

**Shark NewsUpdate**  
**December 2, 2014**

**Officials Clinic**

There will be an officials clinic this Sunday, Dec 7 at the Harold Alfond/Waterville Boys & Girls Club. Registration is from 8:00 – 8:30am and the clinic should run until 2:30pm. The cost is \$30 plus \$6 for a book (the Sharks will reimburse for the clinic & book). You should plan to pack a bag lunch for a quick break during the clinic.

**First Y Dual Meet**

The score for the first dual meet was 462 for MDIY to 345 for CCSC (Old Town). Thanks to everyone that attended and to all the parents that helped out. There were about 110 swimmers in the meet, it took about 2 hours, the quickest in many of years for a dual meet.

**Dual Meet at Waldo County Y (Belfast)**

This Saturday, December 6, we will be swimming at the Waldo County Y in Belfast. The warm-up is at 12:15pm and the meet begins at 1:00pm. WCY always provides refreshments for all after each meet. There is still some room at the mini-bus that will be leaving at 10:30am and returning around 6:00pm after a stop at McDonald's. We need to know who will be going to the meet by Wednesday evening. Here is a list of the swimmers that I have going to the meet (please email to add or delete swimmers); Caden Braun, Zoe & Adria Horton, Heather Finger, Ruby Brown, Hannah Vienicki, Cody & Gracie Parker, Sam Schlieff, Jacob Benson, Amos Price, Brendan Graves, Sebastian Cullen, Julian Walls, Liam & Sadie Sullivan, Emma Denike, Claire Moore, Addy & Finley Smith, Peighton Skeate, Tyler & CassieLyn Willis.

**Practice Schedule (week of Dec. 1 – Dec. 6)**

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 – 5:0pm
AM's	Mon – Fri	6:00 – 7:00am/6:45 – 7:45am
Saturday	Sat	7:30 – 9:30am

**Practice Changes**

There are no practice changes for this week. Please be reminded that we have added a Green practice from 5:00 – 5:45pm on Thursdays for the rest of the Holiday Session. High School swimmers are reminded if there is no High School practice due to weather that there will be Sharks Senior practice from 2:45 – 4:15pm with the approval of their parents.

**Practices Next 3 Weeks**

This week Green practice will focus on the basics of breaststroke and butterfly. Gold team will also work on breaststroke and butterfly as well including working on the 2-hand touch turns.

## **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.

## **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@mdiymca.org](mailto:jim@mdiymca.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. 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. A new batch of MDI Latex caps (\$4) arrived this week.

## **World Swimming Short Course (25 meters) Championships**

The 2014 World Short Course Swimming Championships will run from December 3 – 7. They will be on the Universal Sports Network. It is premium channel but it will be free on DirecTV for the next week. The finals will be broadcast at 8:00pm each night and replayed a few times each day. Many of the top swimmers in the World will be participating including Ryan Lochte and Natalie Coughlin.

## **Questions/Problems/Ideas**

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

## **Quote of the Week**

“I’m a greater believer in luck, and I find the harder I work the more I have of it”  
– Thomas Jefferson, 3<sup>rd</sup> President of the United States