

Shark NewsUpdate December 4, 2012

Home Meet vs. LRSC (Bath)

The final score for the meet with Bath was 637 for LRSC and 567 for the Sharks. It was a great meet for both teams. We had 97 Shark swimmers and Long Reach had a little over 120 kids in the meet. This was the largest Shark team in years and we gave the Snaildarters as much as they can handle.

Meet Staff/Volunteers/Concessions

Thanks to everyone that helped out in some way at the meet on Saturday. We had all the positions filled for the meet including all the concession times. We received awesome reviews for our food selection (thanks to all who donated) at the concessions stand and for leaving the Y very clean after the meet. We also had lots of officials on deck including some first timers plus three volunteers from Bath including the Meet Referee (Bob Russell).

We hope to get the same support for the Sprint Meet this weekend. We should not have as many swimmers for the meet this weekend but will still need timers, concessions workers, concession food, and set-up and clean-up personnel. Please signup on the sheets posted on the pool bulletin board.

This Week's Practice Schedule

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

Friday Practice

This Friday, we will have Gold practice from 2:45 – 4:15pm and will have Green team at its regular time from 4:15 – 5:15pm. Any Gold team swimmer who cannot make the earlier time can come to Green. There will be no 5:00pm practice this Friday.

29th MDI Sprint Meet

The 29th annual MDI Y Sprint Meet will be held this Sunday, December 9. All Shark swimmers are encouraged to participate in the event as this meet will count towards the State Meet Qualifications. Swimmers must signup online or fill out signup sheet 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. Signup sheets are attached or you can use the online entry by opening the following site <http://tinyurl.com/c8ku2rq>. Please signup by Friday, December 7.

Practice Goals

The next few weeks we will begin to build on the endurance of the swimmers while continuing to develop/refine skills. The Green Team will spend time working on butterfly, increase their freestyle and backstroke swimming, and work on racing dives. Gold team will increase the volume of their workouts while working on butterfly, flip turns, and starts.

Swim Suits/Other items

Swim Suits have been ordered and should be here in a week or two. If you wish to order a suit or other swim item (goggles, caps, suits, backpacks, etc.) online please go through our team website www.mdiysharks.com. Click on the 'swim outlet' banner and you should be all set. Shark swimmers should wear a MDI cap at swim meets; we do have plenty in stock at the Y and will be selling them at home meets and on Wednesday & Friday evenings.

USA Swimming Registration

Registrations for the 2013 Swim Season for USA Swimming are due now. For the 2013 Swim Season there are 3 types of memberships. The Seasonal Membership which is good until March 17, 2013 is \$36.50 and the Annual Membership which is valid until December 31, 2013 is \$59.00. Anyone who gets free/reduced lunch at school can get a \$5 membership valid through December 31, 2013 with proof from the school.

Up-Coming USA Swimming Meets

There are 2 upcoming USA Swimming meets in January that we will be planning on attending. The Wicked Good Meet will be held at Husson University on Jan. 6 and the Swim Your Own Age Meet will be held on Jan. 19 & 20 at the Westbrook Community Center. Entries will be due about 10 days before each meet and all participants must be registered w/USA-S. If you have any questions about these meets or USA-Swimming please email or seek out one of the coaches.

JO's/Winter Champs Rooms

We have reserved some rooms in Brunswick for the Maine JO's to be held March 14 – 17 at Bowdoin College. The rooms are at the Best Western Plus for about \$75/night plus tax. There is a hot buffet breakfast included as well. The hotel is about 4 miles from the pool and is close to restaurants and a grocery store. Please call and mention the Sharks Swim Team to get a room. We are hoping to have a large team at the meet again this year as we strive to be one of the best teams in the state.

DEFY Closed Meet #2

There will be a meet next Saturday (Dec. 15) at the Downeast Family Y (Ellsworth). This is an optional meet and signups must be completed by next Wednesday (Dec. 12). All swimmers must complete the signup sheets in order to swim. There are numerous events to choose from, especially for any swimmers trying to qualify for JO's.

Questions/Website/Facebook

If you have any questions about the upcoming meets, practices or other concerns please feel free to email sharks@mdiyca.org. Our website is www.mdiysharks.com contains information on the Sharks program including the meet schedule and latest meet results. You can search for Mount Desert Island Sharks on Facebook for the latest updates on the Sharks.

Quote of the Week

"Don't Give Up, Don't Ever Give Up." Jim Valvano Coach of the 1983 NCAA Basketball Champions (North Carolina State)