

## **Shark NewsUpdate January 5, 2016**

### **Winter Storm Warning**

Looks like there will be snow on Tuesday evening and Wednesday morning. Any changes in practices will be announced via email & Facebook. If there is a 2 hour delay, we will just have am practice 2 hours later. If the MDI YMCA is closed then there will be no practice. If you do not feel safe on the roads, please stay home.

### **This Week's Practice Schedule**

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

### **Practices Changes**

Gold practice this Friday will be from 3:15 – 4:15pm and Green practice from 4:15 – 5:00pm. There will be a High School meet on Friday against Ellsworth on Friday. There are now Green practices on Tuesday & Thursday from 4:15 – 5:00pm. There will be a Saturday morning practice this week.

### **Martin Luther King Day Practice Schedule**

We will have a morning practice from 8:00 – 9:30am on Monday, January 18. We will still have afternoon practices at the 4:15pm for Green and 5:00pm for Gold.

### **Y Dual Meet vs Bath Y (LRSC)**

Thanks to all that attended the meet against Bath. We swam well but we overwhelm by the sheer numbers of LRSC swimmers. It was great to compete against the best team in Maine. If want to be the best you have to compete against the best.

### **Next Y Dual Meet vs PenBay**

We will be hosting Penobscot Bay YMCA (Camden) Sailfish next Saturday. The Sharks warm-up is 11:45am and the meet will begin at 1:00pm. This will be the last dual meet of the 2015-16 season. We would like to have all Shark swimmers at the meet, so we can finish the season on a winning note. The coaches will need to know by next Wednesday of any swimmers that cannot participate in the meet. Volunteer/Concessions sign-ups will be posted next week.

### **Quote of the Week**

“As with the butterfly, adversity is necessary to build character in people.”

**Joseph B. Wirthlin**

## **Maine JO Rooms**

This year the Maine JO's will be held at Bowdoin College in Brunswick from March 17 – 20. The format is the same as in year's past. The 1650 will be held on Thursday evening. On Friday, Saturday & Sunday, the 13-14's and 15&overs will swim Prelims in the morning, the 10&unders and 11-12's will swim in the afternoon and the 13-14's and 15&overs will swim Finals in the early evening.

We have reserved rooms at the Fairfield Inn & Suites in Brunswick. Rooms are \$109/night and do include breakfast each morning. The rooms are reserved under the MDI YMCA Sharks. To reserve a room, call 207-721-0300.

## **Upcoming Y Meets**

We have a few more 'Y' meets coming up in January and February. On Jan. 31, we will host the Lenny DeMuro Swim Meet and on Feb. 17 DEFY (Ellsworth) will host its annual meet during vacation week.

## **YMCA State Meet**

The Maine YMCA State Meet will be held March 4 – 6 at the University of Maine in Orono. All Shark swimmers who participate in 3 Y league dual meets are eligible to swim at the Y State Meet. The 13-14 and Senior Girls will swim on Friday night. On Saturday, the meet will begin with 9-10 and 11-12 Boys, then the 9-10 Girls and finish with the 13-14 and Senior Boys. On Sunday the 8 & under Girls will begin the meet, followed by the 8 & under Boys and the concluding the meet with the 11-12 Girls. More information, including session times, will be available in the next few weeks.

## **Aquathon**

The 2016 MDI Y Sharks Aquathon will be held on February 7<sup>th</sup> (Super Bowl Sunday). Packets are being distributed this week to all team members. All Sharks must participate in the Aquathon, which is the Sharks major fundraiser for the season. Swimmers may sign up for lap times at the pool. More information will be available in a separate email.

## **Practices**

Over the next few weeks we will continue to prepare the swimmers for the Aquathon, the Y State Meet and the Winter JO's to be held in March. Green Team has been working on circling swimming and flip turns. Gold Team has increased the intensity of their workouts with a strong emphasis on turns. Gold and Senior swimmers should remember to come to the Saturday AM practices from 7:30 – 9:30am.

## **Questions/Problems/Ideas/Volunteer**

Any questions, problems, ideas or if wish to volunteer, please email [sharks@mdiymca.org](mailto:sharks@mdiymca.org) your interest because a swim team can only compete with the assistance of volunteers.

## **Quote of the Week #2**

"By failing to prepare, you are preparing to fail." **Benjamin Franklin**