

**Sharks NewsUpdate  
September 21, 2015**

1. Fall Swim Team began last Monday, September 14. We had a little over 30 Shark swimmers at practice last week and at least 5 WeeSharks. It is never too late to come to swim practice as we get ready to start the 2014-15 Winter Swim Season, which will begin on October 19.

Green (ages 9 & under)	Mon, Wed, & Fri	4:15 – 5:15pm
Gold (ages 9 & above)	Mon & Wed	5:00 – 6:30pm
	Tues & Thur	3:30 – 4:45pm
	Fri	3:15 – 4:15pm/4:15 – 5:15pm
Senior	Mon – Fri	2:45 – 4:15pm
WeeSharks	Tues & Thur	4:45 – 5:30pm

2. There will be no WeeSharks this Tuesday, September 22.
3. There will be no coach at practice on Tuesday, September 22 and Wednesday September 23 for Green, Gold & Senior practice.
4. The MDI YMCA Half-Marathon was held on Saturday, September 20. Volunteering at the Sharks Water Station were Lydia DaCorte, Tyler Willis & Anna Naggert. Thanks for the help, it is always great to see how the runners appreciate the volunteers in the middle of the woods next to Eagle Lake.
5. I will be away this Tuesday & Wednesday to attend the Fall State YMCA Coaches Meeting in Waterville. In my absence, there will be no coach on deck. There will be some workouts left for the swimmers. The weeks practices will focus on backstroke.
6. The meet schedule is now available and included w/this email. There is both a Home and Away Meet schedule as well as meet schedule for the whole season. Here are some of the dates for this year; @ Waldo County (Belfast) Nov. 21, vs DEFY (Ellsworth) Dec. 5, @ BYB Dec. 19, @ LRSC (Bath) Jan. 9, and vs PenBay (Camden) Jan 23. Our first Y Meet will be the MDI Sprint Meet on Nov. 14. The Aquathon will be held on Super Bowl Sunday, Feb. 7. The Y State Meet @ UMaine will be from March 4 – 6 and the JO's (Winter Champs) will be @ Bowdoin College from March 17 – 20.
7. The WeeSharks is for swimmers who aren't ready to make the full commitment to the Sharks or just new to competitive swimming. Practices are from 4:45 – 5:30pm on Tuesday and Thursday beginning on September 15. Swimmers/Families will have the option to sign up for one day or two days per week.
8. We are always on the lookout for new Shark Swimmers. New swimmers may try the Sharks for a week before joining. No one is cut from the Sharks and anyone (who can swim the length of the pool) from ages 6 – 18 is welcome on the team. There will be a 'Bring-A-Friend' week from November 2 – 6 but any week can be bring-a-friend to practice.
9. We are always looking for officials to help with the Sharks home meets; there will be two trainings in October. A class on October 18 in Portland and on October 25 at UMaine.
10. There will be a parents pot luck/meeting for on Monday, November 9, October 1 @ 5:15pm for new parents and at 6:00pm for returning parents. This will be an important meeting to discuss the upcoming season of the Sharks. More information on the meetings should be available in the coming weeks.
11. Every 4 – 5 weeks we will post on the website [www.mdiysharks.com](http://www.mdiysharks.com) and email a calendar for 5 next 5 weeks of practice. If there are any changes to the schedule we will notify all by email and post on the Mount Desert Island Sharks Facebook page.
12. If you have any questions or are interested in helping out the Sharks for the upcoming season please email.