

From the Editor
Greta van Meeteren

Open Water season is almost here, and one of our local North Carolina coaches, Rob Cole, has written an excellent article about open water swimming, and he will follow that up with another article next month. Be sure to read this, it might entice you to attempt something new this season! He has also written a workout specific to open water training.

Two of our other NC coaches have written about the benefits of attending a swim clinic. They are Erika and Greg Burgess. Be sure to read the article and also the very impressive curriculum vitae of Greg. He will be hosting a swim clinic at the Twin Rivers YMCA in New Bern on Saturday, April 26 from 8:00 - 9:00 AM with a possibility for participants to ask questions afterwards. If you'd like more information about this clinic, please send me an email (see link in the article below).



The results of the One Hour Postal National Championships are in, and I've compiled a list of the 24 female and 15 male North Carolina swimmers who participated and their results. Keep up the good work, the 5k and 10k championships start May 15 and run through September 15. Plenty of time for you to find a 50M pool somewhere in your vicinity.

The 2013 SCM Top-10 results are available and your Top Ten Recorder provides an analysis in one of the articles.

Your Board of Directors held its annual open meeting at the conclusion of the NC State Championships. One of the items of discussion was the Logo Contest. There was not a clear winner of the contest, and the deadline for this will be extended until July 1, 2014.

Happy Swimming!
Enjoy your newsletter,
Greta van Meeteren