

Shark NewsUpdate
January 5, 2016

It's Winter

Swimmers should be reminded to be wearing proper clothing when coming/leaving the Y for each practice. Wearing a winter hat will keep the head warm before stepping out in the cold. We expect to hold practices every day that the Y is open. We will email and post on Facebook any changes to the practice schedule due to weather.

This Week's Practice Schedule

Green	Mon, Wed & Fri	4:15 – 5:15pm
	Tues & Thurs	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

Practices Changes

Gold practice this Friday will be from 3:15 – 4:15pm and Green practice from 4:15 – 5:15pm. There are now Green practices on Tuesday & Thursday from 4:15 – 5:00pm. There will be no Saturday morning practice this week.

Y Dual Meet vs Bath Y (LRSC)

On Jan. 9 we will swim at the Long Reach Swim Club (Bath Y). We will need Shark swimmers to participate at this dual meet in order to give the team its best chance to compete. The warm-up is at 11:15am and the meet will begin around Noon. The meet should take no longer than 2.5 hours. The mini-bus will leave the Y at 7:30am and should return before 7:00pm. We will stop at 5 Guys in Brunswick before returning.

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.

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 on the roads to get to the Y, then please stay home.

Swim Your Own Age (SYOA) Meet

The next USA Swimming meet we will be the ‘Swim Your Own Age’ meet in Westbrook on Jan. 16 & 17. Entries are due by this Wednesday (Jan. 6) and swimmers must be registered w/USA Swimming for a cost of \$40 (good until March 20, 2016) or \$65 (good until December 31, 2016). List of swimmers that I have going as of today, Cody & Gracie Parker, Addy & Finley Smith, TJ Willis, Sebastian Cullen & Julian Walls, Jacob Benson, Brendan Graves, Peighton Skeate, Lily James, Adria & Zoe Horton, Sam Schleif, Rex & Ruby DeMuro, Bree & Elle Yarborough, Anna Naggert, Nina Rozeff, JJ Cistone, Liam McKernan & Caden Braun.

Upcoming Y Meets

We have a few more meets coming up in January and February. On Jan. 23 we will be swimming Penobscot Bay at MDI. 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 7th (Super Bowl Sunday). Packets will be distributed next Monday (Jan. 11) 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 prepare the swimmers for the Aquathon, the Y State Meet and the Winter JO's to be held in March. Green Team will work to build endurance based from the freestyle learning the IM. Gold Team will increase 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 your interest because a swim team can only compete with the assistance of volunteers.

Quote of the Week

“Everyone has the will to win, but to win you must have the will to prepare”