

Shark Notes, October 23, 2017

1. 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
2. Winter Sharks begins today Oct 23. We are of course always on the lookout for new swimmers. We do allow one week for one to try the Sharks before joining the team. Feel free to spread the word of the Sharks program to all. Swimming is a sport where hard work, time management, dedication and team work help develop the champions of tomorrow.
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
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 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/mdiyclubpass.
7. Former Shark swimmers competing in college this year include; Lydia DaCorte @ Wheaton, Peirce DiMauro @ Occidental, Kristoph Naggert @ Oberlin, Tom Gallup @ Cal Tech & Leila Johnston @ Florida State. If you know of any other former Shark swimmers still competing, please inform me.
8. Hotel reservations are available for SYOA in Portland, JO's in Brunswick & MSI3 in Saint John, New Brunswick. For SYOA, rooms are at the Embassy Suites in Portland for \$114/night, use tinyurl.com/mdisyoa. For JO's, rooms are at the Fairfield Inn in Brunswick for \$119/night for the Maine JO's, call 207-721-0300 to reserve. For MSI3, rooms at the Hilton are \$121(CAN)/night use Group Code SWIE18 at hiltonsaintjohn.com.
9. The Signup sheet is attached for the MDI Sprint Meet on Nov 19. and the Candy Meet in Portland on Dec 3. The Sprint Meet is a Y meet and open to all Shark swimmers. Events are 25's of all strokes for 8 & unders and 50's for all other age groups. If you have any questions about the meet please speak/email me.
10. The signup sheet for the Candy Cane meet in Portland on Dec 3. This is a USA meet, which requires all to be members. We will be swimming at Bates College in Lewiston the day before for a dual meet w/Twin Cities, so this would make for a 2-day trip for swimming.
11. If you have any questions, please email.

“Do, or do not. There is no ‘try’.” Yoda, *The Empire Strikes Back*