

**Shark NewsUpdate  
December 18, 2012**

**This Week's Practice Schedule (Dec. 17 – 23)**

Green	Mon & Wed	4:15 – 5:15pm
	Fri	3:45 – 4:30pm
Gold	Mon & Wed	5:00 – 6:30pm
	Tues & Thurs	5:30 – 7:00pm
	Fri	3:15 – 4:30pm
AM	Mon – Thurs	6:00 – 7:00am/6:45 – 7:45am
Saturday	Sat	7:30 – 9:30am
Sunday	Sun	8:30 – 10:00am

**Next Week's Practice Schedule (Dec. 24 – 30)**

Green	Wed, Thur, & Fri	4:15 – 5:15pm
Gold	Wed, Thur, & Fri	5:00 – 6:30pm
AM	Mon, Wed, Thur & Fri	8:30 – 10:00am
Saturday	Sat	7:30 – 9:30am
Sunday	Sun	8:30 – 10:00am

**Monday, December 31**

AM	8:30 – 10:00am
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**Friday Practice**

This Friday, Dec. 21, the MDI HS Swim team will be swimming against Caribou HS. The meet will begin at 5:00pm, therefore we have had to alter our practice schedule. Gold Team will swim from 3:15 – 4:30pm and Green Team from 3:45 – 4:30pm.

**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 (including Sunday) 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.

**DEFY Meet**

We had 29 swimmers go the meet at DEFY last weekend. We had a lot of best times at the meet. The results are posted online and the pool bulletin board. pool was recently remodeled and looks great.

*“Yesterday is a canceled check; tomorrow is a promissory note; today is the only cash you have. Spend it wisely.”*

## **Monthly Calendar**

The calendar for the next 5 weeks is attached to this email and posted online. If there are any changes to the schedule we will notify all by email and facebook. Please remember that we do not cancel practice if the MDI YMCA is open.

## **Upcoming Y Dual Meets**

On January 5, we will be swimming at the PenBay YMCA in Camden. Our warm-up time is 12:30pm and the meet will begin at 1:00pm. We would like to get as many Sharks to attend since this is a YMCA League Dual meet. We will take the Y mini bus if anyone needs a ride, leaving @ 10:00am.

On Jan, 12 we will swim at home against both the Bangor YMCA and the Canoe City Swim Club (CCSC). We would like to get as many Shark swimmers to participate in these 2 meets in order to give the team its best chance to compete. Please plan to be at these meets, please notify the coaches if not going to either of these meets.

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

On January 6, the Hurricane Swim Club will be hosting a USA Swimming meet at Husson University. Then on January 19 – 20 there will be the Swim Your Own Age (SYOA) meet at the Westbrook Community Center. The signup sheets for the SYOA is attached to this email. Swimmers for USA Meets need to be members of USA Swimming for a cost of \$36.50 (good until March 17, 2013) or \$59 (good until December 31, 2013).

## **Meet Cleanup, Timers/Meet Staff & Concession Food**

We will be looking for timers, concession workers and other volunteers for our next home meet on January 12. We need volunteers to sign up for shifts. At the Sprint Meet we did not have enough volunteers for the last 2 hours of the concession stand. Please help, we need everyone's help to run the home meets.

## **Aquathon**

The Aquathon will be held on Super Bowl Sunday, February 3, 2012. There will be meeting @ 6:00pm on Thursday, December 20 to help organize this year's event. We are looking for a people to get involved in some way with this event to make it a special day for all who participate. The Aquathon is our team's biggest fundraiser and we require that all swim/donate to the cause of keeping our program fees low. We have had a big bash the past several years and we want to continue that this year. Please email Chris/Angie [bixie63@gmail.com](mailto:bixie63@gmail.com) if you have any questions.

## **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.

**Merry Christmas, Happy Holidays, & A Great New Year to all.**