

Shark Notes, November 19, 2019

1. Sharks practice schedule for Nov 18-23  
Green M/W/F 415-515pm  
Gold M/W/F 5-630pm, T/Th 530-7pm  
AM M-F 6-7am/630-730am  
Sat 730-930am  
WeeSharks T/Th 445-530pm
2. Practice Announcements
  - a. The MDI HS Trojans will begin their practices on Mon, Nov 18 every Mon – Fri from 245-415pm
  - b. There will be practices next week during Thanksgiving week.
3. Our 1<sup>st</sup> weekend of meets was a huge success. We had a many 1<sup>st</sup> time swims and lots of best times. The Sharks did defeat the PenBay Sailfish 531 – 207. On Sunday, the Sharks had 61 swimmers participate along w/about 8-swimmers from DEFY, WCY, PBAY & CCSC. We still have 3 more home meets on Jan 4, Feb 1 & Feb 9.
4. We will be headed to Augusta on Dec 7. Our warmup is for Noon w/meet beginning @ 1230pm. We are planning for 1 bus and have room for 12 swimmers. We will not have any HS swimmers w/us due to an MDI HS meet in Bangor. The meet should be no longer than 3 hours and the bus should return to Y by 730pm after a stop at fast food joint.
5. The swim team store is open on most M/W/F evenings @ the conclusion of Green team and before Gold practice. Items include goggles, straps & caps. Swimsuits and other items can be ordered at [swimoutlet.com/mdiisharks](http://swimoutlet.com/mdiisharks).
6. Our next home Y meet will be held on Jan 4 vs the Long Reach Swim Club (Bath Y). We do have an away Y meet at Downeast Family (DEFY) in Ellsworth on Dec 21. We hope to get a large number of swimmers at both meets. More info should be available after Thanksgiving on both meets.
7. Thanks to all of the volunteers for the meets last weekend. As you know, meets do not happen without volunteers. We had a lots of timers, concessions workers and cleanup crews. It is great to see all chip in for the home meets. There was plenty of food & drinks for the swimmers supplied by the team to fuel some great swims.
8. We are looking for more officials. The Sharks have 4 officials and usually borrow an official or two from our competitors. We, along w/DEFY are hoping to host a clinic in early Jan. This would require limited travel and would guarantee you a great spot on the deck. If you have any questions or need more info on being an officials please contact [erinfowen@gmail.com](mailto:erinfowen@gmail.com).
9. 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.
10. 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.
11. Signup sheet for the Candy Cane Meet is attached (entries due Nov 27). 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.
12. This week, Nov 18 – 23 we are focusing on backstroke for both Green and Gold teams. Each week the Sharks (Green & Gold practices) will prioritize one stroke/turn/start.
13. If you have any questions, please email.

"Excellence is the gradual result of always striving to do better." Pat Riley – NBA Hall of Famer