

Shark NewsUpdate November 10, 2014

Parents Meeting

The Parents Meeting/Potluck Dinner will be held on Wednesday, November 12 in the MDI YMCA Game Room. New Parents will meet from 5:30 – 6:00pm, Food will be available and then the Veteran Parents will meet from 6:15 – 7:00pm. Gold Swimmers will finish off the leftovers when they finish practice. Items needed include Main Dishes, Salads, Desserts, Drinks, Breads, and just about anything else you can think of bringing. You may sign up on the pool bulletin board or just send an email of your item of choice.

First Meet (MDIY Sprint Meet)

The 31st Annual MDIY Sprint Meet will be held this Saturday. Need to arrive at the Y at 11:45am for warm-up. The meet will begin at 12:45pm. Signups sheets are attached and also on the shark website in the meet section. If you have any questions about event choices please ask the coaches. You may signups for concessions & volunteers on the bulletin board or just send me an email..

First Y Dual Meet

Our first Y Dual Meet will be on Saturday, November 22 vs Canoe City Swim Club (Old Town). We need all Shark swimmers to swim at this meet. Swimmers need to be at the MDI Y at 11:45am and the meet begins at 1:00pm. Please email or inform the coaches by next Wednesday, November 19 on who will not going to the meet. All swimmers will be assigned to swim in 3 scoring events and some may do a 4th event that is exhibition. If you have any questions regarding the meet please don't be afraid to ask especially at the Parents Meeting.

Practice Schedule (week of November 10 – 15)

Green	Mon, Wed, & Fri	4:15 – 5:15pm
Gold	Mon, Wed, & Fri	5:00 – 6:30pm
	Thurs	5:30 – 7:00pm
Senior/MDI HS	Mon – Fri	2:45 – 4:15pm
WeeSharks	Tues & Thurs	4:15 – 5:00pm
Dryland	Thurs	5:00 – 5:30pm
AM's	Mon, Wed – Fri	6:00 – 7:00am/6:45 – 7:45am
	Tues	8:30 – 10:00am
Saturday	Sat	7:30 – 9:30am

Practice Changes this week

There will be a practice from 8:30 – 10:00am for Senior & Gold Team swimmers. Gold Team swimmers can go to the 2:45 – 4:15pm practice on Tuesday. There will be no Dryland at 5:00pm nor will there be any Gold practice at 5:30pm this Tuesday.

MDI High School Practice

On Monday, November 17 the MDI HS will begin practicing from 2:45 – 4:15 at the YMCA. Green Team swimmers will need to sit in the bleachers if they arrive early.

Practices

This week the Green Team will focus on getting ready for the first meet which includes working on starts, reviewing the rules of swimming and what to do at the meet. Gold Team will begin to work on backstroke & breaststroke, spend time on free & back turns and take some time to work on starts. This will be the last week of Senior practice, but the High School swimmers can always come to AM practice or Gold practice if they are not able to attend a High School practice.

Facebook/Website

Please check out our swim team website at 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 or email them to me after the meet on Saturday.

WeeSharks & Dryland

On Tuesday & Thursday evenings, the WeeSharks practice from 4:15 – 5:00pm on Tuesday & Thursday. Dryland training for Swimmers ages 11 and older is from 5:00 – 5:30pm in the pool balcony. No Dryland this Tuesday, November 11.

USA Swim Meets

Signup for the Candy Cane Meet to be held in Portland on December 7 is attached and posted in the meets tab on the team website. Registrations for the 2015 Swim Season are now being accepted. The fees are \$62 for an annual membership valid thru 12/31/15) and \$37.50 for a seasonal membership (valid thru March 15, 2015). 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. We have swim caps, goggles, shark stickers, and suits for sale. We will be getting google straps and latex caps in the next few days. You can also checkout 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. I will have a list of registration forms needed at the Parents Meeting next Monday evening. They are posted on the team website.

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

“We choose to go to the moon in this decade and do the other things, not because they are easy, but because they are hard...” President John F Kennedy