

**Shark NewsUpdate**  
**12/12/12**

**This Week's Practice Schedule**

Green	Mon & Wed	4:15 – 5:15pm
	Fri	4:15 – 5:00pm
Gold	Mon & Wed	5:00 – 6:30pm
	Tues & Thurs	5:30 – 7:00pm
	Fri	1:00 – 2:30pm
AM	Mon – Thurs	6:00 – 7:00am/6:45 – 7:45am
Saturday	Sat	7:30 – 9:30am

**Friday Practice Schedule**

This Friday, December 14, due to the MDI HS meet against Washington Academy (begins @ 6:00pm), Gold Practice will be from 1:00– 2:30pm and Green Practice from 4:00 – 5:00pm.

**MDI Sprint Meet**

The Sprint was a success for all the swimmers that attended. There were 100 swimmers in the meet, 60 from the Sharks, 30 from DEFY, and 10 from Waldo County. We swam well for this time in the season but saw several areas to improve especially streamlines and underwater kicks off the starts and turns.

**Meet Concessions**

We were able to raise almost \$500 this week at the concessions stand for the Sharks Account. We need parents to step up to help during the meet. We have 3 more home meets and we could use everyone's help during the meet. We are only asking that parent's give an hour during the meet to make sure we are staffed and that everyone can see their children swim as well. Remember every dollar raised in concessions goes directly to help the swim team.

**Saturday Practice**

This Saturday (December 15) the practice will be from 7:30 – 9:30am. Swimmers over the age of 12 should make every effort to get to Saturday morning practice, even if there is a meet scheduled. Swimmers who attend the Saturday practice are usually treated to a great breakfast at the conclusion of the workout.

**Aquathon Meeting**

On Thursday, December 20, there will be a meeting at 6:00pm for parent's wishing to help with the 2013 Sharks Aquathon (to be held on February 3). The last few years the Aquathon has become not just about raising money but a party for all swimmers, family members, and the community at large. We are in need of people to help organize and run the event. The more that we have the more creative we can be to make sure that all have a great time. The Aquathon is the Sharks largest fundraiser of the year, with a primary focus on raising money to help keep the swim team's program fees low.

### **DEFY Meet**

The Meet this Saturday is an optional meet, but it does give some swimmers a chance to swim in events to qualify for JO's. There are 2 sessions, the 12 & under warm-up is scheduled for Noon and the meet should begin at 12:30 and the 11 & older session is a warm-up around 2:15 with the meet starting around 2:45pm. A signup sheet is attached. Swimmers should signup by Wednesday, December 12<sup>th</sup>, but they make take some late entries.

### **Cut-off Times**

Attached to this email and posted at the pool are the cut-off times for the 2013 Championship Meets. There is still no info available on the 2013 Y New England's, the qualifying times listed for this meet are last year's but should provide some guidance on the times for this year.

### **Vacation Practices**

The Sharks do have swim practices during Christmas vacation for swimmers that are still on the island. The schedule is included in the monthly calendar and on the team website.. The coaches highly suggest that swimmers make as many practices as possible over the Christmas break. There will be morning practices usually from 8:30 – 10:00am for Gold and High School swimmers and afternoon practices most days for both Green & Gold team. This is the time of the year for swimmers 12 and older to get in a lot of pool time. For swimmers going away, the coaches do have some workouts available to make sure that everyone stays in shape.

### **Upcoming Y Dual Meets**

On January 5, we will be swimming at the PenBay YMCA in Camden. We would like to get as many swimmers as possible to go to Camden and we will be taking the Y mini-bus for anyone that needs a ride.

On January 12 we will host Bangor and Old Town (CCSC) for a tri-meet. We will again call for all Shark swimmers to participate in the meet as it will be our last scored meets before the Y State and JO's.

### **Upcoming USA Swim Meets/USA Swimming Registration**

On January 6, the Hurricane Swim Club will be hosting a USA Swimming meet at Husson University. No information is available for this meet as of press time. Then on January 19 – 20 there will be the Swim Your Own Age (SYOA) meet at the Westbrook Community Center, a signup sheet is attached. Swimmers for USA Meets need to be members of USA Swimming for a cost of \$36.50 (good until 3/17/13) or \$59 (good until 12/31/13).

### **Questions/Problems/Ideas/Volunteer**

If you have any questions or problems please feel free to email [sharks@mdiymca.org](mailto:sharks@mdiymca.org) and I will reply in a timely fashion. We are always looking for ideas for the Sharks program which would include fundraising, travel trips, social events, and just about anything else that goes on with the Sharks.