

Shark Notes, October 30, 2017

1. Winter Sharks practice schedule for Oct 30 – Nov 4
Senior M-F 245-415pm
Green M/W/F 415-515pm
Gold M/W 500-630pm, T&F 330-430pm, Th 530-7pm
AM M/T/W/Th 6-7am/630-730am
2. Practice Announcements
 - a. No Gold 5:30pm practice on Halloween
 - b. There will be no WeeSharks this week, a new session will begin Nov 6.
 - c. The 1st Saturday AM practice will be this week (Nov 4) from 8-930am.
3. Our first Y Dual Meet will be on Saturday, November 18 at the Bangor Y. We do need all Shark swimmers to swim at this meet. Swimmers need to be at the Bangor Y at 9:15am and the meet begins at 10:00am. The meet should take about 3 hours for most swimmers. We will be taking the mini-bus which will leave the Y @ 8:00am. Please email or inform the coaches by Wednesday, November 15 on who will be going/not going to the meet or need to use the bus.
4. We will be hosting the 34th Annual MDI Y Sprint Meet on Sunday, November 19. The warm-up will be at 11:30am and the meet will begin at 12:45pm. We are hoping to get as many Shark swimmers as possible to swim in the meet. It is the 1st of 5 home meets for the season. The events are all 25's for 8 & unders and all 50's for swimmers 9 & older. Signups for the swimmers are attached and posted at www.mdiysharks.com. If you have any questions on event choices, the coaches can help select.
5. The Parents Meeting & Potluck Dinner will be held on Wednesday, Nov 8. New parents will meet from 530-615pm and returning parents from 630-715pm. A signup sheet for the Potluck is posted at the pool. Please no Peanut nor Shellfish products at the potluck or the concession stand throughout the season!
6. We do need officials. For Y meets we will take any High School, Y or USA official to help out at meets. For USA-S meets they must fulfill USA Swimming's requirements and be a member of USA-S. There is a USA-S Stroke & Turn Clinic at the Ian Crocker Clinic/Meet on Nov 5 from 9-1130am. Please remember that we need officials for our home Y meets and for swimmers to represent the Sharks in USA-S meets.
7. New Shark registration forms are attached. There is a selection on the form to allow or not allow your child(ren) pictures/images to be posted on the Sharks Social Media pages. Please complete and return to the YMCA front desk or via email sharks@mdiymca.org.
8. I will be gone from Wednesday, Nov 1 through Monday, Nov 6. I will be attending USA Swimming's (USA-S) General Chair's Meeting at the Olympic Training Center in Colorado Springs, CO. Tony will be present for the morning practices and most of the Gold practices. We will make sure that we have coaches/older swimmers on deck to guide the Green & Gold teams.
9. 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. The Hilton rooms will be released to the rest of Maine Swimming at the end of Nov, so please make reservations now, they can be cancelled for no charge until a few days before the meet.
10. Next week, Nov 6 – 9 will be Bring-A-Friend Week. We invite all swimmers to bring a friend or two to practice that week (Mon – Thur). We are seeking swimmers of all ages but especially looking for swimmers ages 9 & under. We have very few 8 & under's this year and we need to continue to build from the younger age groups to keep the Sharks competitive throughout the state. We always invite any child to try the Sharks for a week, any week before becoming a member.
11. If you have any questions, please email.

“We are what we repeatedly do. Excellence, therefore, is not an act but a habit.” -Aristotle