

**Shark NewsUpdate**  
**January 20, 2015**

**This Week's Practice Schedule**

Green	Mon & Wed	4:15 – 5:15pm
	Tues	4:45 – 5:45pm
	Fri	4:00 – 5:00pm
Gold	Mon & Wed	5:00 – 6:30pm
	Tues & Thurs	5:30 – 7:00pm
	Fri	3:15 – 4:15pm/4:00 – 5:00pm
Dryland	Tues & Thurs	5:00 – 5:30pm
AM	Mon – Fri	5:45 – 7:00am/6:45 – 7:45am
Saturday	Sat	7:30 – 9:30am

**This Friday Gold & Green Practice w/pizza**

The MDI HS will be swimming on Friday night against Bangor. We will have Gold practice from 3:15 – 4:15pm and Green practice from 4:00 – 5:00pm, with a water polo game beginning at 4:00pm for both Green & Gold team. There will be a Pizza Party after practice on Friday night.

**Coach of the Day Contest**

For the next two weeks we will be taking attendance at practice/meets/Aquathon to offer swimmers a chance to be 'Coach of the Day' during the week of Feb 2 – Feb 6. Every time a Shark swimmer comes to Shark practice they are given an additional chance to win the contest. Winners will be announced after the Super Bowl.

**Y Dual Meet @ Downeast Family Y (Ellsworth)**

We will be swimming the Downeast Family Y (DEFY) at the YMCA in Ellsworth this Saturday, Jan 24. If anyone needs a ride please inform Jim. Our warm-up is at 12:15pm and the meet will begin at 1:00pm. This is a scored meet and we are asking that all Shark members attend the meet. We need to know by this Wednesday (tomorrow) of the swimmers that will be participating in the meet.

**Y Dual Meet @ PenBay**

On Jan 31 we will be swimming at the PenBay YMCA Sailfish (Camden). This will be the last dual meet of the year and we are hoping to get lots of Shark swimmers to participate at this dual meet in order to give the team its best chance to compete. The mini-bus will be leaving at 10:15am. The MDI warm-up is at 12:15pm and the meet will begin at 1:00pm and should be completed by 4:00pm. I will need to know by Tuesday, Jan. 27 of those who will be participating and those who will need a ride on the mini-bus. We of course will stop for fast food on the way home from Camden

**Aquathon 2015**

2015 MDI Y Sharks Aquathon will be held on February 1<sup>st</sup>(Super Bowl Sunday). All Sharks must participate in the Aquathon, which is the Sharks major fundraiser for the

season. Swimmers may sign up for lap times at the pool. The make-up date for the Aquathon will be Wednesday, Feb 4 & 11 during practice and Saturday, Feb. 15 from 7:30 – 9:30am. If you are not able to make it at that time please speak/email the coaches and we will figure a time that will work. There is still time for parents to help out at this year's 'Mardi Gras'. If you wish to volunteer time, food or help in anyway please click on this link <http://goo.gl/forms/K77P1mEB2t>

### **Lenny DeMuro Invitational**

The annual Lenny DeMuro Invitational will take place on Sunday, Feb 8 at the MDI YMCA. There will be a 7:00am warmup and 7:30am start for the 3 distance freestyle events (500, 1000 & 1650 frees). All the other events will be in the afternoon with a 11:45am warm-up and a 12:45pm start. This is a great meet for swimmers to get qualifying times for JO's and New England's. Signup sheets are attached and posted at [www.mdiysharks.com](http://www.mdiysharks.com). Of course we will need food for concessions, concession volunteers and timers for the meet next weekend, which should be posted on Monday Feb 2<sup>nd</sup>. This will be the last home Y meet of the season.

### **Upcoming Y Meets**

The DEFY Invitational will be held on Feb 19. More info will be available next week.

### **YMCA State Meet**

The Maine YMCA State Meet will be held on February 27 & 28 and March 1 at the University of Maine in Orono. All Shark swimmers who participate in 3 Y league dual meets are eligible to swim at the Y State Meet. There will be another email in the coming days detailing all the information needed for the Y State Meet.

### **3 Y Meets**

Many of the swimmers have already swum in 3 Y meets. Here are the swimmers that have swam in less than 3 Y Meets this season.

2 Y Meets: Gaia Daul, Ruby DeMuro, Emma Denike, Eli Hansbury, Lucas Ingebritson, Rachel Jacobs, Billy Kerley, Claire Moore, Ellie McGee, Kristoph Naggert, Annie Painter, Zeke Valleau & Tyler Woodworth

1 Y Meet: Hutchin & Rebecca Gerrish, Sami Jacobs, Avalon Kerley, Ruby Mahoney, Tim Moore, McCadden Morris, Mary Ellen Sharp, Emma Stanley & Madison Woodworth

### **Upcoming USA Swimming Meets**

The next 2 USA Swimming meet we will be the 'Last Chance Meet' at Husson University in Bangor on Feb 22 and the Maine Swimming JO Trials at the Bath YMCA on March 7 & 8 for swimmers that have not qualified for their maximum events at JO's (6 events for 13 & olders and 9 for 12 & unders). More information will be available soon for both meets.

### **Quote of the Week**

**'The way to get started is to quit talking and begin doing'**

**Walt Disney**