the entry forms and information for these swims.



[Link to 5K and 10K Postal Championship](#)

In this issue of our monthly newsletter you can read the story of my teammate Shiana Barbosa, who went to the Long Course Nationals in Auburn. This is not your typical story about a swim meet, it is exceptionally touching.

Harry DeLong has made a good share of the contributions this month - thank you Harry! He takes a very positive and fun look back at the Goldsboro LCM meet, make sure to click on the link to read the story in its entirety - it is worth the effort!

He also introduces us to Erika, Julie and Blake.

Coach Tammy has helpful drills for backstrokers and/or would-be backstrokers (I have been challenged to swim a backstroke event in a meet ... hmm, I might have to work on Tammy's drills).

And last but not least: our workout of the month is an endurance set sent in by my former team mate Craig Siegel.

Hope the rest of your summer will be good.
Enjoy your newsletter,

Happy Swimming!
Greta van Meeteren