

## **Shark NewsUpdate November 7, 2012**

### **First Y Dual Meet**

Our first Y Dual Meet will be next Saturday, November 17 at the Downeast Family Y (DEFY) in Ellsworth. 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 next Wednesday, November 14 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 4<sup>th</sup> event that is exhibition. This is the first of 3 meets in Ellsworth and there are 4 meets at MDI which makes it very easy for swimmers to swim 3 meets to qualify for the state meet without traveling very far. If you have any questions regarding the meet please don't be afraid to ask.

### **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

### **Practice Change**

On Monday, November 12 we will have an AM practice from 8:30 – 10:00am for all Gold and Senior swimmers. There will still be practices in the afternoon but this is an opportunity for swimmers to get an extra practice in.

### **Bring – A – Friend Week**

This is the annual 'Bring-A-Friend Week' (November 5 – 9). All Shark swimmers are invited to bring a friend or two to practice next week. We have some shirts for swimmers and their friends that come to practice, please see Jim after practice. We have some small treats available each day after practice including some pizza on Friday evening. Please remember that we always encourage Shark swimmer's to bring a friend anytime to practice.

### **Practice Goals**

For the next two weeks 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 freestyle and backstroke drills, turns, and starts as we prepare for our first team meet.

### **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. If you have any ideas on what we can add to the team website please email. 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.

### **Swim Clinics**

The second swim clinic on November 10 from 9:00 – Noon will work on freestyle and starts (forward & backstroke). Clinics are for Gold Team swimmers, who have been on the time for at least one year.

### **Friday Swim Club**

For the third year we will offer the Friday Swim Club. This is for new swimmers to get an introductory experience to the Sharks or for others that have conflicts during the week. Swimmers will be able to participate in selected YMCA meets and the Y State Meet if they meet the requirements.

### **Parents Meeting**

The parents' informational meeting and pot-luck dinner will be held on November 19<sup>th</sup>. 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 will be seeking volunteers to help with this swim season. We need someone to step in to lead the following positions for this season. Aquathon, Pizza Parties, Team Store, Swim Meet Concessions, Swim Meet Awards and Travel are all important clogs in the operation of the Sharks program.

### **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 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