



## **One Step Beyond Cary Masters Swimming**

*A new US Masters Swimming Club at the Triangle Aquatic Center in Cary*

### **About the club:**

One Step Beyond Cary Masters (OSBC) is a newly formed chapter of North Carolina Masters Swimming. We train at the Triangle Aquatic Center in Cary, North Carolina.

Our team members include triathletes, open water swimmers, and pool swimmers looking to improve or maintain their swim performances while training with like-minded individuals in a relaxed, fun setting.

Practices are divided into two sub-groups:

- Advanced swimmers looking to put in tough training sets (3,000+ yard workouts)
- Beginner-intermediate swimmers who will focus on a combination of technique work and training sets (2,000+ yard workouts)

You may choose to swim with whichever group is better for you on any particular day!

### **Practice times:**

We will hold practices at TAC on Monday, Wednesday, and Friday mornings from 6 to 7 AM, starting October 29, 2007. In February, '08, Mondays only will switch to 6-7 PM.

### **The coaches:**

Marty Gaal: Our on-deck coach is professional triathlon coach Marty Gaal, a Cary resident and former distance swimmer at Florida State University. Marty is a member of US Masters Swimming, the American Swim Coaches Association (ASCA), and is a certified strength and conditioning specialist (CSCS). He is also a certified USA Triathlon coach.

Coach Marty will be on deck to provide feedback and encouragement to those athletes who would like to work on their technique.

Greg Sanchez: We are also joined by Triangle legend and former Tar Heels swimmer Greg Sanchez, a longtime Cary resident and veteran triathlete / open water swimmer.

Coach Greg will be in the water, leading and motivating the advanced swimmers through challenging training sets.

### **The fees:**

\$45 per month. The first two practices are free. Team members also need to join US Masters, which was \$30 in 2007. We will have forms on-deck. Drop-ins are also welcome at \$6.00 per practice (USMS registered swimmers only).

### **Questions and contact information:**

Marty Gaal

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