



Greetings and welcome to the Next Level Newsletter, Volume IV, Issue XII. Happy Holidays!

Most folks have been taking it easy in December so we'll skip athlete news this month.

OSB Cary Masters Swimming – Cary, NC

Practices are held Monday, Wednesday, and Friday mornings from 6-7 AM at the Triangle Aquatic Center. Dues are \$45 per month and include entry into the facility. For all the details, [click here](#).

OSB Winter Break Training Camp – Clearwater, Florida February 20-24, 2008

We're getting psyched for a few days on the beach in February! Clearwater Beach and the surrounding areas have something for everyone. Come on down for a few days of cool weather training on the West Coast of Florida in February, 2008.

We will be hosting a long distance training camp using multiple designated greenways for our long rides, and swimming and running on the beach. We're offering a five day version (Wednesday - Sunday) and a three day version (Friday - Sunday). [Click here](#) for the full description.

Training Tips – Holiday Eating & Training

[Coach Marty Gaal](#)

The short and sweet version: Don't pig out. Exercise a little bit. Have fun. ☺

One Step Beyond Action Wear

If you'd like to show off the OSB colors, check out our new [Café Press Merchandise store!](#) Everything you need to be the coolest kid on your block.

Ready for coaching in 2008?

Read more about the One Step Beyond coaches here:

[Head Coach Marty Gaal](#)

[Coach Melissa Hall](#)

[Coach Brianne Gaal](#)

See you on the road!

Enjoy your sport,

Marty Gaal

One Step Beyond

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To unsubscribe from this newsletter, have yourself a merry little politically correct holiday.