

Shark NewsUpdate November 3, 2014

First Meet

We will be hosting a meet with 31st Annual MDI Y Sprint Meet on Saturday, November 15. The warm-up will be at 11:45am and the meet will begin at 12:45. We are hoping to get as many Shark swimmers as possible to swim in the meet. It is the 1st of 5 home meets for the season. The events are all 25's for 8 & unders and all 50's for swimmers 9 & oldr. There is also a 100 IM for all age groups. Signups for the swimmers are attached and posted at www.mdiysharks.com. Signups for concessions & volunteers will be posted on a google doc sheet as well on the bulletin board.

First Y Dual Meet

Our first Y Dual Meet Saturday, November 22 vs Canoe City Swim Club (Old Town Y). 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. The meet should take about 3 hours for most swimmers but should be a lot shorter for the 8 & unders. Please email or inform the coaches by Wednesday, November 19 on who will be going/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.

Winter Practice Schedule (Week of Nov 3 – Nov 8)

Green	Mon, Wed, & Fri	4:15 – 5:15pm
Gold	Mon, Wed, & Fri	5:00 – 6:30pm
	Tues & Thurs	5:30 – 7:00pm
Senior	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
WeeSharks	Tues & Thurs	4:15 – 5:00pm

Practice Change

On Tuesday, November 11 we will have a Gold/Senior AM practice from 8:30 – 10:00am. In the afternoon there will be a Gold/Senior practice from 2:45 – 4:15pm and WeeSharks practice from 4:15 – 5:00pm. There will be no dryland practice at 5:00pm and no Gold practice at 5:30pm.

Bring – A – Friend Week

This is the annual 'Bring-A-Friend Week' (November 3 – 7). We have some shirts for swimmers and their friends that come to practice, please see Jim after practice. There will be pizza on Friday night at 5:15pm and 6:30pm. Please remember that we always encourage Shark swimmer's to bring a friend anytime to practice.

Practice Goals

This week we will continue to work on the basics of freestyle along with streamlining. Shark swimmers need to be in the habit of starting and pushing off all walls with their hands tightly clasped above their head with their arms squeezing their ears (Streamline position).

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. Practice schedules, practice changes, meet announcements, and other quick news items are posted on the facebook page. We are also looking for pictures of the swimmers on the page as well.

WeeSharks

WeeSharks practices from 4:15 – 5:00pm on Tuesday & Thursday. This is for new swimmers to get an introductory experience to the Sharks. Swimmers can come once/twice a week for the Holiday Session (until December 22). This year we will not have a January session of the WeeSharks but will encourage them to join the Sharks for the rest of the season.

Parents Meeting

The parents' informational meeting and pot-luck dinner will be held on November 12th. This year we hold a meeting for new parents at 5:30pm and the returning parents at 6:15pm. We will have the pot-luck around 6:00pm for the parents and any Green team members who are there. Any leftovers will be available for the Gold team members when they finish practice. We will be using the Game room. A list of items needed will be posted on the pool bulletin board and on the website for the pot-luck dinner.

USA Swim Meets

We will not be attending the USA-S meet at Husson this weekend. Signups for the Candy Cane Meet to be held in Portland on December 7 will be posted soon. If anyone is interested in going to the Bowdoin Open (must meet qualifying times) please speak with Jim. The Bowdoin Open is full but we should be able to get in a few swimmers who meet the times.

Team Store

The team store is open on Monday & Wednesday evenings from 4:45 – 5:30pm and most Friday's. We have swim caps, goggles and suits for sale. You can also checkout www.swimoutlet.com for more products.

Team Registration/Payment

We need swimmers to make sure that they are registered at the front desk for the 2014 – 15 swim-season. Please remember that there are draft plans available and that the Y does offer scholarships/reduced fees for swimmers. All swimmers must be on the YMCA's roster and a member of the YMCA before swimming in a meet. Registration form is attached and posted on the website.

Questions/Problems/Ideas

If you have any questions about the upcoming meets, practices or other concerns please feel free to email sharks@mdiyymca.org and I will reply in a timely fashion. If you wish to volunteer please email your interest because a swim team can only compete with the assistance of volunteers.

Quote of the Week

“We are what we repeatedly do. Excellence, therefore, is not an act but a habit.”
Aristotle