

Shark NewsUpdate December 10, 2013

Dual Meet vs DEFY

The score for the Dual Meet w/DEFY was MDI 509 to DEFY 480. DEFY brought 92 swimmers to the meet and MDI had 75 in the meet. It was very close all the way throughout the meet but we pulled ahead during the breaststrokes and the free relays for our narrow win. Thanks to all that attended to all the volunteers that we had at the meet. We raised more than \$700 from the concessions and the swimmers will be awarded with a Christmas pizza party next week.

Practice Schedule (week of Dec. 9 – Dec. 15)

Green	Mon, Wed, & Fri	4:15 – 5:15pm
Gold	Mon, Wed, & Fri	5:00 – 6:30pm
	Tues & Thurs	5:30 – 7:00pm
WeeSharks	Tues & Thurs	4:15 – 5:00pm
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

Inclement Weather/Snow Days

The Sharks try to run practice on all days that practice is scheduled. If the MDI Y closes for weather we will of course have no practice as well. During inclement weather we will make any announcements regarding changes via email and on facebook. The 2:45 High School practice will become a Senior/Gold practice on days when the High School team practice is cancelled and we may combine other practices as well. Parents if you do not feel it is safe to get to the Y, then please stay home.

30th MDIY Sprint Meet

The 30th Annual MDI Y Sprint Meet will be held on Saturday, December 21. All Shark swimmers are encouraged to participate as this meet will count towards the State Meet Qualifications. Swimmers must signup to swim in the meet, signup sheets are attached. If you are not quite sure how to signup please ask the coaches. 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. Please signup by Thursday, December 21.

Team Store

The team store is open on Monday & Wednesday evenings from 4:45 – 5:30pm and most Fridays. We also sell items at home meets as well. We have swim caps, goggles, shark stickers, and suits for sale. If you would like to order a team suit please fill out a swim suit order form at the team store. You can also checkout www.swimoutlet.com for more products.

Quote of the Week

"I am not an optimist, but a great believer of hope." — Nelson Mandela

Practices Next 2 Weeks

The next two weeks, both groups will begin working more on butterfly and breaststroke. Gold team will also begin to focus on the two hand touch turns. There will be a special vacation schedule for the Sharks that will be available next week for December 23 – January 4.

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. Please feel free to post pictures of the Shark Swimmers on Facebook after the meet on Saturday.

Upcoming Y Meets

We will be swimming at the Waldo County Y Closed Meet #1 on January 4. This is an optional meet for all Shark swimmers. On January 11 we will be swimming a dual meet at the Bangor Y. We do plan to use the small MDIY bus if needed on both trips for anyone that needs a ride. More information on both meets will be available soon.

USA Swim Meets

Signup Sheets are attached/posted for the Northeast Pentathlon Meet to be held at Bowdoin College in Brunswick on December 28 and Westbrook Swim Your Own Age Meet (SYOA) to be held on January 18 & 19 in Westbrook. We do have a block of non-refundable rooms at the Embassy Suites in Portland for \$101 per night. Please contact the hotel directly and place rooms under the MDI Y Sharks (207-775-2200). 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.

Cut-off Times/New England's

Attached to this email and posted at the pool and online are the cut-off times for the 2014 Championship Meets. The 2014 Y New England's will be held at MIT in Cambridge, MA. The 8 & under will swim on Saturday, March 15, the 9-10's on Sunday, March 16, the 13-14's and Seniors will swim on Saturday, March 22 and the 11-12's will swim on Sunday, March 23.

Team Registration

We have a lot of registration forms for the swimmers but still need to get some more. Here are the registration forms that I am looking for; Elise Craighead, Brendan Graves, Oliver & Leila Johnson, Ruby Mahoney, Anna-Elizabeth Merchant, Isabella Michael, Annie & Maggie Painter, Emma Stanley, Olivia Underwood, Maddie & Tyler Woodworth, & Sydney Wright.

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.