

Shark Notes, November 27, 2017

1. Sharks practice schedule for Nov 27 – Dec 2
Green M/W/F 415-515pm
Gold M/W/F 500-630pm & T/Th 530-7pm
AM M-F 6-7am/630-730am
Sat 730-9am
WeeSharks T/Th 445-530pm
2. Practice Announcements
 - a. Gold practice will be from 5-630pm this Friday
 - b. The MDI HS Trojans have practices Mon – Fri from 245-415
3. We have a Y Dual Meet will be this Sat, Dec 2 at the Bates College in Lewiston against Twin Cities Swim Club of the Auburn-Lewiston YMCA. We do need all Shark swimmers to swim at this meet. Swimmers need to be at Bates by 1215pm and the meet begins at 100pm. The meet should take no more than 2.5 hours. We will be taking the mini-bus, which will leave the Y @ 9am. Please email/inform the coaches by Wed, Nov 29 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 meet.
4. Our next Y dual meet will be on Dec 16 against CCSC. Warm-up at 1145am & meet at 1pm. There will be High School home meets on both Dec 8 vs Old Town and Dec 15 vs Ellsworth, both will begin at 6pm.
5. Thanks to all that volunteered for our first home meet. We had great help from all the parents. Only four more home meets. We did have problems with both of our timing cables & starter. We have ordered two new cables & a new battery that should be here before our next home meet to allow all to see results for all six lanes. We will also be asking any spectators to sit in the bleachers in the pool balcony instead of the pool deck.
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 (50's of all stokes, the 100 IM, the 100 Free plus both 100 Medley & 100 Free Relays). Please pass the word along to all former swimmers.
9. Hotel reservations can be made for SYOA (Jan 13-14 in Westbrook), Maine JO's (March 15-18 in Brunswick) & MSI3 (July 26-28 in Saint John, New Brunswick). Please contact Jim if you need info.
10. Both the MDI YMCA Sharks Bullying and Electronic Communications Policies are available at mdiysharks.com. The Bullying policy is a model of a policy created by USA Swimming and US Department of Health and Human Services. The communications policy is a hybrid of the MDI YMCA and USA Swimming policies.
11. Swimmers must join USA Swimming to compete for the MDI Y Sharks in Maine/USA swim meets (including SYOA & JO's). Registration is \$69 for the annual membership (good 'til 12/31/18) or \$40 the seasonal membership (good 'til 3/18/17). Please notify Jim of your choice and payment is through the front desk of the YMCA
12. Parents please order swim suits directly online at swimoutlet.com/mdiysharks. An online store is in place 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.
13. This week, Nov 27 – Dec 2, the Green team will be focusing on streamlining and butterfly, while the Gold team will work on streamlining, flip turns & freestyle.
14. If you have any questions, please email.

"I'm a greater believer in luck, and I find the harder I work the more I have of it"

– Thomas Jefferson, 3rd President of the United States