

Shark Notes, October 16, 2017

1. Fall Practice Schedule (This week, Oct 16-20)
Senior M-F 245-415pm
Green M/W/F 415-515pm
Gold M/W 5-630pm & T/Th/F 330-445pm
AM M/W 6-7am/630-730am
2. Winter Sharks begin Oct 23, practice schedule for Oct 23-27
Senior M-F 245-415pm
Green M/W/F 415-515pm
Gold M/W 500-630pm, T/Th 530-700pm & F 330-430pm
AM M/W/Th 6-7am/630-730am
WeeSharks T/Th 445-530pm
3. Dryland Practices, will be held on Tuesday & Thursdays. The Seniors have been and will continue with Dryland Training from 245-315pm. The Gold Team will begin Dryland Training on Oct 24 from 530-545pm. We are hoping to raise the athletic fitness of our swimmers plus create a team with everyone working together.
4. The Parents Meeting & Potluck Dinner will be held on Wednesday, November 8. New parents will meet from 530-6pm and returning parents from 615-7pm. A signup sheet for the Potluck when the will be posted next week.
5. There will be a YMCA clinic on Oct 22 at UMaine. This clinic is only for Level 2 for YMCA. They will be rescheduling the Level 1 YMCA clinic. Registration is from 830-9am and the clinic begins at 9am. There is a USA Stroke & Turn Clinic at the Ian Crocker Clinic/Meet on Nov 5 from 9-1130am. At the Ian Crocker clinic, you can complete your 1st shadow session at the meet in the afternoon while watching Ian and the swimmers on deck. Please remember that we need officials for our home Y meets and for swimmers to represent the Sharks in USA-S meets.
6. Swimmers & others may sign-up for Deck Pass. Deck Pass includes patches, goals, best times, friends and many other things. USA Swimming will connect you to articles, videos, insights, data and much else when using desk pass. To signup go to www.tinyurl.com/mdiideckpass.
7. We are always on the lookout for new Shark Swimmers. Please feel free to spread the word of the Sharks to all. Swimming is a sport where hard work, time management, dedication and team work help develop the champions of tomorrow. One great indication of the development of future leaders is that the Sharks have 5 former swimmers studying and competing at Wheaton College, Occidental College, Oberlin University, CalTech & Florida State this season.
8. I will not be here from Wed-Fri of this week. There will still be practices, the Seniors will complete the workout on their own. For Gold, Green & WeeSharks practices there will be someone to guide the Sharks through the practice.
9. The following swimmers are entered in the Bowdoin Open, please email by Tuesday, Oct 17 for any additional swimmers that want to swim at the meet. Any 13 & older swimmers need to speak with Jim. Lily J, Gracie, Nina, Peighton, Addy, Finley, Elle, Caden, Amos & TJ are entered.
10. There was a USA-S meet on the schedule for the weekend of Nov 11-12 at PenBay. We will not be going to the meet and will have our 1st meet on Nov 18 at the Bangor Y and will host the MDI Y Sprint Meet on Nov 19. We will be travel to Dec 2 we will traveling to Bates College in Lewiston to swim the Sea Lions of the Twin Cities Swim Team of the Auburn-Lewiston YMCA. On Dec 3, there will be the Candy Cane meet (only short course meter meet in Maine) in Portland.
11. If you have any questions, please email.

“Sometimes a winner is a dreamer who just won’t quit” Rudy Ruettiger