

Shark Notes
November 28, 2016

Dual Meet at Waldo County YMCA (Belfast)

This Saturday, December 3, we will be swimming at the Waldo County YMCA in Belfast against the WCY Blue Fish. The warm-up is at 12:15pm and the meet begins at 1:00pm. For away meets we need swimmers/parent to inform the coaches by Wednesday if they intend to swim in the meet. We will be taking the mini-bus and have room for 10 swimmers. The bus will leave at 10:30am. WCY always provides quality snacks after the meet.

Practice Schedule (week of Nov. 28 – Dec. 3)

Green	Mon, Wed & Fri	4:15 – 5:15pm
Gold	Mon, Wed & Fri	5:00 – 6:30pm
	Tues & Thurs	5:30 – 7:00pm
MDI HS	Mon – Fri	2:45 – 4:15pm
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

Practice Changes

The big change is that the 2:45 – 4:15pm practice is now the MDI High School team workout. Any Shark swimmers arriving early for Green Team need to sit in the bleachers when they arrive on deck. Gold Practice on Friday will be from 5:00 – 6:30pm this week. Information will be announced weekly on the Friday practice schedule due to High School meets. High School swimmers are reminded if there is no High School practice due to weather that there will be Sharks Senior practice from 2:45 – 4:15pm with the approval of their parents.

Practices Next 4 Weeks

Green practice will focus on the basics of butterfly and breaststroke and begin to build endurance while refining their backstroke and freestyle technique. Gold team will spend time on 2-hand touch & IM turns while continuing to train freestyle and IM in effort to build a larger aerobic base for swimming.

Upcoming Y Meets

We will be swimming at the Downeast Family Dolphins (DEFY) in Ellsworth on December 17. We will be at home on January 7 against the Bangor Y Barracudas. We will be swimming at the Kennebec Valley Y Stingrays in Augusta on January 21. More information on the Y State Meet will be available soon.

Alumni Meet

The MDI Y Sharks will host the 1st Annual Sharks Alumni meet on December 26th at the Lenny DeMuro Swimming Pool. The pool will open for Alumni at 5:15pm and the meet will begin at 6:00pm. All former Sharks, Trojans or swimmers are asked to participate. Events will consist of the 100 Medley Relay & 200 Free Relay, 50's of all stroke plus the 100 IM and 100 Free. Depending on time, we may need to limit the maximum number of events. Please pass the word on to all former swimmers by email, facebook, instagram or any other method.

Facebook/Website

Please check out our swim team website at 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. Please forward any pictures or requests to not be shown on Facebook to Marie theyarboroughs@gmail.com.

USA Swim Meets

The signup sheet is attached/posted for the Swim Your Own Age Meet @ Westbrook on January 14 - 15. Registrations for the 2016 Swim Season are now being accepted. The fees are \$67 for an annual membership (good 'til 12/31/17 and \$40 for a seasonal membership (good 'til 3/19/17). If you have any questions please see/email Jim.

Team Store & Team Suits

The team store is open on Monday & Wednesday evenings from 4:45 – 5:30pm. The store is also open during home swim meets. We have swim caps, goggles & straps for sale. The MDIY Shark Team Swim Suits can be purchased at swimoutlet.com/mdiysharks. If you have any questions please email

Locker Use

Any swimmer wishing to rent a locker for the season/year needs to go to the front desk to have them record which locker they will be using and to pay the associated fee. Unless renting a locker, items should not be left in lockers overnight and maybe cleaned out any day. If you have any questions, please let us in Member Services know and we'd be happy to clarify.

Qualifying Times

The Qualifying times for the 2017 Championships will be posted on the web page later this week. High School States, Maine JO's, Y New England's & YMCA Nationals all require that the swimmer perform a certain time to swim at these meets.

Bullying/Communication Policies

The MDI YMCA Sharks created both Bullying and Electronic Communications Policies due to USA Swimming regulations. The Bullying policy is model of a policy created by USA Swimming and US Department of Health and Human Services. The communications policy is a hybrid of the MDI YMCA and USA Swimming policies. They are both posted at mdiysharks.com.

Questions/Problems/Ideas

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

Quote of the Week

"I'm a greater believer in luck, and I find the harder I work the more I have of it"
– Thomas Jefferson, 3rd President of the United States