

Shark NewsUpdate
March 23, 2015

This Week's Practice Schedule

Senior	Mon – Thur	2:45 – 4:15pm
	Fri	11:45 – 1:15pm
Green/Gold	Mon & Wed	4:15 – 5:30pm
	Fri	2:45 – 4:15pm
Gold	Tues/Thurs	5:30 – 7:00pm

Last Week of Practice

This is the last week of swim practice. Swim practices will resume the week after April vacation.

Y State Meet

The MDI Y Sharks placed 3rd at the Y State Meet held at the University of Maine. There was a great team effort from all the swimmers, coaches and other Shark volunteers. The team had a great meet with many personal best times and lots of great relay swims. It took all the team members to gather up enough points for 3rd place even though the Sharks were one of the smallest teams in the meet.

Maine JO Trials

This is new format was held at the Bath YMCA on March 7 & 8. Caden Braun, Julian Walls & Tyler Willis all made additional events for the JO's at this meet.

Maine JO's

The team had an awesome meet at the Maine Swimming Junior Olympics held from March 12 – 15 at the University of Maine. The team placed 3rd of the 22 teams behind Long Reach Swim Club (Bath Y) and Portland Porpoise Swim Club. Liam Sullivan set two State records in the 100 Breast and 200 IM, Leila Johnston set the 100 Free record and Lydia DaCorte set the record in the 500 Free. Everyone swam Wicked, Wicked fast and the team had a great time in Orono. This is the highest place for the Sharks at the JO's since the new format began in 1992

MDI Sharks Annual Awards Banquet

The Annual Sharks Awards Banquet will be held on April 8 at the MDI HS Café at 6:00pm. All awards from the State Meet, JO Trials and JO's will be handed out at banquet. Awards for the Most Improved and Most Outstanding along with the Coaches Award for season will be presented.

All the awards for the Aquathon will be given out at the Banquet as well. This includes awards for the most money collected and the most total pledges plus all the other prizes.

We are looking for High School swimmers to help out at the Banquet. We will need help preparing food and setting up the awards. Please email Jim if interested/available.

Spring Sharks

The Spring Sharks will run from April 27 – June 19. There will be Senior & Gold practices Monday through Friday and Green practices on Monday, Wednesday & Friday. We will also bring back the WeeSharks on Tuesday & Thursday. The Spring Sharks is a great time to get in shape for the summer season or swim camp for some but for many others just a chance to continue to improve in the sport of swimming.

Summer Sharks

The Summer Sharks will run from June 22 – July 31. There will be practices Monday – Friday for all groups. The summer team will spend a lot of time on technique to prepare for the next winter season. There are a few meets in the summer including the Maine Summer JO's to be held in Saint John, New Brunswick from July 23 – 25. More information on both the Spring & Summer Sharks will be available at the Banquet.

Lenny DeMuro Swim Camp and MDI Y Water Sports Camp

The Lenny DeMuro Swim Camp will be held from July 6 – 10 and the MDI Y Water Sports Camp will be held from August 10 – 14. Both camps are ideal for the Shark swimmer age 7 – 13.

The Lenny DeMuro camp has pool time both in the morning and the afternoon to work on strokes, starts, turns and other parts of the sport. There will be a Special Coach Guest for a day or two of the camp to provide their insights on the sport. There is also plenty of time spent outside playing on the Bar Harbor fields.

The MDI Y Water Sports Camp has morning swim practice time and in the afternoon there will be diving, log rolling and other activities in the pool. Most days we do take a trip somewhere on the island to a beach for play and lunch.

Maine Swimming Awards & Hall of Fame Banquet

The Maine Swimming Awards & Hall Fame Banquet will be held on Sunday, April 12 at the Green Ladle in Lewiston. High point awards from JO's will be presented along with State Record Certificates. This year Chris Hamilton (Bangor Diver & Swimmer), Lauren Hill (Cape Elizabeth Swimmer) & Al Switzer (UMaine Coach) will be inducted into the Maine Swimming Hall of Fame. Al was Jim's coach at UMaine and Chris swam for Jim at the Bangor Y before he became a great diver for Bangor High & a National Champ at Southern Connecticut.

The End

This will be the last newsupdate of the season. Do hope to see you all at the Banquet on April 8. Thanks to everyone that swam or volunteered throughout the season. It was a great year for the Sharks but to continue our success we need to continue to build the program with more swimmers. We always welcome new swimmers to try the team for a week before joining the team plus we also run the WeeSharks in the Spring & Fall to get more children involved with the sport. Please go online and fill out the survey <http://www.mdiymca.org/index.php?page=youth-programsurvey> on the MDI YMCA website. Your feedback will be of value as we look towards the summer and of course next winter. If you have any questions/feedback about the season, the upcoming Spring/Summer season, Swim Camps or anything else feel free to email.