

**Sharks NewsUpdate**  
**October 30, 2013**

1. The practice schedule for October 28 –November 2) is:

Green (ages 9 & under)	Mon, Wed, & Fri	4:15 – 5:15pm
Gold (ages 9 & above)	Mon & Wed	5:00 – 6:30pm
	Tues	5:30 – 7:00pm
	Friday	3:15 – 4:15pm/5:00 – 6:30pm
Senior	Mon – Fri	2:45 – 4:15pm
AM	Mon – Thur	6:00 – 7:00am/6:45 – 7:45am
Saturday	Sat	8:00 – 9:30am
2. This Thursday, Halloween, there will be no Gold practice from 5:30 – 7:00pm due to Halloween Party. Gold swimmers may come at 3:15 or at 4:15 for practice. Morning practices have begun; there are 2 workout times from 6:00 – 7:00am for High School swimmers and from 6:45 – 7:45 for younger swimmers.
3. I will be in Colorado Springs, CO this weekend attending a workshop at the Olympic Training Center. There will be no coach for the Gold and Senior workouts but there will be written workouts available for the swimmers. The Green team practice will have a few High School swimmers on duty to run a workout for all that attend.
4. WeeSharks and the Dryland Training on Tuesday's & Thursday's will begin next Tuesday 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. 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.
6. Please fill out the attached swim team registration and return to front desk or to the coaches. Registration forms are available online and at the pool.
7. Signup Sheets for the Bowdoin Open and the Hurricane Fall Classic at Husson University 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 a 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.
9. The first Y meet will be on November 16 at the MDI YMCA. This will be an optional meet for Shark swimmers but we would like to have a lot of swimmers participate. We expect about 60 swimmers from DEFY and 40 swimmers from CCSC at the meet. This will be a 2 session meet with 12 & unders beginning at Noon and the 11 & overs beginning around 2:30pm. Signup sheets will be available very soon. Our first dual meet will be on November 23 at the MDI Y against PenBay Y. We will need all Shark swimmers to participate in this meet. More information will be available next week.
10. The Swim Suit order form is attached and posted on [www.mdiysharks.com](http://www.mdiysharks.com). Please return orders by November 1. The Swim Team store is open from 4:45 – 5:30pm on Monday & Wednesday and most Friday's.
11. 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, but any age is great.
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.