

Shark NewsUpdate November 16, 2015

Parents Meeting

The Parents Meeting/Potluck Dinner was held on Monday, November 9 in the MDI YMCA Game Room. The Sharks Team Handbook, Meet Schedule and the team registration form were all discussed and are attached and posted at www.mdiysharks.com. If you were not able to attend or if you did and have any questions please feel free to email or speak to the coaches before or after a practice.

First Meet (MDIY Sprint Meet)

The 32nd Annual MDIY Sprint Meet was held last Saturday. The swimmers had a great meet and a big Thank You to all that helped out at the meet. The results are posted on the website and the pool bulletin board.

First Y Dual Meet

Our first Y Dual Meet will be this Saturday, November 21 at the Waldo County YMCA Bluefish (Belfast). We need Shark swimmers to swim at this meet. Swimmers need to be at the Waldo County Y (directions attached) in Belfast at 12:15pm and the meet begins at 1:00pm. Please email or inform the coaches by Wednesday, November 18 on who will not going to the meet. We will be taking the Y mini-bus and have room for the 1st 12 swimmers to sign up. The bus will stop at the Bucksport McDonalds on the return to MDI. We will be leaving at 10:30am and returning around 6:00pm. All swimmers will be assigned to swim in 3 scoring events and some may do a 4th event that is exhibition. If you have any questions regarding the meet please email or ask the coaches.

Practice Schedule (week of November 17 – 22)

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

Practice Changes this week

The MDI High School Swim Team has begun its season. The Trojans will be swimming from 2:45 – 4:15pm Monday – Friday. If the High School practice is cancelled due to weather there will still be a Senior practice at that time. Green team swimmers who arrive early will need to sit in the bleachers.

Swim Suits

This year we having parents order swim suits directly online at www.swimoutlet.com/mdiysharks. An online store has been setup to allow parents to order suits or other swim equipment. The boys suits are either 24.03 or \$29.00 and the girls are either \$41.50 or \$42.89. Suits must be ordered by November 30 to guarantee delivery by December

24. The suits are Speedo, which usually run in about the same sizes for different styles. If unsure ask parents of children of similar ages/sizes or the coaches.

Practices

This week the swimmers will be able to watch themselves swim at practice. Green & Gold team swimmers will view themselves swimming freestyle and backstroke. The Gold team will begin to focus breaststroke and butterfly after the Thanksgiving vacation. The Green team will continue to work on some of the basics of swimming (streamlines, turns and technique).

Thanksgiving Week Practice Schedule (Nov. 23 – 28)

Green	Mon, Wed, & Fri	4:15 – 5:15pm
Gold	Mon & Wed	5:00 – 6:30pm
	Tues	5:30 – 7:00pm
	Fri	2:45 – 4:15pm
AM's	Mon – Wed, & Fri	8:00 – 9:30am
Saturday	Sat	8:00 – 9:30am

Facebook/Website

Please check out our swim team website at www.mdiysharks.com or like the Mount Desert Island YMCA Shark Facebook page.

WeeSharks & Dryland

On Tuesday & Thursday evenings, the WeeSharks practice from 4:15 – 5:00pm on Tuesday & Thursday. Dryland training for Swimmers ages 10 and older is from 5:00 – 5:30pm in the pool balcony.

USA Swim Meets

Signups for the Candy Cane Meet to be held in Portland on December 6 and the IMX meet at Bowdoin on January 2 & 3 are attached and posted in the meets tab on the team website. Registrations for the 2016 Swim Season are now being accepted. The fees are \$65 for an annual membership valid thru 12/31/16) and \$40 for a seasonal membership (valid thru March 20, 2016). If you have any questions please email.

Team Registration

We have a lot of registration forms for the swimmers but are still looking for all of the swimmers/families to have one filled out. They are posted on the team website.

Questions/Problems/Ideas

If you have any questions about the upcoming meets, practices or other concerns please feel free to email sharks@mdiyymca.org and I will reply in a timely fashion.

Quote of the Week

“Believe you can and you're halfway there.” President Theodore Roosevelt