

**Sharks NewsUpdate
October 26, 2015**

1. The practice schedule for October 26 – 31) is:

Green (ages 9 & under)	Mon, Wed & Fri	4:15 – 5:15pm
Gold (ages 9 & above)	Mon & Wed	5:00 – 6:30pm
	Tues & Thurs	5:30 – 7:00pm
	Friday	3:15 – 4:15pm/4:15 – 5:15pm
Senior	Mon – Fri	2:45 – 4:15pm
AM	Mon – Fri	6:00 – 7:00am/6:45 – 7:45am
Saturday	Sat	8:00 – 9:30am
WeeSharks	Tues & Thurs	4:45 – 5:30pm

- Morning practices have begun; there are 2 workout times from Monday – Friday from 6:00 – 7:00am for High School swimmers and from 6:45 – 7:45 for Middle School swimmers.
- Dryland Training on Tuesday's & Thursday's will begin next Tuesday on November 3. The Dryland program will be upstairs in the pool balcony from 5:00 – 5:30pm is for any swimmers ages 10 & over who can make a regular commitment to the program. We will be doing basic calisthenics along with using the medicine balls.
- Please remember to sign up for Swim Team at the Front Desk. Swimmers must be members of the YMCA (League Rules) and must enroll with swim team. We do have bank draft plans available to make payments easier, just ask the front desk for more information. Swimmers will not be allowed to swim in meets if they are not members of the Y nor if they are not on the Y's swim team roster. Please fill out the attached swim team registration and return to front desk or to the coaches.
- We will be attending the Maine Swimming (MSI) Developmental Meet at PenBay Y (Camden) on November 7 & 8. This is a great early season meet for all ages. The shorter races will be on Saturday and all of the 200's will be on Sunday. This is a USA Swimming meet, swimmers must be members of USA Swimming to participate. Sign-up sheets are attached.
- The date of the Parent's Informational Meeting/Potluck Dinner has been changed to Monday, November 9. We request that all families send at least one representative. If you are not able to attend please speak with the coaches. We will have a new parent's meeting from 5:15 – 6:00pm and the returning parent's will meet from 6:15 – 7:00pm. A list of items to bring for the potluck will be posted on the pool bulletin board on Monday, November 2.
- The first Y meet will be on November 14 at the MDI YMCA. This is the 32nd Annual MDIY Sprint Meet. This is a great way to begin the season, events are 25 yards for 8 & under and 50 yards for swimmer 9 & older. Signup sheets are attached and posted on the team website www.mdiysharks.com. Swimmers will need to be at the Y at 11:45am for warm-up for the Sprint Meet and it will at 1:00pm. Volunteer and Concession lists will be posted the week before the meet.
- Our first dual meet will be on Nov. 21 at the Waldo County YMCA (Belfast) Blue Fish. We will need all the team members to swim in this meet. For dual meets there are no sign-up sheets, the coaches just need to know who will be at the meet and they will get them into the events. More information on the meet should be available next week.
- There will be a 'Bring-A-Friend' week from November 2 – 6 but any week can be bring-a-friend to practice. We will let anyone try the Sharks for a week before joining the team. We can always use new swimmers on the Sharks especially younger swimmers ages 7 – 11, but any age is great.
- If you have any questions or are interested in helping out the Sharks for the upcoming season please email. The Sharks website is www.mdiysharks.com and the Facebook page is Mount Desert Island YMCA Sharks Swim Team is loaded with info about the team.

'Only those who risk going too far can possibly find out how far one can go' T.S. Eliot