

Shark Notes, November 12, 2019

1. Sharks practice schedule for Nov 12-16
Senior T-F 245-415pm
Green W/F 415-515pm
Gold W 5-630pm, T/Th 530-7pm & F 330-430pm
AM M-F 6-7am/630-730am
Sat 730-930am
WeeSharks T/Th 445-530pm
2. Practice Announcements
 - a. There will be pizza after practice this Friday
 - b. The MDI HS Trojans will begin their practices on Mon, Nov 18 every Mon – Fri from 245-415pm
3. On Wed 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 could use some help from parents looking to try timing in a no stress event.
4. The Swim Team Parent's Informational Meeting is this Thurs, Nov 14 at the Y. At 545pm 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.
5. Our first Y Dual Meet will be this Sat, Nov 16 vs the Penobscot Bay Y Sailfish at the MDI Y. All Sharks are asked to attend this meet. If you someone will not be attending the meet, please notify the coaches. The Sharks warmup is at 1145am and the meet begins at 1pm. The meet should take about 2 hours to complete. Most swimmers will be competing in 3 events (individual and/or relay) of the coaches choosing.
6. We will be hosting the 36th Annual MDI Y Sprint Meet on Sun, Nov 17. The warm-up will be at 11am and the meet will begin at 1215pm. We are hoping to get as many Shark swimmers as possible to swim in the meet. 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. Not sure on length of meet but last year's meet was about 3-½ hours long. Signups for the swimmers are attached. If you have any questions or are not sure on event choices, the coaches can select.
7. Swim Meets do not happen without volunteers and we need a lot of volunteers to run a swim meet and lots of food donations for the concessions stand. There are signups posted on the swim team bulletin board for both meets this weekend. We will need 13 timers, 10 hourly concessions workers, officials & cleanup crew & lots of food (No Shellfish and/or Peanut products). Please check the board and sign-up for what you can. We need all to help out in some manner. If not sure please ask a veteran parent or coach.
8. 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.
9. We have rooms at the Embassy Suites for the Westbrook 'Swim Your Own Age' (SYOA) meet the weekend of Jan 10-12 at \$119/night. Please call the hotel and reserve under MDI Y Sharks.
10. Signup sheet for the Candy Cane Meet are now attached. The meet will be on Dec 8 in Portland. On Sat, Dec 7 we will be swimming a dual meet at KVV (Augusta), which makes a great travel weekend.
11. This week, Nov 11 – 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.
12. 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