

Letter from the Editor

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

Summer seems to be flying by! So many great events are available to us swimmers, and one just happened this past weekend: the USMS one mile open water championship. There is a story about the event in this edition of your newsletter.

Erika Braun has written about her journey to the 2012 Olympic Trials. It is a long story, but I'm sure you'll enjoy reading it. It does not often happen that a Masters swimmer age 40 is able to compete in Olympic Trials.

Dr. Kam has some very sound advice for us about nutritional strategies to combat aging.

We are very fortunate in our swimming community to have so many very talented people who are willing to share of their knowledge and experience.

Enjoy your newsletter,
Happy Swimming,
Greta van Meeteren