

Shark Notes, November 7, 2017

1. Winter Sharks practice schedule for Nov 6 – 11  
Senior M-F 245-415pm  
Green M/W/F 415-515pm  
Gold M/W 500-630pm, T/Th 530-7pm & F 245-415pm  
AM M/T/W/Th 6-7am/630-730am & F 8-930am  
Sat 8-930am  
WeeSharks T/Th 445-530pm
2. Practice Announcements
  - a. There will be morning practices from 8-930am this Fri & Sat
  - b. WeeSharks begin a new session on Nov 7
  - c. There will be a special practice schedule for Thanksgiving week including am practices from 8-930am
3. Our first Y Dual Meet will be next 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 about 3 hours for most swimmers. We will be taking the mini-bus which will leave the Y @ 800am. 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).
4. We will be hosting the 34<sup>th</sup> 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 1<sup>st</sup> 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](http://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 tomorrow Wed, Nov 8. We are need of many food items, including entrees, breads & deserts. New parents will meet from 530-615pm and returning parents from 630-715pm. A signup sheet for the Potluck is posted at the pool. There will be notes of the meeting available soon afterwards. Please no Peanut nor Shellfish products at the potluck or at the concession stand throughout the season!
6. There are New Shark registration forms attached, which includes 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@mdiyymca.org](mailto:sharks@mdiyymca.org).
7. The Sharks will be hosting their 2<sup>nd</sup> 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. More information will be available soon.
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](http://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](http://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.
9. Parents please order swim suits directly online at [swimoutlet.com/mdiysharks](http://swimoutlet.com/mdiysharks). 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.
10. Next week, Nov 13 – 17 we will be focusing on getting the swimmers ready for the 1<sup>st</sup> meets of the season. Both Green & Gold teams will be taking time to work on dives, starts, relays & turns as we prepare for swim meets.
11. If you have any questions, please email.

“Believe you can and you're halfway there.” President Theodore Roosevelt