

**Shark NewsUpdate**  
**12/13/16**

**Practice Schedule (week of Dec. 19 – Dec. 24)**

Green	Mon & Fri	4:15 – 5:15pm
	Wed	4:15 – 5:00pm
Gold	Mon, Wed & Fri	5:00 – 6:30pm
	Tues	5:30 – 7:00pm
	Thurs	3:30 – 4:15pm
MDI HS/Senior	Mon – Fri	2:45 – 4:15pm
WeeSharks	Tues	4:45 – 5:30pm
	Thurs	4:15 – 5:00pm
AM's	Mon – Thurs	6:00 – 7:00am/6:45 – 7:45am
	Friday	8:00 – 9:30am
Saturday	Sat	7:30 – 9:30am

**Vacation Week (week of Dec 26 – Dec. 31)**

Green	Mon – Fri	4:15 – 5:15pm
Gold w/HS	Mon – Fri	2:45 – 4:15pm
AM's	Mon – Fri	8:00 – 9:30am
Saturday	Sat	7:30 – 9:30am

**Christmas Vacation Week & More Green Team practices**

The Sharks will continue to have practice during vacation week. This is a great opportunity for swimmers who are still on the island/Trenton to get additional practices. Gold team swimmers can come to morning practices from 8:00 – 9:30am every weekday during vacation. Next week Monday – Friday the Gold team will swim from 2:45 – 4:15pm sharing the pool with the High School team. The Green Team will have practice every weekday during vacation from 4:15 – 5:15pm.

Beginning in the New Year, Green Team will begin to have practices from 4:45 – 5:30pm on Tuesday and Thursday's. This will enable the Green Team to have practice every weekday to adapt to ever changing schedules and to help prepare for the rest of the season.

**Rogue One--see it with the MDI Y Sharks!**

Thursday, December 22nd, 7pm at the Criterion Theater, Doors open at 6pm

Let's kick off school break with a new Star Wars flick!

(Gold Practice is 3:30-4:15 this night due to a HS meet)

Head to the Criterion Theatre, grab a ticket, and save a seat next to you for your teammates.

Wear your team jacket and/or Sharks T Shirt! Look for the green in the audience! You can also buy tickets online to save the wait.

**Bangor Y Barracudas @ MDI Y Sharks@ DEFY**

We will be swimming at home against the Bangor Y Barracudas on Jan 7<sup>th</sup>. The Sharks will warm-up at 8:45am and the meet will begin at 10:00am. Volunteer and Concession information will be posted soon. We will need to know by Wednesday, Jan 4 of any Sharks that will not be swimming in 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 1<sup>st</sup> Annual Sharks Alumni meet on December 26<sup>th</sup> 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.

### **Master's Practices**

The MDI YMCA is now offering Master's Swim Practice on Wednesday mornings at 7:30am. The practices are coached by Christina Longstreeth [christina@mdiyymca.org](mailto:christina@mdiyymca.org) and are open to all that would like to try.

### **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.

### **Facebook/Website**

Please check out our swim team website at [www.mdiysharks.com](http://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.

### **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](http://www.swimoutlet.com/mdiysharks).

### **Christmas Movie Quote:**

*'Strange, isn't it? Each man's life touches so many other lives. When he isn't around he leaves an awful hole, doesn't he?' Clarence 'It's a Wonderful Life'*

*Merry Christmas and Happy Holidays to all!*  
*JJM*