

Shark Notes, October 9, 2017

1. Fall Practice Schedule ('til Oct 20)
Senior M-F 245-415pm
Green M/W/F 415-515pm
Gold M/W 5-630pm & T/Th/F 330-445pm
Winter Sharks begin on Oct 23
2. This week morning practices will be on Tuesday (10/10) and Thursday (10/12) and next week, Monday (10/16) and Wednesday (10/18) from 6-7am/630-730am.
3. On Columbus Day, Monday Oct 9 we will only run 2 practices. There will be a Gold & Senior practice from 245-515 and Green & Gold from 415-515pm. There will be no morning practice or 5pm Gold practice on Indigenous People Day.
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. We will post a signup sheet for the Potluck when the winter season begins.
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 Level 1 Stroke & Turn Clinic at the Ian Crocker Clinic/Meet on Nov 5 from 9-1130am. And you can complete your 1st shadow session at the meet in the afternoon. 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. We are always on the lookout for new Shark Swimmers. New swimmers may try the Sharks for a week before joining. No one is cut from the Sharks and anyone (who can swim the length of the pool) from ages 6 – 18 is welcome on the team. There will be a 'Bring-A-Friend' week from November 6 – 9 but any week can be bring-a-friend to practice week.
8. On Friday's we have been practicing our open water swimming at the Lenny DeMuro Swimming Pool. We plan to continue with Open Water Fridays until the meets begin. This should provide some additional endurance training for the swimmers, cross pool swims for the Green team and some games without the lane lines.
9. The Sharks are on the web: mdiyclub.com and on social media.
@Facebook: Mount Desert Island YMCA Sharks
@Instagram: MDIYSHARKS
@Snapchat: Mount Desert Island YMCA Sharks
10. On Dec 2 we will be 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 a USA Meet in Portland. The Candy Cane meet is the only 25 meter meet of the season in Maine. If you are interested spending the night in the Portland area this might be a perfect meet. Signup sheets will be available soon.
11. There are rooms at the Fairfield in Brunswick (same place as last year) for \$119/night for the Maine JO's, March 15 – 18. The rooms are under MDI Sharks and you can call 207-721-0300 to reserve. Arrangements will be finalized this week for rooms at the Embassy Suites in Portland for the SYOA meet in Westbrook on Jan 13 – 14.
12. If you have any questions, please email.

**"We have so much time and so little to see. Wait a minute! Strike that, reverse it. Thank you."
Willy Wonka**