

## Letter from the Editor

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

Isn't it amazing that we are in the Holiday Season already? I sure hope your Thanksgiving was as great as ours was ... we got to spend time with dear friends on our boats on beautiful Ocracoke, and we actually took a quick dash into the Atlantic Splash-2 on Thanksgiving morning - quick is the operative word here, the water was 55 degrees and the wind was howling. But we had fun!



A goodbye and a hello: Matt Davis has left our board, and Marty Gaal has graciously agreed to become our new coaches' chair. Jerry has been doing that job as well as three other USMS jobs, and it will be nice to have a Masters coach "on board". Welcome Marty!

In this newsletter our doctor is back in the pool with very good information on stretching. You will also meet one of our NC coaches and a swimmer from the RAM team. There is an article about the Dixie Zone meet and some more information about the new aquatic facility in Greensboro.

Enjoy your newsletter,  
Happy Holidays and Happy Swimming,  
Greta van Meeteren