

Shark NewsUpdate November 6, 2013

First Meet

We will be hosting a meet with DEFY (Ellsworth) and CCSC (Old Town) on 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). We expect at least 100 swimmers from the other two teams and need to put on a good show for our first home meet. Signups for concessions & volunteers will be posted on the bulletin board. The signup sheet is attached, if you have questions 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. 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 next Wednesday, November 20 on who will be going/not going to the meet. All swimmers will be assigned to swim in 3 scoring events and some may do a 4th event that is exhibition. If you have any questions regarding the meet please don't be afraid to ask.

Winter Practice Schedule (Week of Nov 4 – Nov 10)

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| 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 |
| Dryland | Tues & Thurs | 5:00 – 5:30pm |
| AM's | Mon – Thurs | 6:00 – 7:00am/6:45 – 7:45am |
| Saturday | Sat | 8:00 – 9:30am |

Practice Change

On Monday, November 11 we will have a Gold/Senior AM practice from 8:30 – 10:00am. In the afternoon there will be a Gold/Senior practice from 2:45 – 4:15pm and Green practice from 4:15 – 5:15pm. There will be no practice at 5:00pm.

Bring – A – Friend Week

This is the annual 'Bring-A-Friend Week' (November 4 – 8). We have some shirts & bags for swimmers and their friends that come to practice, please see Jim after practice. There will be pizza on Friday night at 5:15pm and 6:30pm. Please remember that we always encourage Shark swimmer's to bring a friend anytime to practice.

Practice Goals

Beginning next week, 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 backstroke & breaststroke, turns, and starts as we prepare for our first team meet.

Facebook/Website

Please check out our swim team website at 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. Practice schedules, practice changes, meet announcements, and other quick news items are posted on the facebook page. We are also looking for pictures of the swimmers on the page as well.

WeeSharks

WeeSharks practices from 4:15 – 5:00pm on Tuesday & Thursday. This is for new swimmers to get an introductory experience to the Sharks. Swimmers can come once/twice a week for the Holiday Session (until December 19).

Parents Meeting

The parents' informational meeting and pot-luck dinner will be held on November 13th. This year we hold a meeting for new parents @ 5:30pm and the returning parents at 6:15pm. We will have the pot-luck around 6:00pm for the parents and any Green team members who are there. Any leftovers will be available for the Gold team members when they finish practice. We will be using the Child Care rooms upstairs with the food in the hallway. A list of items needed will be posted on the pool bulletin board and on the website for the pot-luck dinner.

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.

Team Store

The team store is open on Monday & Wednesday evening's from 4:45 – 5:30pm and most Friday's. We have swim caps, goggles, shark stickers, and suits for sale. You can also checkout www.swimoutlet.com for more products.

Team Registration/Payment

We need swimmers to make sure that they are registered at the front desk for the 2013 – 14 swim-season. Please remember that there are draft plans available and that the Y does offer scholarships/reduced fees for swimmers. All swimmers must be on the YMCA's roster and a member of the YMCA before swimming in a meet. Registration form is attached and posted on the website.

Questions/Problems/Ideas

If you have any questions about the upcoming meets, practices or other concerns please feel free to email sharks@mdiyymca.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

“We are what we repeatedly do. Excellence, therefore, is not an act but a habit.”
Aristotle