

From the Editor

Things always change, and this is true for our swimming world as well.

Our Vice-Chair, Danielle Newton has moved to California. We thank her for her service and we wish her all the best in her new life. This means there is a vacancy on the board. Read below for details.

Please be sure to read the Chairman's Corner in its entirety, Jon addresses a very important issue.

This past weekend we participated in the ENC Spring Splash LCM meet, the only Masters Long Course Meet in the state and we had a great time! Please read below.

My teammate Andrea Packard attended a very joyful and different kind of event: Lucky's Lake Swim. I am sure you will enjoy her story.

And of course there is news from the 2014 Spring National Championships. Don Gilchrist has very kindly written both meet reports, since he attended both this big event and the LCM meet. (And .. he had excellent swims at both meets - congratulations to Don!).

Our friendly coaches Greg and Erika Burgess share some very good information with us about proper hand positioning, very worthwhile reading, and Coach Mary Sansbury has a sprint workout for us.

In our next newsletter, our top ten and records recorder will have an article about the latest NC records.

Happy Swimming!
Enjoy your newsletter,
Greta van Meeteren

