

Shark Notes, November 12, 2017

1. Sharks practice schedule for Nov 13 – 17
Senior T-F 245-415pm
Green W/F 415-515pm
Gold W 500-630pm, T/Th 530-7pm & F 330-430pm
AM M-F 6-7am/630-730am
Sat 730-9am
WeeSharks T/Th 415-500pm
2. Practice Announcements
 - a. There will be practices during Thanksgiving Week
 - b. There will be pizza after practice this Friday
 - c. The MDI HS Trojans will begin their practices on Monday, Nov 19 every Mon – Fri from 245-415pm
3. On Wednesday evening we will host a practice meet @ 430pm for Green Team members. This will give the swimmers a chance to experience some of the things that will happen at a swim meet. We are also looking for some volunteers to try timing in a no stress event.
4. The Swim Team Parent's Informational Meeting & Pot Luck Dinner is this Wednesday at the Y. At 530pm new parents will meet to learn about the team and ask any questions that they may have. At 630pm returning parents will meet to be updated on anything new and learn more about the upcoming season. There is a signup sheet on bulletin board for anyone wishing to bring items to the Pot Luck Dinner in the middle of the Informational Meeting. The Sharks Handbook is now available on the Sharks website
5. Our first Y Dual Meet will be this Sat, Nov 17 at the Northern York County YMCA in Biddeford. We would like all returning Shark swimmers to swim at this meet if at all possible. Swimmers need to be at NYCY at 1215pm and the meet begins at 1:00pm. The meet should take no more than 3 hours. We will be taking the mini-bus which will leave the Y @ 830am. Please email/inform the coaches by Wed, Nov 14 on who will be going/not going to the meet or need to use the bus (room for 28 swimmers, we can use both buses if need be).
6. The NYCY Manta Rays will be organizing a food drive for the Good Shepard Food Bank and asking MDI swimmers/parents to donate non-perishable food this Saturday at the meet.
7. We will be hosting the 35th Annual MDI Y Sprint Meet on Sun, Nov 18. 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 1st of 5 home meets for the season. The events are 25's for 8 & unders and 50's for swimmers 9 & older plus the possibility of 100 IM's for all age groups. Signups for the swimmers are attached. If you have any questions on event choices, the coaches can help select.
8. There are signups posted on the swim team bulletin board for the meet this weekend. We will need timers, concessions workers, cleanup crew & lots of food (No Shellfish and/or Peanut products). Please check the board and sign-up for what you can.
9. The Swim Team Parent's Informational Meeting & Pot Luck Dinner is this Wednesday at the Y. At 530pm new parents will meet to learn about the team and ask any questions that they may have. At 630pm returning parents will meet to be updated on anything new and learn more about the upcoming season.
10. 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.
11. Robin Sue Tapley is now operating the swim team store on M/W/F evenings. Caps, goggles, goggles straps and other items can be purchased. To order swim suits directly online at swimoutlet.com/mdiyssharks.
12. This week, Nov 12 – 16 we are focusing on getting the swimmers ready for the 1st meets of the season. Both Green & Gold teams will be taking time to work on dives, starts, relays & turns as we prepare for both meets.
13. If you have any questions, please email.

“Don't worry about failures, worry about the chances you miss when you don't even try.”

— [Jack Canfield](#), Chicken Soup for the Soul