

**Shark Notes**  
**December 6, 2016**

**Practice Schedule (week of December 5 – 11)**

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

**Water Bottles**

For the swimmers that need to drink water during practice, please bring a Water Bottle to practice and have w/you on deck. We do not need to waste time with swimmers going to get water constantly during practice. Water bottles should not be shared and should have names on them or be easy to identify.

**Saturday Morning Practice**

Saturday morning practices are highly recommended for Gold & Senior Swimmers; especially those have qualified or plan to qualify for JO's. Practices are from 7:30 – 9:30am and usually conclude with a Breakfast after. Most older & highly competitive swimmers in Maine and elsewhere swim much more than the 1 hour 15 min practices that the Sharks normally do. The Saturday morning practice allows the Shark swimmers to prepare for the rigors of a 3 day championship meet at the end of the season. If there is a swim meet later in the day on Saturday, it is even more important to swim on Saturday am to be able to handle the longer days of Championship meets.

**Inclement Weather/Snow Days**

The Sharks try to run practice on all days that practice is scheduled. If the MDI Y closes for weather we will of course have no practice as well. During inclement weather we will make any announcements regarding changes via email, instagram & facebook. The 2:45 High School practice will become a Senior/Gold practice on days when the High School team practice is cancelled and we may combine other practices as well. Parents if you do not feel it is safe to get to the Y, then please stay home

**Upcoming Y Meets**

We will be swimming at the Downeast Family YMCA (DEFY) in Ellsworth on December 17. The Sharks will warm-up at 12:45pm and the meet will begin at 1:30pm. I will need to know who is not swimming by next Wednesday, Dec 14.

We have a home meet against Bangor YMCA Barracudas on January 7. Please note that we will be changing the time for this meet. The warm-up will be at 8:45am and the meet will begin at 10:00am.

**End of Season Meets**

The Maine YMCA State Meet will be held March 3 – 5 at the University of Maine, the Maine JO Trials will be held on March 11 – 12 at the Bath YMCA and the Maine JO's will be held March 16 – 19 at Bowdoin College. At the Y State Meet, 13 & over Girls will swim on Friday evening,

March 3. On March 4 the 9-10 & 11-12 Boys will swim in the morning, the 9-10 Girls in the afternoon and the 13 & over Boys in the evening. On Sunday, the 8 & under Boys & Girls will swim together in the morning and the 11-12 Girls will swim in the afternoon.

### **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.

### **Practices Next 2 Weeks**

This week, the Green team will be working on butterfly. Gold team will continue to spend time working on the breast/fly/IM turns and continue to build endurance.

### **Facebook/Website/Instagram**

Please check out our swim team website at [www.mdiysharks.com](http://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. We will begin to use Instagram as well; all info for Instagram will be announced soon.

### **USA Swim Meets**

Signup Sheets are attached/posted for the Swim Your Own Age Meet (SYOA) in Westbrook on Jan 14 & 15. Registrations for the 2017 Swim Season can be paid for at the Y Front Desk. The fees are \$67 for an annual membership and \$40 for a seasonal membership (good until March 19, 2017). If you have any questions please email Jim.

### **Swim Suits/Swim Team Store**

You can order suits online at [swimoutlet.com/mdiysharks](http://swimoutlet.com/mdiysharks). Swimoutlet also has all the swimming gear that you will need for a Shark swim season. The Sharks do have a swim team store on Monday & Wednesday evenings and at home swim meets from 4:45 to 5:15pm selling caps, goggles & straps. If you have any questions on suits please contact Jim.

### **New England YMCA Championships**

The New England Y Championships will be held at MIT in Cambridge MA. The 8 & under's will swim on Saturday, March 11, and the 9-10's will swim on Sunday, March 12. We will not be sending anyone to the 11 & older New England's this year. Qualifying times for both the YMCA New England's and the Maine JO's are posted on the Sharks website and at pool.

### **CLYNK**

We have a CLYNK account to add to our fundraising! Unlike personal accounts, the tags are provided to you by the Shark and can be picked up at the Y.

### **Questions/Problems/Ideas**

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

### **Quote of the Week**

"The five Ss of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit."- Ken Doherty