

**Shark NewsUpdate**  
**February 4, 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
AM	M-F	5:45 – 7:00am/6:45 – 7:45am
Dryland	T/Th	5:00 – 5:30pm
Saturday	Sat	8:00 – 9:30am

**Aquathon 2015**

2015 MDI Y Sharks Aquathon was held on February 1<sup>st</sup> (Super Bowl Sunday). Please remember that all Sharks must participate in the Aquathon, which is the Sharks major fundraiser for the season. There will be make-up lanes available during practice on Wednesday and on Saturday from 8:00 – 9:30am. Parent's we do need your help to count the laps for Sharks. 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. Thanks to Edith Korstanje and all other parents that stepped up to make 'Mardi Gras' a special event. We ask that swimmers try to get all Aquathon money turned in by the end of February.

**Practice Changes**

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. If there are weather problems this week or in the future we will email & post on facebook any changes, we will try to have at least some practices each day.

**Winners of the Coach of the Day Contest**

Tuesday – Hannah Viechnicki & Adria Horton

Wednesday – Sebstain Cullen & Allister Frongillo (Green)  
Gabbie James & Nina Rozeff (Gold)

Thursday – Kelsey Mills, Liam Sullivan, Heather Finger & Olivia Underwood

Monday – Elle Yarborough, Keara Daul, Riley Donahue & Jordan Casey (Green)  
Amos Price & Tyler Willis (Gold)

**Y Dual Meet @ PenBay**

Looks like, we will probably not be able to make up the meet with PenBay due to the one of the many snowstorms to hit Maine in the past week. We will notify all if a date becomes available.

### **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 all Shark 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 Wednesday, Feb 4<sup>th</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. We do need to know by Feb. 13 of any swimmers that will not be participating at 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, Mary Ellen Sharp, Zeke Valteau & Madison Woodworth

1 Y Meet: Sami Jacobs, Avalon Kerley, Ruby Mahoney, McCadden Morris, & 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).

### **Maine Swimming Junior Olympic's (JO's)**

The Maine Swimming Junior Olympic's will be held from March 12 – 15 at the University of Maine at Orono. We would love to have all the Shark Swimmer's that qualify to participate in the meet. Swimmers that have qualified are posted at the deep end of the pool along with the events that they have qualified for. The meet format is the same as in the past. The 1650's will be held on Thursday evening. On Friday, Saturday & Sunday, the 13 & overs will swim Prelims in the morning and will come back in the evening to swim finals and all relays and the 12 & unders will swim in the afternoons each day. If you have any questions about JO's please speak to Jim. More detailed information will be available next week.

### **Quote of the Week**

**'Winning isn't everything, but trying to win is' Vince Lombardi**