

Shark Notes
November 16, 2016

First Y Dual Meet

Our first Y Dual Meet will be this 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 for concessions & volunteers are posted on the bulletin board and you can always email your requests.

There will be an email on Friday listing the probable swimmers in the meet and all the items/volunteers needed for the meet. If you have any questions regarding the meet please email or ask the coaches.

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/mdiyssharks. 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 of sizes ask parents of children of similar ages/sizes or the coaches.

Vacation Practices

We will still be having practice over Thanksgiving Vacation. If the swimmers are on island, nothing better than coming to practice. If they are off island and feel the urge to swim, there are always swim programs that open their lanes to visiting swimmers.

Thanksgiving Week Practice Schedule (Nov. 21 – 26)

Green	Mon, Tues & Wed	4:15 – 5:15pm
Gold	Mon, Tues & Wed	5:00 – 6:30pm
	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.mdiyssharks.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. We will not be doing Dryland during vacation weeks.

USA Swim Meets (Candy Cane & SYOA)

Signups for the Candy Cane Meet to be held in Portland on December 4 are due on next Wednesday, 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.

MDI Y Sharks Weather Policy

The MDI Y Sharks never cancel practice due to weather. We may arrange practices and practice times but we will always try to have practice if the YMCA is open. If parents do not feel safe driving, please stay home. Any changes to practice schedules/times will be emailed & posted on Facebook.

If the MDI High School practice is cancelled due to weather, the 2:45 time slot will become the Shark's Senior practice and all members of the Shark's Senior team can attend w/parental approval.

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, signup sheets will be posted/emailed after Thanksgiving.

We will be kicking off our Annual Aquathon at this year's alumni meet.

Questions/Problems/Ideas

If you have any questions about the upcoming meets, practices or other concerns please feel free to email sharks@mdiyymca.org.

Quote of the Week

“Don't worry about failures, worry about the chances you miss when you don't even try.”

– Jack Canfield, Chicken Soup for the Soul