

**Shark Notes**  
**October 31, 2016**

**Halloween Week Practice Schedule (Week of Oct 31 – Nov 6)**

Green	Wed, & Fri	4:15 – 5:15pm
Gold	Mon & Fri	3:30 – 4:45pm
	Tues & Thurs	5:30 – 7:00pm
	Wed	5:00 – 6:30pm
Senior	Mon – Fri	2:45 – 4:15pm
AM's	Mon – Thurs	6:00 – 7:00am/6:45 – 7:45am
Saturday	Sat	7:30 – 9:30am
WeeSharks	Tues & Thurs	4:15 – 5:00pm

**Practice Announcements**

No Green practice or 5:00pm practice on Halloween. The 1<sup>st</sup> Saturday AM practice will this week from 7:30 – 9:30pm.

**First Meet**

We will be hosting the 33<sup>rd</sup> Annual MDI Y Sprint Meet this Sunday, November 6. The warm-up will be at 11:45am and the meet will begin at 1:00pm. We are hoping to get as many Shark swimmers as possible to swim in the meet. It is the 1<sup>st</sup> of 4 home meets for the season. The events are all 25's for 8 & unders and all 50's for swimmers 9 & older. There is also a 100 IM for all age groups. Signups for the swimmers are attached and posted at [www.mdiysharks.com](http://www.mdiysharks.com). If you have any questions on event choices, the coaches can select.

**First Y Dual Meet**

Our first Y Dual Meet will be on Saturday, November 21 at Waldo County YMCA (Belfast). We need all Shark swimmers to swim at this meet. Swimmers need to be at the Waldo County at 12:15pm and the meet begins at 1:00pm. The meet should take about 3 hours for most swimmers. We will be taking the mini-bus which will leave the Y @ 10:30am. Please email or inform the coaches by Wednesday, November 18 on who will be going/not going to the meet. All swimmers will be assigned to swim in 3 scoring events and some may do a 4<sup>th</sup> event that is exhibition. If you have any questions regarding the meet please don't be afraid to ask.

**Bring – A – Friend Week**

The annual 'Bring-A-Friend Week' (Nov. 7 – 10) will be next week. Shark swimmers are encouraged to bring a friend or two to practice. Please remember that we always encourage Shark swimmer's to bring a friend anytime to practice.

**Practice Goals**

We are developing the basics of freestyle along with streamlining. The fastest place in the pool is the dive and pushing off the wall, Shark swimmers need to be in the habit of tightly clasping their arms and hands above their head (Streamline position). Freestyle is the basic stroke for all swimmers.

**Dryland Training**

This year we will be doing Dry-land on Tues & Thursday evening for the 1<sup>st</sup> 15 minutes of the Gold practice on Tuesday & Thursday evening. Dry-land training will be for all Gold team members who attend practice that evening. We will be doing some basic calisthenics, using the medicine balls and stretching to build strength and agility for the season.

## **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. We post pictures on the facebook page, if you don't wish to have your children posted please contact Marie Yarborough [theyarboroughs@gmail.com](mailto:theyarboroughs@gmail.com). Practice schedules, practice changes, meet announcements, and other quick news items are posted on the Facebook page. We are also looking for pictures of the swimmers on the page as well.

## **WeeSharks**

The WeeSharks will begin a new session on Tuesday. Practices are from 4:45 – 5:30pm on Tuesday & Thursday. This is for new swimmers to get an introductory experience to the Sharks. Swimmers can come once/twice a week for the Holiday Session (until December 22).

## **Parents Meeting**

The parents' informational meeting and pot-luck dinner will be held next Monday, November 9. This year we hold a meeting for new parents at 5:30pm and the returning parents at 6:30pm. We will have the pot-luck around 6:15pm for the parents and any Green team members who are there. Any leftovers will be available for the Gold team members when they finish practice. We will be using the Game room. A list of items needed will be posted on the pool bulletin board and on the website for the pot-luck dinner.

## **USA Swim Meet @ Westbrook**

11 swimmers (Peighton S, Henry S, Gracie P, Cody P, Lily J, Sebastian C, Julian W, Finley S, Addy S, Elle Y & Bree Y) have signed up for the King/Queen meet in Westbrook next weekend (Nov. 12 – 13). Swimmers need to sign up by Thursday to attend. The signup sheet is attached.

## **Team Store**

The team store is open on Monday & Wednesday evenings from 4:45 – 5:30pm and most Friday's. We have swim caps, goggles and suits for sale. You can order team suits, suits and other swim gear online at [www.swimoutlet.com/mdiysharks](http://www.swimoutlet.com/mdiysharks).

## **Team Registration/Payment**

We need swimmers to make sure that they are registered at the front desk for the 2016 – 17 swim-season. Please remember that there are draft plans available and that the Y does offer scholarships & reduced fees for swimmers/families in need. All swimmers must be on the YMCA's roster and a member of the YMCA before swimming in a meet. Registration form is attached and posted on the website.

## **Questions/Problems/Ideas**

If you have any questions about the upcoming the Sprint meet, practices or other concerns please feel free to email [sharks@mdiyymca.org](mailto:sharks@mdiyymca.org). If you wish to volunteer please email your interest because a swim team can only compete with the assistance of volunteers.

## **Quote of the Week**

“We are what we repeatedly do. Excellence, therefore, is not an act but a habit.”  
Aristotle