

**Shark NewsUpdate**  
**11/12/13**

**Parents Meeting**

The Parents Meeting/Potluck Dinner has been changed to Monday, November 18 in the MDI YMCA Game Room. New Parents will meet from 5:30 – 6:00pm, Food will be available and then the Veteran Parents will meet from 6:15 – 7:00pm. Gold Swimmers will finish off the leftovers when they finish practice. Please check the pool bulletin board and the attachment for the items that are needed. If you can sign up on the bulletin board you email your item(s).

**Practice Meet**

There will be a short practice meet at the Y on Wednesday evening during Green Practice. Swimmers will do a 25 Backstroke and a 25 Freestyle, and if there is time we do a 100 Free Relay. We could use a few timers to help run the meet. We plan to start the racing about 4:45pm. It should not take very long but should be exciting.

**First Meet**

We will be hosting a meet with DEFY (Ellsworth) and CCSC (Old Town) this Saturday, November 16. This will be an optional meet but we do hope that most swimmers will participate in the meet. It will be held in 2 sessions with the 12 & under's swimming first (warm-up 11:45am, meet 12:45pm) and 11 & older's swimming second (warm-up 2:30pm, meet 3:00pm). Signups for concessions & volunteers will be posted on the bulletin board. The signup sheet is attached, if you have questions about event choices please ask the coaches.

**First Y Dual Meet**

Our first Y Dual Meet Saturday, November 23 vs PenBay Y (Camden). We need all veteran swimmers to swim at this meet plus any new swimmers that are interested. Swimmers need to be at the MDI Y at 11:45am and the meet begins at 1:00pm. Please email or inform the coaches by next Wednesday, November 20 on who will not going to the meet. All swimmers will be assigned to swim in 3 scoring events and some may do a 4<sup>th</sup> event that is exhibition. If you have any questions regarding the meet please don't be afraid to ask especially at the Parents Meeting.

**Winter Practice Schedule**

|               |                 |                             |
|---------------|-----------------|-----------------------------|
| Green         | Mon, Wed, & Fri | 4:15 – 5:15pm               |
| Gold          | Mon, Wed, & Fri | 5:00 – 6:30pm               |
|               | Tues & Thurs    | 5:30 – 7:00pm               |
| Senior/MDI HS | Mon – Fri       | 2:45 – 4:15pm               |
| Dryland       | Tues & Thurs    | 5:00 – 5:30pm               |
| AM's          | Mon – Thurs     | 6:00 – 7:00am/6:45 – 7:45am |
| Saturday      | Sat             | 7:30 – 9:30am               |

**MDI High School Practice**

On Monday, November 18 the MDI HS will begin practicing from 2:45 – 4:15 at the YMCA. Green Team swimmers will need to sit in the bleachers if they arrive early.

### **Gold Swimmers @ Green Practice**

We have had a lot of swimmers going to Green Team practice instead of Gold Team. We do allow the Gold swimmers to go to the Green Team but for good reasons. The reasons can include but are not limited to car pools, special events/dances, family gatherings, altered practice schedule and weather conditions. It is important that swimmers come to a practice that is best suited to them if at all possible. It is also important the Green Team swimmers come to at least 2 practices per week and Gold Team swimmers to at least 3 practices per week.

### **Facebook/Website**

Please check out our swim team website at [www.mdiysharks.com](http://www.mdiysharks.com). This is to keep all members and others informed of the latest information about the Sharks. We are also on Facebook, just search for the Mount Desert Island YMCA Sharks. Please feel free to post pictures of the Shark Swimmers on Facebook after the meet on Saturday.

### **WeeSharks & Dryland**

On Tuesday & Thursday evenings, the WeeSharks practice from 4:15 – 5:00pm on Tuesday & Thursday. Dryland training for Swimmers ages 11 and older is from 5:00 – 5:30pm in the pool balcony. Swimmers who do dryland training should be doing it on a consistent basis not just one day every couple of weeks.

### **USA Swim Meets**

Signups are attached/posted for the Candy Cane Meet to be held in Portland on December 8 and the Bowdoin Open from December 13 - 15. Registrations for the 2014 Swim Season are now being accepted. The fees are \$60 for an annual membership and \$37.50 for a seasonal membership (good until March 16, 2014). If you have any questions please see/email Jim.

### **Team Store**

The team store is open on Monday & Wednesday evenings from 4:45 – 5:30pm and most Fridays. We have swim caps, goggles, shark stickers, and suits for sale. You can also checkout [www.swimoutlet.com](http://www.swimoutlet.com) for more products.

### **Team Registration**

We have a lot of registration forms for the swimmers but still need to get some more. I will have a list of registration forms needed at the Parents Meeting next Monday evening. They are posted on the team website.

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

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.

### **Quote of the Week**

“The water is your friend. You don’t have to fight with water, just share the same spirit as the water, and it will help you move. Aleksandr Popov, Olympic Gold Medalist in the 50 & 100 Freestyles at the 1992 and 1996 Olympic Games.