

Shark Notes, October 22, 2018

1. Winter Sharks begin Oct 22, practice schedule for Oct 22-26  
Senior M-F 245-415pm  
Green M/W/F 415-515pm  
Gold M/W 500-630pm, T/Th 530-700pm & F 330-430pm  
AM M/W/Th 6-7am/630-730am  
WeeSharks T/Th 415-500pm (New Time)
2. Winter Sharks begins today Oct 22. We are of course always on the lookout for new swimmers. We do allow one week for one to try the Sharks before joining the team. We will host the annual 'Bring A Friend Week' from Nov 5-9 but any day can be a Bring A Friend Day.
3. Dryland Practices, will be 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
4. The Parents Meeting & Potluck Dinner will be held on Wednesday, November 14. New parents will meet from 530-6pm and returning parents from 615-7pm. We will host a practice meet that evening @430 to allow new swimmers to practice racing and for parents to try timing in a no pressure setting.
5. Upcoming USA Swimming meets are the King/Queen on Nov 10-11 (due Nov 1) and the Candy Cane Dec 2 (due Nov 19) are attached. Swimmers/parents can register for memberships for Maine Swimming (MSI) for 2019 are \$71 for Full Year (valid thru 12/31/19) and \$43 for Seasonal (valid thru 3/24/19) by notifying Jim.
6. Upcoming Y Meets are a meet at DEFY (Ellsworth) on Nov 10. There will be an away meet with Northern York County (NYCY) in Biddeford on Nov 17. The MDI Y Sprint Meet will be held on Nov 18. We will be traveling to Bath to race the Long Reach Swim Club (LRSC) on Dec 1. We will be taking buses to both the NYCY & LRSC meets.
7. For Y Dual Meets, we do not use signup sheets, we do use signup sheets for most MSI Meets and the Y Developmental meets. For Home Y Dual Meets, swimmers/families need to inform the coaches that they will not be attending. For Away Y Dual Meets, swimmers/families need to inform the coaches that they will be attending.
8. Swimmers & others may sign-up for Deck Pass. Deck Pass includes patches, goals, best times, friends and many other things. USA Swimming will connect you to articles, videos, insights, data and much else when using desk pass. To signup go to [www.tinyurl.com/mdiydeckpass](http://www.tinyurl.com/mdiydeckpass).
9. A trip to St. Croix, US Virgin Islands is 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.
10. Working on hotel reservations for available for SYOA in Westbrook on Jan 12-13 and for Winter Champs in Orono from March 21-24. Info should be posted next week on both meets.
11. The Sharks are on the web: [mdiysharks.com](http://mdiysharks.com) and on social media.  
@Facebook: Mount Desert Island YMCA Sharks  
@Instagram: MDIYSHARKS  
@Snapchat: Mount Desert Island YMCA Sharks
12. Shark registration form is attached. Please fill out and return to the coaches/front desk or email.
13. Feel free to pass along this email to anyone interested and if you have any questions, please email.

**“Do, or do not. There is no ‘try’.” Yoda, *The Empire Strikes Back***