

Shark NewsUpdate December 7, 2015

Practice Schedule (week of December 7 – 12)

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| Green | Mon, Wed & Fri | 4:15 – 5:15pm |
| Gold | Mon, Wed & Fri | 5:00 – 6:30pm |
| | Tues | 5:30 – 7:00pm |
| | Thurs | 3:15 – 4:15pm |
| MDI HS/Senior | Mon – Fri | 2:45 – 4:15pm |
| Dryland | Tues | 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

This Thursday we have a Gold practice from 3:15 – 4:15pm due to the High School meet with George Stevens Academy. There will be no dryland this Thursday due to the meet. The Sharks will continue to run practice during Christmas vacation for anyone remaining on the island.

Inclement Weather/Snow Days

The Sharks try to run practice on all days that practice is scheduled. If the MDI Y closes for weather we will of course have no practice as well. 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

Upcoming Y Meets

The next 2 YMCA Dual Meet will be away meets. We will be swimming at the Bangor YMCA Barracudas on December 19 and at the Long Reach (Bath Y) Snaildarters on January 9. We are looking to have maximum participation of the Sharks at both meets. The last dual meet will be home on January 23 with PenBay (Camden).

End of Season Meet

The Maine YMCA State Meet will be held March 4 – 6 at the University of Maine, the Maine JO Trials will be held on March 12 – 13 at the Bath YMCA and the Maine JO's will be held March 17 – 20 at Bowdoin College.

WeeSharks & New/Former 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.

Practices Next 2 Weeks

This week both the Green & Gold teams will be working on butterfly. Gold team will continue to spend time working on the turns and stroke drills.

Facebook/Website

Please check out our swim team website at 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. Please feel free to post pictures of your Shark Swimmers on Facebook or send them to jim@mdiyymca.org.

USA Swim Meets

Signup Sheets for attached/posted for the Northeast Pentathlon Meet to be held at Bowdoin College in Brunswick on December 27 and the Swim Your Own Age Meet @ Westbrook on January 17 - 18. Rooms at the Embassy Suites in Portland are available for \$109 for Shark families during the SYOA meet. Call 800-753-8767 to get a room. Registrations for the 2016 Swim Season are now being accepted. The fees are \$65 for an annual membership and \$40 for a seasonal membership (good until March 20, 2016). If you have any questions please email Jim.

Swim Suits

You can order suits online at swimoutlet.com/mdiysharks. We have added a Girls suit for \$27.00. The other prices are \$24.03 for the Boys jammer and \$29 for the men's suit. For the Women the prices are either \$41.50 or \$42.87 depending which suit you get. If you have any questions on suits please contact Jim.

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 are posted on the Sharks website and attached.

CLYNK

We have opened a CLYNK account to add to our fundraising! Unlike personal accounts, the tags need to be ordered directly and will be provided to you. However, bags are available at Hannaford's (10 bags for \$1.50). We have bag tags and those can be picked up by the Y, please email Tabatha (tabatha.sullivan@mdirss.org) for the tags. This is an easy way to help the Sharks swim team for this season and the future.

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. If you wish to volunteer please email your interest.

Quote of the Week

"The five Ss of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit."

- Ken Doherty