

Shark NewsUpdate November 13, 2012

First Y Dual Meet

We have a Y Dual Meet this Saturday, November 17 at the Downeast Family Y (DEFY) in Ellsworth. This is the first of our 4 league dual meets where we are required to have most of our swimmers participate. We need all veteran swimmers to swim at this meet plus any new swimmers that are interested. Swimmers need to be in Ellsworth at 11:45am and the meet begins at 12:30pm. The meet should take about 3 hours for most swimmers but should be a lot shorter for the 8 & unders. Please email or inform the coaches by this Wednesday, November 14 on who will be going/not going to the meet.

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	Mon – Fri	2:45 – 4:15pm
AM's	Mon – Thurs	6:00 – 7:00am/6:45 – 7:45am
Saturday	Sat	7:30 – 9:30am

Saturday Morning Practice

We will be holding Saturday Morning practices for Gold & Senior swimmers beginning this Saturday from 7:30 – 9:30am. This is our only 2 hour practice of the week and we would like to get as many of the older swimmers to this practice even when we having a meet the same day. Most Saturday mornings there is a breakfast afterwards for the swimmers that survive.

Thanksgiving Week

There will still be practices during Thanksgiving week. We will have a normal practice schedule on Monday, Tuesday, & Wednesday with combined practices on Friday and a Saturday morning practice. Of course there will be no practice on Turkey Day, please enjoy it with those that are special to you.

Bring – A – Friend Week

We had some friends show up last week for 'Bring-A-Friend Week' but we did not give out the post-dated t-shirts. Please see/email me about the shirts and we will get them out to the swimmers/friends. Please remember that we always encourage Shark swimmer's to bring a friend anytime to practice.

Practice Goals

This week we will continue to get the Sharks learn the basics of the sport. The emphasis for Green Team will be Freestyle and Backstroke with time spent on starts and learning the rules of the swimming. Gold team will devote time to breaststroke and backstroke drills, turns, and starts as we prepare for our first team meet.

Swim Suits/Other items

We will be ordering suits this year through swimoutlet.com. We will be getting a solid black speedo for both the girls (\$48) and boys (\$36) with the MDI letters on them. We will need order forms (attached and posted online) returned by November 30. We should also have a link

posted on our website for swimoutlet.com this week. Please access swimoutlet.com through this link because it does provide the team with some additional benefits. You may purchase goggles, suits, caps, and other swim items on their website. If you wish to purchase an MDI cap they are available at the pool.

Practice Meet

We will hold a practice meet on Wednesday, November 28 during Green Practice. This is for both the swimmers to get used the meet format and for parents to learn about the important function of timing.

Parents Meeting

The parents' informational meeting and pot-luck dinner will be held on November 19th. 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 of items is now posted on the pool bulletin board and on the website for the pot-luck dinner.

USA Swim Meets

Signups are now available for the Candy Cane Meet to be held in Portland on December 2. Please return by Wednesday, November 21. The signup sheet is attached and posted on the website.

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 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.

Volunteers

We are seeking volunteers to help with this swim season. We are asking for volunteers to help with the Aquathon, Pizza Parties, Team Store, Swim Meet Concessions, and Swim Meet Awards.

Questions/Website/Facebook

If you have any questions about the upcoming meets, practices or other concerns please feel free to email sharks@mdiymca.org. Our website is www.mdiysharks.com contains information on the Sharks program including the meet schedule and latest meet results. You can search for Mount Desert Island Sharks on Facebook for the latest updates on the Sharks.

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.