

Shark Notes, December 4, 2017

1. Sharks practice schedule for Dec 4 – 9
Green M/W 415-515pm & F 415-5pm
Gold M/W 500-630pm, T/Th 530-7pm & F 340-430pm
AM M-F 6-7am/630-730am
Sat 730-930am
WeeSharks T/Th 445-530pm
2. Practice Announcements
 - a. Gold practice will be from 340-430pm this Friday due to High School home meet w/Old Town
 - b. Sat practice will go from 730-930am this Saturday
3. There will be an official's clinic this Saturday at the Bangor Y. This is a Y clinic for Level 1. Registration is @ 830am and the clinic begins at 9am. There is a flyer attached. **We only had ONE MDIY official at the Sprint meet.** We should always have at least 4 MDI officials plus volunteers from visiting teams. Please volunteer we can use your help.
4. Saturday morning practices are highly recommended for Gold & Senior/High School Swimmers; especially those have qualified or plan to qualify for JO's. Practices are from 7:30 – 9:30am and usually conclude with a Breakfast after. Most older & highly competitive swimmers in Maine and elsewhere swim much more than the 1 hour 15 min practices that the Sharks normally do. The Saturday morning practice allows the Shark swimmers to prepare for the rigors of a 3-day championship meet at the end of the season. If there is a swim meet later in the day on Saturday, it is even more important to swim on Saturday am to be able to handle the 2 & 3 day meets.
5. Our next Y dual meet will be on Dec 16 against CCSC. Warm-up at 1145am & meet at 1pm. Signup sheets for volunteers & food will be available next Monday. We will need to know of the swimmers attending by next Wed (12/13). We had great help at the Sprint Meet with timing, concessions, setup/cleanup but again little help with officials.
6. The Maine YMCA State Meet, will be held March 2 – 4 at the University of Maine, the Maine JO Trials will be held on March 10 – 11 at the Bath YMCA and the Maine JO's will be held March 15 – 18 at Bowdoin College. At the Y State Meet, 13 & over Girls will swim on Friday evening, March 2. On March 3, the 9-10 & 11-12 Boys will swim in the morning, the 9-10 Girls in the afternoon and the 13 & over Boys in the evening. On Sunday, the 8 & under Boys & Girls will swim together in the morning and the 11-12 Girls will swim in the afternoon.
7. 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.
8. 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.
9. 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.
10. Signup sheets for the Swim Own Age (SYOA) meet at the Westbrook Community Center are attached. Most swimmers will be expected to swim all 6 events at the meet. 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
11. This week, Dec 4 – 9, the Green team will again focus on streamlining and butterfly but will start to increase the endurance of the practices, while the Gold team will work on streamlining on back, flip turns & freestyle.
12. If you have any questions, please email.

"The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit."- Ken Doherty