

Shark NewsUpdate
12/13/16

Practice Schedule (week of Dec. 12 – Dec. 18)

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

Practice Changes/Snow Day Practices

Monday, Dec 12 was the first snow day of the season. It was great to see 53 Shark swimmers come to the combined practices. For snow days we make every effort to have practice if the YMCA is open. We may combine practices but will email & post on Face Book any changes to the schedule. If the YMCA is closed, there will be no swim practice.

This Thursday, the Y is putting in a new boiler. The Y will be closing at 9:00am on Thursday and will reopen at 5:30am on Friday morning. Any Shark swimmers that wish to do practice should come to the morning practice. There will be a Senior AM practice from 6:00-7:00am and a Middle School practice from 6:45-7:45am.

Dual Meet @ DEFY

We will be swimming at the Downeast Family Y (DEFY) Dolphins on Saturday, December 17 in Ellsworth. Shark swimmers need to arrive at 12:45pm and the meet begins at 1:30pm. Swimmers/parents need to notify Jim by Wednesday night if they are planning on swimming. A list will be sent early Thursday to confirm our swimmers for the meet.

Water Bottles & Winter Hats/Jackets

Swimmers are requested to bring their own water bottles to swim practice. Swimmers should not share water bottles and they should not contain any glass.

Shark swimmers should be prepared for the cold weather when they leave the YMCA. Wearing a winter hat & jacket will keep the body warmer. At swim practice, the water is 82 degrees and the air about 85 degrees and then 5 minutes later they are in 5 degree weather. That is a shock to the body that can be lessened by covering up to the elements.

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.

We also be kicking off the 2017 Sharks Aquathon at the Alumni Meet. We ask that as many Sharks as possible attend the meet and help out with timing & everything else.

WeeSharks & New/Former Swimmers

WeeSharks will not be offered for the Winter Session beginning on January 2; it will be offered again in for the Spring 2 session beginning in late April. Instead we will be offering a chance for WeeSharks and other new/former swimmers to join the Sharks for the rest of the season beginning on January 2. For more information please contact Jim.

Upcoming Y Meets

We will be swimming at home against the Bangor Y Barracudas on Jan 7 and will be swimming at the Kennebec Valley Y (KVY) Stingrays on Jan 21 in Augusta at the Lenny DeMuro Meet will be held at MDI on January 31.

Christmas Vacation Schedule (12/23 – 1/2)

Green	Fri (12/23), Mon (12/26), Tues (12/27), Wed (12/28), Thurs (12/29), Fri (12/30) & Mon (1/2) 4:15 – 5:15pm
Gold	Fri (12/23) & Mon (12/29) 5:00 – 6:30pm Mon (12/26) – Fri (12/30) 2:45 – 4:15pm
AM	Fri (12/23), Mon (12/26), Tues (12/27), Wed (12/28), Thurs (12/29), Fri (12/30) & Mon (1/2) 8:00 – 9:30am
Saturday	Sat (12/24 & 12/31) 7:30 – 9:30am

Facebook/Website

Please check out our swim team website at www.mdiysharks.com, the MDI YMCA Sharks Face Book page & the Sharks instagram account (search for mdiysharks). This is to keep all members and others informed of the latest information about the Sharks.

Swim Your Own Age Meet @ Westbrook

The Signup sheet for the Swim Your Own Age Meet to be held January 14 – 15 at the Community Center in Westbrook is attached. Swimmers must be members of USA Swimming (\$40 valid thru 3/19/17 and \$67 valid thru 12/31/17) to swim in the meet. Here is a list of swimmers that I have going to SYAO as of today. Please email to update the list; Elle & Bree Yarborough, Sam Schelif, Rex & Ruby DeMuro, Cody & Gracie Parker, Nina Rozeff, Caden Braun, Brendan Graces, Liam McKernan, TJ Willis, JJ & Kemy Cistone & Henry Sprague.

Team Store/Swim Suits

The team store is open on Monday & Wednesday evenings from 4:45 – 5:15pm. We have swim caps, goggles, shark stickers, and suits for sale. To order a team suit or other swim gear, go to www.swimoutlet.com/mdiysharks.

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

'Perfection is not attainable, but if we chase perfection we can catch excellence.' *Vince Lombardi*