

## **Shark NewsUpdate December 2, 2013**

### **First Y Dual Meet**

The score for the first dual meet was 537 for MDIY to 376 for PenBay. Thanks to everyone that attended and to all the parents that helped out. There were about 150 swimmers in the meet, it took about 2.5 hours, all the touchpads worked, and we had lots of great swims. The concessions made over \$600 and there is a lot of food left over for the next meet.

### **Dual Meet vs DEFY**

This Saturday, December 7, we will be swimming a home dual meet against DEFY (Ellsworth). Warmup will be at 11:45am and the meet will begin at 1:00pm. The coaches will assume that everyone is swimming and will need to know by Wednesday of anyone that will not be attending the meet.

### **Concessions/Volunteering**

Signups for the food needed and concessions help are posted <http://tinyurl.com/mdiy120713>. Other meet volunteers (timers and others) can sign up on the bulletin board. There will be about 200 swimmers taking part this weekend and we need lots of help for a successful meet.

### **Practice Schedule (week of Dec. 2 – Dec. 8)**

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

### **Friday Practice**

This Friday, Gold Team will have practice from 3:15 – 4:30pm, anyone Gold swimmers that cannot make that time may come to Green practice from 4:15 – 5:15pm. There will be no practice at 5:00pm this Friday.

### **30<sup>th</sup> MDIY Sprint Meet**

The 30<sup>th</sup> 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. 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. The new Swim Suits were shipped on Monday and should be here this week. You can also checkout [www.swimoutlet.com](http://www.swimoutlet.com) for more products.

### **Practices Next 3 Weeks**

This week Green practice will continue to work on freestyle and backstroke along with starts. Gold team will stress freestyle and backstroke, flip turns and starts. The following two weeks of December, both groups will begin working more butterfly and breaststroke. Gold team will also begin to focus on the two hand touch turns

### **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. 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.

### **USA Swim Meets**

A Signup Sheet is attached/posted for the Northeast Pentathlon Meet to be held at Bowdoin College in Brunswick on December 28. 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.

### **Team Store**

The team store is open on Monday & Wednesday evenings from 4:45 – 5:30pm and most Fridays. The store is also open during home swim meets. We have swim caps, goggles, shark stickers, and suits for sale. Swim Suits were shipped today and should be here later this week. You can also checkout [www.swimoutlet.com](http://www.swimoutlet.com) for more products.

### **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, Gwen Johnston, Oliver & Leila Johnson, Ruby Mahoney, Anna-Elizabeth Merchant, Isabella Michael, Annie & Maggie Painter, Zoey & Mia Ray, 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@mdiymca.org](mailto:sharks@mdiymca.org) and I will reply in a timely fashion. If you wish to volunteer please email your interest.

### **Quote of the Week**

“I'm a greater believer in luck, and I find the harder I work the more I have of it”  
– Thomas Jefferson, 3<sup>rd</sup> President of the United States