

Shark Notes
8/31/17

1. The Fall Sharks will begin on Sept 12 and the Winter Sharks will begin on Oct 22. Practice Schedule for the Fall Sharks is:
Senior Mon-Fri 2:45 - 4:15pm
Green Mon/Wed/Fri 4:15 - 5:15pm
Gold Mon/Wed 5:00-6:30pm & Tues/Thur/Fri 3:30-4:45pm
AM practices will begin on Oct 1st.
2. WeeSharks, the Sharks introductory program will begin on Sept 13. Practices are held on Tuesday & Thursday from 4:45 - 5:30pm. Swimmers may choose 1 or 2 days per week. For registration, information on both the Fall Sharks & WeeSharks go to mdiyymca.org.
3. The MDI YMCA Fall program is available: <http://files.constantcontact.com/2950e626001/c192d96c-3a03-4537-b654-feeaf2460497.pdf>.
4. The MDI YMCA annual Half Marathon will take place on Saturday, Sept 15. The Sharks have been serving water at the Eagle Lake Water Stop (about mile 8) for a long time. We are looking for volunteers to man the station from about 8:00 - 10:00am. Any High School students can get credit for community service. Please email Jim if you are available to help out.
5. There will be an Officials clinic in Bangor @ Husson University on Saturday, Sept
8. <https://www.teamunify.com/EventShow.jsp?id=955355&team=mams>. In the morning, there will be a Y Level 1 and Stroke & Turns clinic. In the afternoon, there will be a starter clinic along with referee training. On Sunday, September 9 @ Husson University in Bangor, there will be a meet manager and AO clinic. <https://www.teamunify.com/EventShow.jsp?id=955356&team=mams>. This would be a great way to help the Sharks, since we have to provide officials at USA Swim Meets or we will not be eligible as a team for Age Groups Champs (formerly JO's). There will also be a YMCA/High School clinic on at UMaine in late October.
6. For the Senior swimmers (High School, ages 14 & above) we will begin our dryland program on Thursday, Sept 14. We will have 2-30 minute sessions per week (Tues & Thur @ 245pm) until High School season begins in November. The Gold team will begin its dryland program when the Winter Sharks begins on Oct 22.
7. We will be hosting a Fall parents Meeting the first week of October (probable date Oct 2 @ 6pm). This will be more of an organizational meeting for upcoming season of the Sharks. We will have informational meetings in November for both new & returning families.
8. The pool will be closed the 1st week of September to install new ductwork at the pool.
9. The monthly calendar for Sept/Oct and the event schedule for 2018-19 are attached.
10. Please, forward this email to any families that maybe interested in the Sharks Swim Team. If you have, any questions about the upcoming season feel free to email.