

**Sharks NewsUpdate**  
**October 16, 2013**

1. The Fall Swim Team will run until October 18 and the winter season will begin on October 21. The Winter practice schedule is:

Green (ages 9 & under)	Mon, Wed, & Fri	4:15 – 5:15pm
Gold (ages 9 & above)	Mon & Wed	5:00 – 6:30pm
	Tues & Thur	5:30 – 7:00pm
	Friday	3:15 – 4:15pm/4:15 – 5:15pm
Senior	Mon – Fri	2:45 – 4:15pm
Saturday	Sat	8:00 – 9:30am

2. There will be pizza this Friday after Green Practice @ 5:00pm. This will be the last day of Fall Swim Team.
3. Dryland Training will begin on November 5. We will be doing Dryland upstairs in the pool balcony from 5:00 – 5:30pm on Tuesday & Thursday's for swimmers age 11 & older. Swimmers must come regularly to see the benefits of the program which includes sit-ups, crunches, jumps, push-ups, medicine balls and other basic exercises.
4. Green Team swimmers who are not in the 4<sup>th</sup> grade may come to the pool when they arrive at the YMCA from school. A coach will be there to greet the Sharks as they await their practice time.
5. An info letter for the 2013-14 swim season was sent by email along with the meet schedule, monthly calendar and Shark Registration form. Please return the Registration form when you signup at the Front Desk at the Y.
6. Everything that we send out is always available on the Sharks website, [www.mdiysharks.com](http://www.mdiysharks.com). This contains all information on the Shark team. We also use Facebook (Mount Desert Island YMCA Sharks) to announce weekly practice schedules and any last minute changes. This year we will also be using Facebook for parents to post pictures of their children or other Shark swimmers in action during the season.
7. Signup Sheets for the Bowdoin Open and the Maine Qualifier at PenBay Y are posted on the team website. These are both USA Swimming meets, which require swimmers to pay an additional fee to participate. If you have any questions about memberships please ask. The Bowdoin Open is cut-time meet, which means that swimmers must have made the time in that event in the past year in order to swim.
8. There will be a Parents Meet on November 13 at the YMCA. This will be the annual Pot Luck Meeting for the Swim Team. We will have a new parent's meeting from 5:30 – 6:15pm and the returning parent's will meet from 6:15 – 7:00pm. This is an important meeting for all to attend about the upcoming season. We will post a list of items needed on the pool bulletin board and on the website.
9. The WeeSharks (on Tuesday & Thursday's during the Holiday & Winter sessions) will replace the Friday Swim Club and will be for swimmers who aren't ready to make the full commitment to the Sharks or just new to competitive swimming. Practices will be from 4:15 – 5:00pm on Tuesday and Thursday beginning on November 5.
10. There will be a 'Bring-A-Friend' week from November 4 – 8 but any week can be bring-a-friend to practice.
11. We are always looking for officials to help with the Sharks home meets; there will be a training on October 27 at UMaine for Level 2 Officials. For those that want to be a Level 1 official there will be a training in Waterville on December 8. Both classes begin at 8:00am. The fee is \$25 plus \$6 for a rulebook. The Sharks will reimburse anyone who takes the class.
12. If you have any questions or are interested in helping out the Sharks for the upcoming season please email. The Sharks website is [www.mdiysharks.com](http://www.mdiysharks.com) is loaded with info about the team.