

## **Shark NewsUpdate November 2, 2015**

### **First Meet**

We will be hosting the 32<sup>nd</sup> Annual MDI Y Sprint Meet on Saturday, November 14. The warm-up will be at 11:45am and the meet will begin at 1:00pm. We are hoping to get as many Shark swimmers as possible to swim in the meet. It is the 1<sup>st</sup> of 4 home meets for the season. The events are all 25's for 8 & unders and all 50's for swimmers 9 & older. There is also a 100 IM for all age groups. Signups for the swimmers are attached and posted at [www.mdiysharks.com](http://www.mdiysharks.com). Signups for concessions & volunteers will be posted on the bulletin board and [www.mdiysharks.com](http://www.mdiysharks.com).

### **First Y Dual Meet**

Our first Y Dual Meet will be on Saturday, November 21 at Waldo County YMCA (Belfast). We need all Shark swimmers to swim at this meet. Swimmers need to be at the Waldo County at 12:15pm and the meet begins at 1:00pm. The meet should take about 3 hours for most swimmers. We will be taking the mini-bus which will leave the Y @ 10:30am. Please email or inform the coaches by Wednesday, November 18 on who will be going/not going to the meet. All swimmers will be assigned to swim in 3 scoring events and some may do a 4<sup>th</sup> event that is exhibition. If you have any questions regarding the meet please don't be afraid to ask.

### **Winter Practice Schedule (Week of Nov 2 – Nov 7)**

Green	Mon, Wed, & Fri	4:15 – 5:15pm
Gold	Mon & Wed	5:00 – 6:30pm
	Tues & Thurs	5:30 – 7:00pm
	Fri	3:15 – 4:15pm/4:15 – 5:15pm
Senior	Mon – Fri	2:45 – 4:15pm
Dryland	Tues & Thurs	5:00 – 5:30pm
AM's	Mon – Thurs	6:00 – 7:00am/6:45 – 7:45am
Saturday	Sat	7:30 – 9:30am
WeeSharks	Tues & Thurs	4:15 – 5:00pm

### **Practice Change**

On Wednesday, November 11 we will have a Gold/Senior AM practice from 8:00 – 9:30am. In the afternoon there will be a Gold/Senior practice from 2:45 – 4:15pm and Green practice from 4:15 – 5:15pm. There will be no Gold practice at 5:00pm.

### **Bring – A – Friend Week**

This is the annual 'Bring-A-Friend Week' (November 2 – 6). We have some shirts for swimmers and their friends that come to practice, please see Jim after practice. Please remember that we always encourage Shark swimmer's to bring a friend anytime to practice.

### **Practice Goals**

This week we will continue to work on the basics of freestyle along with streamlining. Shark swimmers must be in the habit of starting and pushing off all walls with their hands tightly clasped above their head (Streamline position). Freestyle is the basic stroke for all swimmers. We are emphasizing 11/1 arms, strong & steady kick and bi-lateral breathing (every 3 strokes) this season.

## **Dryland Training**

We will begin Dryland Training November 3 on Tuesday & Thursday from 5:00 – 5:30pm. Dryland training is for swimmers ages 10 & older who must come at least one day/week. We will be doing some basic calisthenics, using the medicine balls and stretching to build strength and agility for the season.

## **Facebook/Website**

Please check out our swim team website at [www.mdiysharks.com](http://www.mdiysharks.com). This is to keep all members and others informed of the latest information about the Sharks. We are also on Facebook, just search for the Mount Desert Island YMCA Sharks. Practice schedules, practice changes, meet announcements, and other quick news items are posted on the Facebook page. We are also looking for pictures of the swimmers on the page as well.

## **WeeSharks**

WeeSharks practices from 4:15 – 5:00pm on Tuesday & Thursday. This is for new swimmers to get an introductory experience to the Sharks. Swimmers can come once/twice a week for the Holiday Session (until December 22). This year we will not have a January session of the WeeSharks but we do encourage the WeeSharks to join the Sharks for the rest of the season.

## **Parents Meeting**

The parents' informational meeting and pot-luck dinner will be held on November 9. This year we hold a meeting for new parents at 5:15pm and the returning parents at 6:15pm. We will have the pot-luck around 6:00pm for the parents and any Green team members who are there. Any leftovers will be available for the Gold team members when they finish practice. We will be using the Game room. A list of items needed will be posted on the pool bulletin board and on the website for the pot-luck dinner.

## **USA Swim Meets**

We have 9 swimmers headed to PenBay this weekend. The next USA meet will be the Candy Cane to be held in Portland on December 6. Signup sheets for the Candy Cane will be posted soon.

## **Team Store**

The team store is open on Monday & Wednesday evenings from 4:45 – 5:30pm and most Friday's. We have swim caps, goggles and suits for sale. You can also checkout [www.swimoutlet.com](http://www.swimoutlet.com) for more products.

## **Team Registration/Payment**

We need swimmers to make sure that they are registered at the front desk for the 2015 – 16 swim-season. Please remember that there are draft plans available and that the Y does offer scholarships & reduced fees for swimmers/families in need. All swimmers must be on the YMCA's roster and a member of the YMCA before swimming in a meet. Registration form is attached and posted on the 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](mailto:sharks@mdiyymca.org) and I will reply in a timely fashion. If you wish to volunteer please email your interest because a swim team can only compete with the assistance of volunteers.

## **Quote of the Week**

“We are what we repeatedly do. Excellence, therefore, is not an act but a habit.”  
Aristotle