

**Sharks NewsUpdate
October 23, 2013**

1. The practice schedule for October 21 – 27) 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. This Friday there will be no Gold practice from 5:00 – 6:30 due to the YMCA Halloween Party @ 6:00pm. Gold swimmers may come at 3:15 or at 4:15 for practice. Morning practices will begin next Monday, October 28. There are 2 workout times from 6:00 – 7:00am for High School swimmers and from 6:45 – 7:45 for younger swimmers.
3. There will be a Saturday Morning practice this week from 8:00 – 9:30am. All Senior swimmers and Gold team members are invited for the 1st Saturday of the season.
4. WeeSharks and the Dryland Training on Tuesday's & Thursday's will begin on November 5. The WeeSharks will be from 4:15 – 5:00pm. The Dryland program will be upstairs in the pool balcony from 5:00 – 5:30pm.
5. Green Team swimmers who are not in the 4th 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.
6. Please remember to sign up for Swim Team at the Front Desk. Swimmers must be members of the YMCA (League Rules) and must enroll with swim team. We do have bank draft plans available to make payments easier, just ask the front desk for more information. Swimmers will not be allowed to swim in meets if they are not members of the Y nor if they are not on the Y's swim team roster.
7. Please fill out the attached swim team registration and return to front desk or to the coaches.
8. The Sharks website, www.mdiysharks.com contains all information on the team. The Facebook Page (Mount Desert Island YMCA Sharks) is used to announce weekly practice schedules, any last minute changes and for parents to post pictures of their children during the season.
9. 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.
10. 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.
11. The Swim Suit order form is now available on www.mdiysharks.com. Suits are \$52 for the Girls and \$38 for the Boys. A solid Black Speedo w/MDI in Yellow/Gold letters. Suits orders need to be returned by November 1. The Swim Team store will be open on Monday, October 28 for the 1st time at 4:45pm.
12. There will be a 'Bring-A-Friend' week from November 4 – 8 but any week can be bring-a-friend to practice. We will let anyone try the Sharks for a week before joining the team. We can always use new swimmers on the Sharks especially younger swimmers ages 7 – 11.
13. 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.
14. 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 is loaded with info about the team.