

## **Shark NewsUpdate January 27, 2015**

### **No Practice Tuesday, January 27**

The YMCA will be closed all day on Tuesday due to the storm; therefore there will be no swim practice. Will keep all up to date on practices for Wednesday. Have a great snow day and stay safe & warm.

### **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. There are still a lot of swimmers that have not signed up for the Aquathon especially members of the Green Team. Parent's we do need your help to count the laps for Sharks. The make-up dates for the Aquathon will be Wednesday, Feb 4 & 11 during practice and Saturday, Feb. 14 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'. We are need of help for the Aquathon, if you can volunteer time, food or help in anyway please click on this link <http://goo.gl/forms/K77P1mEB2t>

### **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
AM	M/T/Th/F	5:45 – 7:00am/6:45 – 7:45am
	Wed	8:30 – 10:00am
Saturday	Sat	7:30 – 9:30am

### **Practice Changes**

The MDI HS will be swimming on Friday night against John Bapst. 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 no dryland practice this Tuesday & Thursday.

### **Coach of the Day Contest**

This week we will continue to take 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.

**Go Patriots!**

### **Y Dual Meet @ PenBay**

We will be swimming at the PenBay YMCA Sailfish (Camden) this Saturday, Jan. 31. 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 via email 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

### **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.

### **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, Hutchin & Rebecca Gerrish, Eli Hansbury, Rachel Jacobs, Tim Moore, Kristoph Naggert,, Zeke Valleau & Madison Woodworth

1 Y Meet: Sami Jacobs, Avalon Kerley, Ruby Mahoney, McCadden Morris, Mary Ellen Sharp & Emma Stanley

### **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). Information is attached and posted on [mdiysharks.com](http://mdiysharks.com).

### **Quote of the Week**

**'A smooth sea never made a skilled sailor'**