

Shark Notes
November 10, 2016

Parents Meeting

A productive Parents Meeting/Potluck Dinner was held on Monday, November 7. The Sharks Team Handbook, Meet Schedule and the team registration form and agenda w/notes are attached and posted at www.mdiysharks.com. If you were not able to attend or if you did and have any questions please feel free to email or speak to the coaches before or after a practice.

First Meet (MDIY Sprint Meet)

The 33rd Annual MDIY Sprint Meet was held last Sunday. The swimmers had a great meet and a big Thank You to all that helped out at the meet. The results are posted on the website and the pool bulletin board.

First Y Dual Meet

Our first Y Dual Meet will be next Saturday, November 19 at the MDI YMCA against the Northern York County YMCA Manta Rays (Biddeford). We need Shark swimmers to swim at this meet. Warm-up is at 11:45am and the meet begins at 1:00pm. Please email or inform the coaches by Wednesday, November 16 on who will not be at the meet. We are asking for lots of help at the concessions and volunteer jobs to run the meet this weekend. Signup sheets are posted on the bulletin board and you can always email your requests. If you have any questions regarding the meet please email or ask the coaches.

Practices for the rest of this week

Friday, Nov 11 AM 8:00 – 9:30am, Gold/Senior 2:45 – 4:15pm & Green 4:15 – 5:15pm
Saturday, Nov 12 AM 7:30 – 9:30am

Practice Schedule (week of November 14 – 19)

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

Swim Suits

Parents please order swim suits directly online at swimoutlet.com/mdiysharks. An online store has been setup to order Shark team gear and other swim equipment. The suits are Speedo, which usually run in about the same sizes for different styles. If unsure ask parents of children of similar ages/sizes or the coaches.

Practices

Now that we finally have a team it is time to build endurance and improve technique. Green & Gold team swimmers will continue to focus on freestyle and backstroke for one more week. Relays, starts and turns and will be a major focus this coming week as well, as we get ready for our 1st dual meet.

Thanksgiving Week Practice Schedule (Nov. 21 – 26)

| | | |
|----------|------------------|---------------|
| Green | Mon, Tues & Wed | 4:15 – 5:15pm |
| Gold | Mon, Tues & Wed | 5:00 – 6:30pm |
| | Tues | 5:30 – 7:00pm |
| | Fri | 2:45 – 4:15pm |
| AM's | Mon – Wed, & Fri | 8:00 – 9:30am |
| Saturday | Sat | 8:00 – 9:30am |

Facebook/Website

Please check out our swim team website at www.mdiysharks.com or like the Mount Desert Island YMCA Shark Facebook page. Please forward any pictures or requests to not be shown on Facebook to Marie theyarboroughs@gmail.com.

Dryland

We are now doing Dryland the 1st 15 minutes of practice on Tuesday & Thursday evenings. The Seniors have been doing dryland for a little of a month at 2:45pm and the Gold team began this Tuesday evening. This is a basic program to improve athletic fitness and body awareness.

USA Swim Meets (Candy Cane & SYOA)

Signups for the Candy Cane Meet to be held in Portland on December 4 are due on November 23. Here is the link tinyurl.com/sharkssyoa for the Embassy Suits for Jan 13 – 15, rooms are \$109/night. Signup sheets for the Swim Your Own Age Meet (SYOA) meet in Westbrook will be available soon. Registrations for the 2017 Swim Season are now being accepted and can be paid at the Front Desk. The fees are \$67 for an annual membership valid thru 12/31/17) and \$40 for a seasonal membership (valid thru March 19, 2017). If you have any questions please email.

Clynk Bags

We have bag tags for Clynk at Hannaford. Anyone wishing to donate bottles to the Sharks Concessions account can get bag tags at the pool. Please see Jim or Tabatha Sullivan to donate.

Alumni Meet (Dec 26)

The Sharks will be hosting their 1st Annual Alumni Meet on December 26th @ 6:00pm. All former MDI Y Sharks, MDI HS Trojans & any other former swimmers can suit up for a fun swim meet with many of the present members of the Sharks & Trojans. Please pass the word along to all. More information will be available soon.

Questions/Problems/Ideas

If you have any questions about the upcoming meets, practices or other concerns please feel free to email sharks@mdiymca.org and I will reply in a timely fashion.

Quote of the Week

“Believe you can and you're halfway there.” President Theodore Roosevelt