

## **Letter from the Editor**

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

This newsletter is produced on the boat on Ocracoke Island. We are on island time, everything (including Internet and phone connections) is slower than the normal pace of life ... it is great! Our main form of exercise right now is: biking to the beach and walking on the beach. A nice little break from all of the hard swim training, to which we'll be back soon enough.



As you probably already know, the Spring National Championship was a great success, we have three articles in this issue about this meet.

Part two in the series about shoulders written by Brian Goldman is very interesting reading.

There is another good workout by Bob Schmitz - talk about a challenge!

Enjoy your newsletter,  
Happy Swimming,  
Greta van Meeteren