

Shark Notes, October 29, 2018

1. Practice schedule for Oct 29-Nov 3
Senior M-F 245-415pm
Green M/F 415-515pm
Gold M 500-630pm, T/Th 530-700pm & W/F 330-445pm
AM M-F 6-7am/630-730am
Saturday 730-930am
WeeSharks T/Th 415-500pm (New Time)
2. On Halloween, this Wednesday, we will have Senior practice from 245-415 and a Gold practice from 330-445, there will be no Green Practice. The 1st Saturday morning practice will be this Saturday, Nov 3 from 730-930am. Next week will be 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. Gold Team will do Dryland from 530-545pm on T/Th.
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. Streamlining & Kicking, will be the major focus of the workouts the next 2 weeks for all team groups. It is extremely important that all swimmers develop a sleek streamline to cut through the water off the start and turns. Incorporating a great streamline with a powerful kick will help the swimmer propel themselves at a greater speed. Flutter (freestyle & backstroke), dolphin (butterfly & underwater) and breaststroke kicks are the three used in competition and training.
8. We need swimmers to make sure they are registered at the front desk for the 2018 – 19 swim-season. Please remember that there are draft plans available and that the Y does offer scholarships & reduced fees for swimmers/families in need. All swimmers must be on the YMCA's roster and a member of the YMCA before swimming in a meet. Registration form is attached and posted on the website.
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 Tuesday, Oct 30 @ 630pm. Interested families/swimmers should have at least 1 representative at the meeting.
10. 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
11. Feel free to pass along this email to anyone interested and if you have any questions, please email.

“We are what we repeatedly do. Excellence, therefore, is not an act but a habit.” Aristotle