

Shark Notes, November 15, 2019

1. Sharks practice schedule for Nov 25-30  
Green M 415-515pm & W/F 4-5pm  
Gold M 5-630pm, T 530-7pm, W 130-3 & F 230-4pm  
AM M/T 6-7am/630-730am & W/F 8-930am  
Sat 8-930am  
WeeSharks T 445-530pm
2. Practice Announcements
  - a. Gold practice on Wed has been changed to 130-3pm w/Green remaining from 4-5pm.
  - b. Gold practice will be combined w/MDI HS practice on Fri this week. Gold swimmers may come to Green practice from 4-5pm on W/F if that fits scheduling needs.
  - c. There will be no practices on Thanksgiving.
3. We will be headed to Augusta on Dec 7 to swim the Kennebec Valley Y Stingrays. Our warmup is for Noon w/meet beginning @ 1230pm. We are planning for 1 bus and have room for 12 swimmers. Please email intentions to swim in the meet as soon as possible. We will not have any HS swimmers w/us due to a 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.
4. Signup sheet for the Candy Cane Meet is attached (entries due Wed, Nov 27). The meet will be on Dec 8 in Portland. This is a USA-Swimming meet. I have the following swimmers entered as of today: Peighton S, Antonia B, Willa & Olivia B, Henry S, Ian R & Liam M.
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/mdiysharks](http://swimoutlet.com/mdiysharks).
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. 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 [erinfofen@gmail.com](mailto:erinfofen@gmail.com).
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. This week, Nov 25 – 30 we will be developing some endurance for both Green and Gold teams. Green team will be increasing the number of laps swam at practice while the Gold team will be doing a lot of IM & free sets during the week. Next week we will spend a great deal of time working on butterfly for both practice groups.
11. We are planning a trip to Sarasota for a Long Course Meet from April 17-19. There will a parent info meeting on Mon, Dec 9 @615pm regarding the trip.
12. If you have any questions, please email.

"Winners make a habit of manufacturing their own positive expectations in advance of the event." Brian Tracy

Happy Thanksgiving

Jim

