

## **Shark NewsUpdate October 29, 2012**

### **Winter Sharks**

One week down and many more to come. We saw a lot of new faces and many veterans as well. This week promises to be a little hectic with Hurricane/Strom and Halloween but we still plan to run practices if the Y is open for business. We hope that most swimmers will now begin to attend practices regularly. Green Team members should try to make 2 practices/week, Gold swimmers ages 12 & under should try to make 3 to 4 practices/week, and older swimmers should make at least 4 and the more the better.

### **Winter Practice Schedule (begins October 22)**

Green	Mon, Wed, & Fri	4:15 – 5:15pm
Gold	Mon, Wed, & Fri	5:00 – 6:30pm
	Tues & Thurs	5:30 – 7:00pm
Senior	Mon – Fri	2:45 – 4:15pm
AM's	Mon – Thurs	6:00 – 7:00am/6:45 – 7:45am

Saturday practices will begin on Nov. 10.

### **Practice Change**

This Wednesday (October 31), there will be no Green and Gold practices because of Halloween. Gold swimmers may come right after school to swim the Senior practice on Halloween.

### **Bring – A – Friend Week**

We will have our annual 'Bring-A-Friend Week' next week (November 5 – 9). All Shark swimmers are invited to bring a friend or two to practice next week. We will try to get each swimmer and friend a long retired t-shirt that attends practice. We will also have some treats available each day after practice including some pizza on Friday evening. Please remember that we always encourage Shark swimmer's to bring a friend anytime to practice. We let swimmers try the Sharks for a week before making the commitment to join the team.

### **FaceBook/Website**

The website should be operating by the end of this week. It will be a new look and contain all the info on the team and Sharks team that you need to stay informed. The website is [www.mdiysharks.com](http://www.mdiysharks.com). We are also on Facebook, just search for the Mount Desert Island YMCA Sharks. Practice schedules, practice changes, meet announcements, and other quick news items are posted on the facebook page.

### **Swim Clinics**

The second swim clinic on November 10 from 9:00 – Noon will work on freestyle and starts (forward & backstroke). Clinics are for Gold Team swimmers, who have been on the time for at least one year.

## **Friday Swim Club**

For the third year we will offer the Friday Swim Club. This is for new swimmers to get an introductory experience to the Sharks or for others that have conflicts during the week. Swimmers 10 & under will practice with the Green Team and swimmers 11 & over will practice with the Gold team. Swimmers will be able to participate in selected YMCA meets and the Y State Meet if they meet the requirements.

## **Parents Meeting**

The parents' informational meeting and pot-luck dinner will be held on November 5<sup>th</sup>. This year we hold a meeting for new parents @ 5:30pm and then include the returning parents at 6:00pm. We hope to finish the meeting by no later than 7:00pm. A list will be posted on the pool bulletin board for the pot-luck dinner.

## **DEFY Meet**

Our first Y dual meet will be on November 17 at the Downeast Family Y (DEFY) in Ellsworth. We asking that all returning Shark swimmers attend the meet, even though many of them have only been in the pool for a few weeks. We can also use any nee (rookie) Shark swimmers at the meet as well. All swimmers will swim in at least 3 events. This is one of our 4 league dual meets and we would like to give DEFY a great meet at their pool. There are 4 meets at MDI and 3 meets in Ellsworth which makes it very easy for swimmers to swim 3 meets for the state meet without traveling very far. Swimmers will be assigned events for this meet. More information should be available in the next week or two.

## **USA Swim Meets**

Please return any signups for the Maine Winter Qualifier to held in Waterville this Saturday & Sunday November 3 & 4 by Tuesday Oct. 30. The signup sheet is attached.

## **Team Registration/Payment**

We need swimmers to make sure that they are registered at the front desk for the 2012 – 13 swim season. Please remember that there are many draft plans available and that the Y does offer scholarships/reduced fees for swimmers. We also need parents to please complete the attached registration forms.

## **Questions/Problems/Ideas/Volunteer**

If you have any questions about the upcoming meets, practices or other concerns please feel free to email [sharks@mdiymca.org](mailto:sharks@mdiymca.org) and I will reply in a timely fashion. If you wish to volunteer please email your interest because a swim team can only compete with the assistance of volunteers.

## **Quote of the Week**

“If you say "can't" you're restricting what you can do or ever will do.”  
— [Michael Phelps](#), *No Limits: The Will to Succeed*