

Shark NewsUpdate November 13, 2012

First Y Dual Meet

We swam our first Dual Meet of the season on November 17 in Ellsworth. The Sharks had a great meet but ended up losing 539 – 454. There were numerous swimmers participating in the meet for the first time. Our performances were very good for so early in the season, the road ahead looks very good.

Home Meet vs LRSC (Bath)

This weekend will be hosting long time Y State Champion Long Reach Swim Club of the Bath Y. Our swimmers need to be there at 11:45am for the warm-up and the meet will begin at 1:00pm. We need all Shark swimmers to participate in the meet. We hope to give the Snaildarters a good meet at our home pool. We are counting all veteran swimmers swimming in the meet and hoping that most new kids are able to swim as well. Please inform the coaches by Wednesday if one cannot swim in the meet.

Meet Staff/Volunteers/Concessions

We need all sorts of help to run the meet this weekend. There is no way that we can run the meet without the generous help of the parents. There is a signup sheet on the pool for meet staff, concession workers, and concession items. The meet staff includes timers, officials, computer people, and set-up & clean-up. If you have any questions about any volunteer position please contact the coaches.

This Week's 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 this Saturday from 7:30 – 9:30am. We still have practice even if there is a meet that afternoon. This is a great opportunity for the older swimmers to get in a quality practice and then do some quality racing.

T MDI Sprint Meet

The 29th annual MDI Y Sprint Meet will be held on December 9. All Shark swimmers are encouraged to participate in the event as this meet will count towards the State Meet Qualifications. Swimmers can select their events for this meet. They are allowed to swim up to five (5) individual events and a free relay. The warm-up is at 11:45am and the meet will begin at 12:45pm. For this meet there are signup sheets for the swimmers they are attached to this email. Swimmers/parents may also use our online entry by opening the following site

<http://tinyurl.com/c8ku2rq> Please signup by next Friday.

Practice Goals

This week we will continue to get the Sharks learn the basics of the sport. The emphasis for Green Team will continue to focus on Freestyle and Backstroke but will start to work on Butterfly. Gold team will also begin to work on butterfly and concentrate on the two-hand touch turns.

Swim Suits/Other items

We will be placing an order for swim suits this Friday through swimoutlet.com. The suit is a solid black speedo for both the girls (\$48) and boys (\$36) with the MDI letters on them. Order forms are attached and posted on the website and must be returned by November 30. We should also have a link posted on our website for swimoutlet.com this week. We will be selling caps and other items at the concession stand this Saturday at the meet.

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. Anyone interested in timing should come on Wednesday night and give it a try.

Parents Meeting

Attached is a review of the parents' informational meeting and pot-luck dinner held on November 19th. As you will see in the minutes we are looking for some people to volunteer to help lead the concessions, aquathon, pizza parties, and a few other jobs for this season. If interested or you have questions please email. We are in a big need to have someone help to organize the concessions for this Saturday.

Lost and Found

There is a container on the pool bleachers with Lost & Found items from the last meet. If you are missing anything please check the box. We will continue to keep Lost & Found items in the pool area for a few weeks before putting them with the rest of the Y's collection of lost things.

Registration Forms/Payment

There is a separate list of swimmers posted on this email that we are still waiting to get registration forms from. Please email or drop of the registration form off at the front desk. We use the information to update our swim team records for the league and also to have emergency contacts.

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

"I'm trying to do the best I can. I'm not concerned with tomorrow, but with what goes on today." Mark Spitz, 7-time Olympic Gold Medalist at the 1972 Olympics