

## **Shark NewsUpdate December 14, 2015**

### **Practice Schedule (week of Dec. 14 – Dec. 20)**

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

### **Practice Changes**

No practice changes for this week, there will be a Pizza Party after Green and Gold practice on Friday, December 18. The Sharks will continue to run practice during Christmas vacation for anyone remaining on the island. You can find the schedule on page 2 of this newsupdate, on the monthly calendar and at mdiysharks.com.

### **Dual Meet vs Bangor Y**

We will be swimming at the Bangor Y Barracudas this Saturday, December 19. The Sharks will warm-up at 9:30am and the meet will begin at 10:00am. The mini-bus will be leaving at 8:00am and should return by 3:00pm after a stop at the Brewer McDonald's. Expect the meet to last about 2 hours. Please inform the coaches by Wednesday on your child's plans for this Saturday.

### **Inclement Weather/Snow Days**

Even though we have not seen any snow so far this season we wanted to remind all that the Sharks will try to run practice on all days that practice is scheduled. During inclement weather we will make any announcements regarding changes via email and on facebook. The 2:45 High School practice will become a Senior/Gold practice on days when the High School team practice is cancelled and we may combine other practices as well. Parents if you do not feel it is safe to get to the Y, then please stay home. If the MDI Y closes for weather we will of course have no practice as well.

### **WeeSharks & New/Formal Swimmers**

WeeSharks will not be offered for the Winter Session beginning on January 4; it will be offered again in for the Spring 2 session beginning in late April. Instead we will be offering a chance for WeeSharks and other new/former swimmers to join the Sharks for the rest of the season beginning on January 4. For more information please contact Jim.

### **Upcoming Y Meets**

We will be swimming at the Long Reach (Bath Y) Snaildarters on January 9, at home on January 23 against PenBay (Camden) and the Lenny DeMuro Meet will be held at MDI on January 31.

## **Christmas Vacation Schedule**

Green	Mon (12/21), Tues (12/22), Mon (12/28), Tues (12/29) & Wed (12/30) 4:15 – 5:15pm
Gold	Mon (12/21), Tues (12/22) & Tues (12/29) 5:00 – 6:30pm Mon (12/28) 2:45 – 4:15pm
Green & Gold	Wed (12/23) 1:00 – 2:30pm
AM	Mon (12/21), Tues (12/22) & Wed (12/23) 6:00 – 7:00am/6:45 – 7:45am Thurs (12/24), Mon (12/28), Tues (12/29), Wed (12/30) & Thurs (12/31) 8:00 – 9:30am
Saturday	Sat (12/26 & 1/2) 8:00 – 9:30am

A monthly practice/event for the next 5 weeks is attached.

## **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.

## **Swim Your Own Age Meet @ Westbrook**

The Signup sheet for the Swim Your Own Age Meet to be held January 16 – 17 at the Community Center in Westbrook is attached. Swimmers must be members of USA Swimming (\$40 valid thru 3/20/16 and \$65 valid thru 12/31/16) to swim in the meet. We have secured rooms at the Embassy Suites in Portland (207-775-2200) for \$109/night. The price includes drinks and snacks in the evening and a full breakfast in the morning. The rooms are listed under the MDI YMCA Sharks and must be reserved by December 17.

## **Team Store/Swim Suits**

The team store is open on Monday & Wednesday evenings from 4:45 – 5:30pm. We have swim caps, goggles, shark stickers, and suits for sale. To order a team suit or other swim gear, go to [www.swimoutlet.com/mdiysharks](http://www.swimoutlet.com/mdiysharks).

## **New England YMCA Championships**

The New England Y Championships will be held at MIT in Cambridge MA. The 8 & under's will swim on Saturday, March 12, the 9-10's will swim on Sunday, March 13, the 11-12's will swim on Saturday, March 19 and the 13-14's and 15 & overs will swim on Sunday, March 20. Qualifying times for both the YMCA New England's and the Maine JO's area attached and 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](mailto:sharks@mdiyymca.org) and I will reply in a timely fashion. If you wish to volunteer please email your interest.

## **Quote of the Week**

*'Perfection is not attainable, but if we chase perfection we can catch excellence.'* *Vince Lombardi*