

Shark NewsUpdate December 17, 2013

30th Annual MDI Y Sprint Meet

The 30th Annual MDI Y Sprint Meet will be held this Saturday, December 21. All Shark swimmers are encouraged to participate as this meet will count towards the State Meet Qualifications. Swimmers must sign up to swim in the meet, sign up sheets are attached. If you are not quite sure how to sign up 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. To sign up to volunteer or bring concessions please go to <http://tinyurl.com/mdi122113> or check out the pool bulletin board. Please sign up by Thursday, December 21.

Practice Schedule (week of Dec. 16 – Dec. 22)

Green	Mon & Wed	4:15 – 5:15pm
	Friday	4:15 – 5:00pm
Gold	Mon & Wed	5:00 – 6:30pm
	Tues & Thurs	5:30 – 7:00pm
	Friday	3:15 – 4:15pm/4:15 – 5:00pm
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

Vacation Practice Schedule (Dec. 23 – Jan. 5)

Green	Mon & Thurs	4:15 – 5:15pm
	Friday	4:00 – 5:00pm
Gold	Mon & Thurs	5:00 – 6:30pm
	Friday	2:30 – 4:00pm
AM	Mon, Tues, Wed, & Fri	8:30 – 10:00am
MDI HS	Mon & Thurs	2:45 – 4:15pm
Saturday	Sat	8:00 – 10:00am

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.

Friday Practice

This Friday, Dec. 20, the MDI HS Swim team will be swimming against Foxcroft Academy. The meet will begin at 6:00pm, therefore we have had to alter our practice schedule. Gold Team will swim from 3:15 – 4:15pm and Green Team from 4:15 – 5:00pm.

Pizza Parties

This week we will have a pizza party for the WeeSharks on Thursday evening after practice at 5:15pm. We will also have pizza on Friday night at 5:15pm for both Green and Gold team swimmers.

Monthly Calendar

The calendar for the next 5 weeks is attached and posted on the team website.

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, on the Sharks website and also on Facebook. The coaches highly suggest that swimmers make as many practices as possible over the Christmas break. There will be morning practices 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 (ages 11 & older), the coaches do have some workouts available to make sure that everyone stays in shape.

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.

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 Sheet for 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.

Questions/Problems/Ideas

If you have any questions about the upcoming meets, practices or other concerns please feel free to email sharks@mdiymca.org and I will reply in a timely fashion. If you wish to volunteer please email your interest.

Quote of the Week

“Christmas is doing a little something extra for someone.”
– Charles M. Schulz