

One Step Beyond Cary Masters

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

About the club:

One Step Beyond Cary Masters Swimming (OSBC) is a US Masters team and a 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 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 combo 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:

Monday, Wednesday, and Friday mornings from 6 to 7 AM.

The coaches:

Marty Gaal: Our on-deck coach is Marty Gaal, a Cary resident and former distance swimmer at Florida State. Marty is a professional triathlon coach, a member of USMS, the American Swim Coaches Association, and is a certified strength and conditioning specialist (NSCA CSCS).

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 (\$30 per year). We will have forms on-deck.

Drop-ins are welcome at \$6.00 per practice.

Contact info:

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