

Shark Notes, November 5, 2018

1. Winter Sharks practice schedule for Nov 5 - 10
Senior M-F 245-415pm
Green M/F 415-515pm & W 200-300pm
Gold M 500-630pm, T/Th 530-7pm W 100-215pm & 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 early release practices on Wednesday for Grades K-8. Gold Team will swim from 100-215pm and Green Team from 200-300pm. There will be no 415pm Green nor 5pm Gold on Wednesday.
 - b. Saturday AM practice will be from 730-900am this Saturday.
 - c. On Monday, Nov 12, morning practice on Nov 12 will be from 8-930am with Gold & Senior combined from 245-415pm in the afternoon. There will be no 5pm Gold that evening.
3. There has been a change of plans for the Y meet this weekend. The meet will now be held in Belfast at the Waldo County Y. The meet will begin at 1:00pm. Our warm-up will either be at Noon. Signup sheets are due by Thursday; they can be emailed or dropped at the pool. This an optional meet and the signup is attached.
4. Our first Y Dual Meet will be next Sat, Nov 17 at the Northern York County YMCA in Biddeford. We do need returning Shark swimmers to swim at this meet. Swimmers need to be at NYCY at 12:15pm and the meet begins at 1:00pm. The meet should take no more than 2.5 hours for most swimmers. We will be taking the mini-bus, which will leave the Y @ 8:30am. 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.
5. We will be hosting the 35th Annual MDI Y Sprint Meet on Sun, Nov 18. The warm-up will be at 11:30am and the meet will begin at 12:45pm. 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 all 25's for 8 & unders and all 50's for swimmers 9 & older plus the 100 IM for all. Signups for the swimmers are attached and posted at www.mdiysharks.com. If you have any questions on event choices, the coaches can help select.
6. The Parents Meeting & Potluck Dinner will be held next Wed, Nov 14. We are need of many food items, including entrees, breads & deserts. New parents will meet from 530-615pm and returning parents from 630-715pm. A signup sheet for the Potluck is posted at the pool. There will be notes of the meeting available soon afterwards. Please no Shellfish products at the potluck or at the concession stand throughout the season!
7. There Shark registration forms attached, which includes a selection on the form to allow or not allow your child (ren) pictures/images to be posted on the Sharks Social Media pages. Please complete and return to the YMCA front desk or via email sharks@mdiyymca.org
8. There will be a practice meet next Wednesday evening, Nov 14, during the Green Team practice. The racing will begin at 430pm and should be completed by 5pm. This is a chance for Green Team swimmers a chance to get to see how a swim meet works. It is also a great opportunity for the parents to try timing (our biggest volunteer need) in a low stress event. All swimmers at Green practice that evening will participate.
9. Parents please order swim suits directly online at swimoutlet.com/mdiysharks. An online store has been setup to order Shark team gear and other swim equipment. The suits are Speedo, which usually run in about the same sizes for different styles. If unsure ask parents of children of similar ages/sizes or the coaches.
10. Next week, Nov 12 – 16 we will be 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 swim meets.
11. If you have any questions, please email.

“Believe you can and you're halfway there.” President Theodore Roosevelt