

Shark Notes, October 1, 2019

1. The practice schedule for the Fall Sharks.
Senior M/W/F 245-4pm & T/Th 245-415pm
Green M/W/F 4-5pm
Gold M/W 5-615pm, T/Th/ 330-445pm & F 30-430
WeeSharks T/Th 445-530pm
2. This Friday, Oct 4 we will change the schedule due to the half day of school. Senior practice will be from 1145-1pm and Green & Gold will be combined from 1-2pm.
3. Morning practices begin on Oct 7. We will run 3 mornings/week through the end of October. The practice time is 6-730am, but it is only 1 hour, either show up @6am or at 630am. Practices will be Monday, Wednesday & Friday and we will notify all of any changes to the morning schedule (no AM practice on Columbus Day, Oct 14). An updated calendar for October is attached.
4. Signup sheets are now available/attached for the Bowdoin Open. Entries are due by next Friday, Oct 11. Swimmers must make qualifying times to swim at meet. There will be no late entries accepted. We will be attending the Candy Cane Meet on Dec 8 in Portland after our Y dual meet on Dec 7 @ KVV (Augusta).
5. Signup sheets are now available/attached for the Maine Development Meet @ Husson on Nov 2-3. The 13 & overs swim in the am and the 12 & unders swim in the pm on Sat. On Sun there will be 200's of stroke for swimmers ages 11 & older and the 200 Free and 200 IM for all. Entries are due on Oct 25 and swimmers must be members of USA swimming to participate.
6. The Fall Parents Organizational Meeting on Oct 3 @ 6pm. This will be an organizational meeting for upcoming season of the Sharks. Minutes/important points will be provided to all in the next email. We will have informational meetings in November for both new & returning families.
7. The Minor Athlete Abuse Protection Policy (MAAPP) is attached and also on the team website. All parents and swimmers should read the policy and if there are any questions or concerns please speak w/Jim or email mmontgomery@defy.org (Maine Swimming Safe Sport Chair). On the team registration form this season all families will need to sign that they have read and understand MAAPP.
8. On the weekend of Nov 16 – 17, there will be 2 home meets that we will be attending. On Nov 16 we will be swimming a Y dual meet against the PBAY (Camden) Sailfish. On Nov 17, the Sharks will host the 36th Annual MDI Sprint Meet. Info on both meets will be available in early Nov.
9. 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
10. The YMCA will be offering a Lifeguard Class w/MDI Adult Education from Oct 12 – Nov 9 Please click on <https://mdi.maineadulted.org/classes/categories/certificate-programs/?sort=title> for more information. There is a shortage of lifeguards both in the summer and during the winter season on the island. We need to have a lifeguard at all practices.
11. We need officials! There will be a Y Officials Clinic on Oct 27 at Husson University. Registration is at 8am for YMCA w/clinic beginning at 830am.
12. Winter Sharks will begin on Oct 22, please feel free to contact me if you have any questions.

Jim

'The best preparation for tomorrow is doing your best today' – H. Jackson Brown, Jr.