

Shark NewsUpdate
January 5, 2015

It's Winter

Swimmers should be reminded to be wearing proper clothing when coming/leaving the Y each evening. Wearing a winter hat will keep the head warm before stepping out in the cold. We expect to hold practices every day that the Y is open. We will email and post on Facebook any changes to the practice schedule due to weather.

This Week's Practice Schedule

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

Friday Practices

For the next four weeks, Gold practice on Friday will be from 3:15 – 4:15pm and Green practice from 4:15 – 5:15pm. We will allow Gold swimmers to come to the Green practice if they cannot make it to the Y for the Gold practice.

Y Dual Meet vs Bath Y (LRSC)

On Jan, 10 we will swim at home against the Long Reach Swim Club (Bath Y). We will need Shark swimmers to participate at this dual meet in order to give the team its best chance to compete. The warm-up is at 11:45am and the meet will begin around 1:00pm. Please inform by email/in-person of swimmers intentions by Wednesday. We will need lots of food for concessions, Bath will bring about 90 – 100 swimmers to the meet. Signups for concessions and volunteers will be posted on the pool bulletin board.

Swim Your Own Age (SYOA) Meet

The next USA Swimming meet we will be the 'Swim Your Own Age' meet in Westbrook on Jan. 17 & 18. Entries are due by this Wednesday (Jan. 7) and swimmers must be registered w/USA Swimming for a cost of \$37.50 (good until March 15, 2015) or \$62 (good until December 31, 2015).

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 on the roads to get to the Y, then please stay home.

WeeSharks & New/Formers 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 have a few more meets coming up in January and February. On Jan. 24 we will be headed to Downeast Family Y (Ellsworth) for a dual meet. On Jan, 31 we will be headed to Camden to swim against Penobscot Bay Y in our last dual meet of the season. On Sunday, Feb. 8 we will host the Lenny DeMuro Swim Meet and on Feb. 18 DEFY (Ellsworth) will host its annual meet during vacation 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. The 13-14 and Senior Boys will swim on Friday night. On Saturday will be the 9-10 girls, followed by 9-10 and 11-12 Boys and finishing with the 13-14 and Senior Girls. On Sunday the 8 & under Girls will begin the meet, followed by the 8 & under Boys and the concluding the meet with the 11-12 Girls. More information, including session times, will be available in the next few weeks.

Aquathon

The 2015 MDI Y Sharks Aquathon will be held on February 1st (Super Bowl Sunday). Packets will be distributed next Monday (Jan 12) to all team members. 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. More information will be available in a separate email.

Practices

Over the next few weeks we will prepare the swimmers for the Aquathon, the Y State Meet and the Winter JO's to be held in March. Green Team will work to build endurance based from the IM and freestyle. Gold Team will increase the intensity of their workouts with a strong emphasis on turns. Gold and Senior swimmers should remember to come to the Saturday AM practices from 7:30 – 9:30am.

Questions/Problems/Ideas/Volunteer

Any questions, problems, ideas or if wish to volunteer, please email sharks@mdiymca.org your interest because a swim team can only compete with the assistance of volunteers.

Quote of the Week

“Everyone has the will to win, but to win you must have the will to prepare”