

Shark NewsUpdate December 16, 2014

Practice Schedule (week of Dec. 15 – Dec. 22)

Green	Mon, Wed & Fri	4:15 – 5:15pm
	Thurs	5:00 – 5:45pm
Gold	Mon, Wed & Fri	5:00 – 6:30pm
	Tues & Thurs	5:30 – 7:00pm
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

No practice changes for this week, there will be a Pizza Party after Green and Gold practice on Friday, December 19. The Sharks will continue to run practice during Christmas vacation for anyone remaining on the island. You can find the schedule on the monthly calendar and at mdiysharks.com.

Dual Meet vs Bangor Y

We will be swimming the Bangor Y Barracudas this Saturday, December 20. The Sharks will warm-up at 11:45 and the meet will begin at 1:00pm. Expect the meet to last about 2 ½ hours. We do need all Shark Swimmers to participate in the meet. Please inform the coaches by Thursday if someone will not be swimming in the meet. Sign-up sheets for concessions and meet staff will be posted on the bulletin board.

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/Former 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

We will be swimming at home against the Long Reach (Bath Y) Snaildarters on January 10. The last two dual meets will be away on January 24 @ Ellsworth and January 31 @ Camden.

Christmas Vacation Schedule

Green Mon (12/22), Tues (12/23), Fri (12/26), Mon (12/29), Tues (12/30) & Fri (1/2)
4:15 – 5:15pm
Gold Mon (12/22), Fri (12/26) & Tues (12/30) 5:00 – 6:30pm
Tues (12/23) 5:30 – 7:00pm
Mon (12/29) & Fri (1/2) 2:45 – 4:15pm
AM Mon (12/22) & Tues (12/23) 6:00 – 7:00am
Mon (12/22), Tues (12/23), Wed (12/24), Fri (12/26), Mon (12/29), Tues (12/30),
Wed (12/31) & Fri (1/2) 8:30 – 10:00am
Saturday (12/27 & 1/3) 7:30 – 9:30a

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 your Shark Swimmers on Facebook or send them to jim@mdiyymca.org

Swim Your Own Age Meet @ Westbrook

The Signup sheet for the Swim Your Own Age Meet to be held January 17 – 18 at the Community Center in Westbrook is attached. Swimmers must be members of USA Swimming (\$37.50 valid thru 3/15/15 and \$62 valid thru 12/31/15) to swim in the meet. 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. 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 area attached and 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@mdiyymca.org and I will reply in a timely fashion. If you wish to volunteer please email your interest.

Quote of the Week

'Perfection is not attainable, but if we chase perfection we can catch excellence'. Vince Lombardi