

Shark Notes, October 14, 2018

1. The practice schedule for the Fall Sharks (ends Oct 19).
Senior M-F 245-415pm
Green M/W/F 415-515pm
Gold M/W 5-630pm, T/Th/F 330-445pm
AM M/W/F 6-7/630-730am
WeeSharks T/Th 445-530pm
2. The Winter Sharks will begin practice on Oct 22. WeeSharks will begin a new session & new time on Oct 23 from 415-5pm on Tuesday & Thursday. An updated calendar for the next five weeks is attached.
3. Signup sheets are now available/attached for the Maine Developmental Meet @ Husson on Oct 27, entries are due by Oct 18 and the King/Queen meet in Westbrook on Nov 10-11, entries due on Nov 1. We will also be attending the DEFY meet on Nov 10 in Ellsworth. Info on that meet will be available shortly.
4. Storage Room Clear Out. We need volunteers this Tuesday evening (around 530pm) to clean out swim team closet, on Thursday (530pm) to help remove/place pool cover, and Thursday or Friday to organize the pool storage room. Anyone interested in helping in any one or all of the nights please email.
5. On Nov 14, we will host our annual Parents Info Meeting and Potluck Dinner @ Y. New parents will meet @ 530pm and returning parents will meet @ 630pm. We will also have a practice meet that evening during Green team practice. This is for both Green team swimmers and future meet timers. This a great chance for the less experienced swimmers to get ready for the upcoming meets and for parents to try timing in a non-pressure event. More info will be available in the coming weeks.
6. A trip to St. Croix, US Virgin Islands is being planned for mid-April. Info will be available on plans, pricing and practice requirements on Oct 30 @ 630pm. Interested families/swimmers should have at least 1 representative at the meeting.
7. Dryland Practices, are held on Tuesday & Thursdays. The Seniors have been and will continue with Dryland Training from 245-315pm. The Gold Team will begin Dryland Training on Oct 23 from 530-545pm. Swimmers w/injury issues should speak w/coaches.
8. On the weekend of Nov 10 – 11, there are 2 meets that we will be attending. There will be a USA meet in Westbrook and a Y meet in Ellsworth. Info on both meets will be available next week. Both meets are optional. For informational purposes the Westbrook Swim Your Own Age Meet (SYOA) will be held Jan 12 – 13, this is not Martin Luther King weekend.
9. The Sharks are on the web: mdiysharks.com and on social media.
@Facebook: Mount Desert Island YMCA Sharks
@Instagram: MDIYSHARKS
@Snapchat: Mount Desert Island YMCA Sharks
10. College swimming, Kristoph Naggert will be entering his Junior year @ Oberlin College. If you are aware any other Shark swimmers participating this season for their college please notify.
11. We need officials! There will be a Y Officials Clinic on Oct 21 at Husson University in Bangor. Both Level 1 & Level 2 Y trainings will be available.
12. Yes, Winter Sharks begin on Oct 22, we are always looking for new Shark swimmers. Any child can try the Sharks for a week before making a decision to join for the remainder of the season. Please pass this info on to anyone that maybe interested. If you have any questions please feel free to contact me.

Jim

“Sometimes a winner is a dreamer who just won’t quit” Rudy Ruettiger