

## **Shark NewsUpdate December 10, 2014**

### **Y Dual Meet @ Belfast**

The score for the first dual meet was 551 for WCY (Waldo County) to 291 for MDIY. Our next dual meet will be held on December 20 against the Bangor Y Barracudas at the MDIY.

### **Practice Schedule (week of Dec. 8 – Dec. 13)**

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

### **Practice Changes**

This Friday we will run a combined High School & Gold team practice from 2:45 – 4:00pm and a Green & Gold practice from 4:00 – 5:00pm. We will continue to run a Green practice on Thursday evenings from 5:00 – 5:45pm for the next 2 weeks. The Sharks will continue to run practice during Christmas vacation for anyone remaining on the island.

### **Inclement Weather/Snow Days**

The Sharks try to run practice on all days that practice is scheduled. If the MDI Y closes for weather we will of course have no practice as well. During inclement weather we will make any announcements regarding changes via email and on facebook. The 2:45 High School practice will become a Senior/Gold practice on days when the High School team practice is cancelled and we may combine other practices as well. Parents if you do not feel it is safe to get to the Y, then please stay home

### **WeeSharks & New/Formal Swimmers**

WeeSharks will not be offered for the Winter Session beginning on January 5; it will be offered again in for the Spring 2 session beginning in late April. Instead we will be offering a chance for WeeSharks and other new/former swimmers to join the Sharks for the rest of the season beginning on January 5. For more information please contact Jim.

### **Upcoming Y Meets**

The next 2 YMCA Dual Meet will be home meets. We will be swimming against the Bangor YMCA Barracudas on December 20 and versus the Long Reach (Bath Y) Snaildarters on January 10. We are looking to have maximum participation of the Sharks at both meets. The last two dual meets will be away on January 24 @ Ellsworth and January 31 @ Camden.

## **Practices Next 2 Weeks**

This week both the Green & Gold teams will be working on butterfly. Gold team will continue to spend time working on the turns and stroke drills.

## **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 your Shark Swimmers on Facebook or send them to [jim@mdiyymca.org](mailto:jim@mdiyymca.org).

## **USA Swim Meets**

Signup Sheets for attached/posted for the Northeast Pentathlon Meet to be held at Bowdoin College in Brunswick on December 27 and the Swim Your Own Age Meet @ Westbrook on January 17 - 18. Registrations for the 2015 Swim Season are now being accepted. The fees are \$62 for an annual membership and \$37.50 for a seasonal membership (good until March 15, 2015). If you have any questions please see/email Jim.

## **Swim Your Own Age Meet @ Westbrook**

The Swim Your Own Age Meet will be held January 17 – 18 at the Community Center in Westbrook. We have secured rooms at the Embassy Suites in Portland for \$101/night. The price includes drinks and snacks in the evening and a full breakfast in the morning. The rooms are listed under the MDI YMCA Sharks and must be reserved by December 17. You can use this link to get rooms [http://embassysuites.hilton.com/en/es/groups/personalized/P/PWMAPES-MDI-20150116/index.jhtml?WT.mc\\_id=POG](http://embassysuites.hilton.com/en/es/groups/personalized/P/PWMAPES-MDI-20150116/index.jhtml?WT.mc_id=POG). The number for the Embassy Suites is 800-753-8767.

## **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.

## **New England YMCA Championships**

The New England Y Championships will be held at MIT in Cambridge MA. The 8 & under's will swim on Saturday, March 14, the 9-10's will swim on Sunday, March 15, the 11-12's will swim on Saturday, March 21 and the 13-14's and 15 & overs will swim on Sunday, March 22. Qualifying times for both the YMCA New England's and the Maine JO's will be available next week.

## **Questions/Problems/Ideas**

If you have any questions about the upcoming meets, practices or other concerns please feel free to email [sharks@mdiyymca.org](mailto:sharks@mdiyymca.org) and I will reply in a timely fashion. If you wish to volunteer please email your interest.

## **Quote of the Week**

"The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit."

- Ken Doherty