

Shark Notes, November 14, 2017

1. Sharks practice schedule for Nov 13 – 19
Senior M-F 245-415pm
Green M/W/F 415-515pm
Gold M/W 500-630pm, T/Th 530-7pm & F 330-430pm
AM M-F 6-7am/630-730am
Sat 730-9am
WeeSharks T/Th 445-530pm
2. Practice Announcements
 - a. There will be morning practices next M/T/W/F/Sa from 8-930am during Thanksgiving Week
 - b. There will be pizza after practice this Friday
 - c. The MDI HS Trojans will begin their practices on Monday, Nov 20 every Mon – Fri from 245-415
3. Our first Y Dual Meet will be this Sat, Nov 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 915am and the meet begins at 10:00am. The meet should take no more than 3 hours. We will be taking the mini-bus which will leave the Y @ 8am. Please email or inform the coaches by Wed, Nov 15 on who will be going/not going to the meet or need to use the bus (room for 14 swimmers). There will be a signup confirmation email on Wednesday evening for both the Bangor and the MDI Sprint Meets.
4. We will be hosting the 34th Annual MDI Y Sprint Meet on Sun, Nov 19. The warm-up will be at 1130am and the meet will begin at 1245pm. 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. If you have any questions on event choices, the coaches can help select.
5. There are signups posted on the swim team bulletin board for the meet this weekend. We will need timers, concessions workers, cleanup crew & lots of food (No Shellfish and/or Peanut products). Please check the board and sign-up for what you can. Shark meets run on volunteers just like America runs on Dunkin.
6. The Sharks Handbook is now available on the Sharks website as well as the minutes from the Parent's meeting. If you have any questions regarding the meeting, please email or speak with Jim. Please make sure to fill out the attached registration form for the Sharks, we still have a lot of swimmers who have never registered so far.
7. The MDI Y Sharks never cancel practice due to weather. We may rearrange practices and practice times but we will always try to have practice if the YMCA is open. If parents do not feel safe driving, please stay home. Any changes to practice schedules/times will be emailed & posted on Facebook. If the MDI High School practice is cancelled due to weather, the 245pm time slot will become the Shark's Senior practice and all members of the Shark's Senior team can attend w/parental approval.
8. The Sharks will be hosting their 2nd Annual Alumni Meet on Dec 26 @ 6pm. All former MDI Y Sharks, MDI HS Trojans & any other former swimmers can suit up for a fun swim meet with many of the present members of the Sharks & Trojans. Please pass the word along to all former swimmers. More information will be available soon.
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.
10. Parents please order swim suits directly online at swimoutlet.com/mdiyssharks. An online store has been setup to order Shark team gear and other swim equipment. The suits are Speedo, which usually run in about the same sizes for different styles. If unsure ask parents of children of similar ages/sizes or the coaches. We do sell goggles, straps & caps at the swim team store during practice and home meets.
11. This week, Nov 13 – 17 we are focusing on getting the swimmers ready for the 1st meets of the season. Both Green & Gold teams will be taking time to work on dives, starts, relays & turns as we prepare for both meets.
12. If you have any questions, please email.

“Don't worry about failures, worry about the chances you miss when you don't even try.”

— [Jack Canfield](#), Chicken Soup for the Soul