

Sharks Spring Newsupdate #2
May 14, 2015

1. Practice Schedule, through June 19.

Green	Mon/Wed/Fri	4:15 – 5:15pm
Gold	Mon/Wed	5:00 – 6:30pm
	Tues/Thurs	3:30 – 4:45pm
	Fri	3:15 – 4:15/4:15 – 5:15pm
Senior	Mon – Fri	2:45 – 4:15pm
WeeSharks	Tues/Thurs	4:45 – 5:30pm

2. Summer Meet Schedule (All meets are USA Swimming Meets except Y Nationals).

June 13	@Husson University, Bangor
June 27	@Bath YMCA, Summer Sprint Meet, Bath
July 23 – 25	@Saint John, NB, Summer JO's
August 3 – 7	@Indianapolis, Summer Y Long Course Nationals

3. The Lenny DeMuro Swim Camp will be held July 6 – 10 and the Water Sports Camp will be held from August 10 – 14 from 9:00 – 3:00pm at the MDI YMCA. Both camps use the morning to improve each participant's technique. In the afternoon the Swim Camp will build endurance and reinforce what was worked on in the morning. The Water Sports Camp will include log rolling, using diving board and other water games in afternoon. The Water Sports camp is limited to 13 participants.

4. We do need some High School students to volunteer for either/both of the Swim Camps. This can count towards your MDI HS Community Service requirement.

5. We are planning on running the stand at the Ball Fields again this year on July 4th. This year we will change from selling cupcakes to Whoopie pies (a classic Maine Treat, which will last better in the heat). We will continue to sell Lemonade but will also add Iced Tea to our menu. Last year we did a great business on drinks and hope to continue this trend. More info on how to help will be available soon.

6. The Portland Sea Dogs will be hosting a Maine Swimming Night on June 30 in Portland. Tickets are \$10 for Box, \$7 for Reserved and \$5 for General Admission. All Maine Swimmers that participate will be able to walk in the pregame parade @ 5:00pm. To get tickets click on

https://www.ticketreturn.com/prod2/Team.asp?SponsorID=6916&EventID=114605&PROMOCODE=SWIM#.VVN2K_IViko.

7. There are still some people that need to pick up Aquathon Awards. If you did not get something that you were supposed to get please send an email or see me at the pool and we make sure that you are properly rewarded. I do have the gift certificates to swimoutlet.com for any one that choose that option.

8. The Summer Swim Team will begin on June 22 and will continue to July 31. The cost will be \$90 but is only an additional \$60 for those that did Spring Swim Team. Practice times will be:

AM's on Monday, Wednesday & Friday

Gold 6:30 – 8:00am and Green 8:00 – 9:00am

PM's Monday & Wednesday

Green 3:45 – 4:45pm and Gold 4:30 – 6:00pm

Tuesday & Thursday

Gold 3:45 – 5:15pm and Green 5:00 – 6:00pm

9. Info for hotels for the Summer JO's can be found on maineswimming.org website. The meet will be held in Saint John, New Brunswick for the 13th year. We are hoping to bring a large this year for fun and for fast times.

10. Any questions please email.