

Shark Notes, November 4, 2019

1. Practice schedule for Nov 4-9
Senior M-Th 245-415pm & F 245-4pm
Green M/W/F 415-515pm
Gold M 500-630pm, T/Th 530-700pm, W 245-415pm & F 330-430pm
AM M-F 6-7am/630-730am
WeeSharks T 445-530pm
Sat 8-930am
2. This week, there will be a combined Senior & Gold practice on Wed, Nov 6 from 245-415 w/Green practice from 415-515pm. Next Mon, Nov 11, AM practice will be 8-930, Senior & Gold 245-415 and Green 415-515pm. Morning practices will now be held Mon-Fri from 6-7/630-730am.
3. This week will be Bring-A-Friend week. Any Shark may bring a friend to practice during the week. We are of course always on the lookout for new swimmers and allow one week for one to try the Sharks before joining the team.
4. Dryland Practices, are held on Tues & Thurs. The Seniors have been and will continue with Dryland Training from 245-315pm. The Gold Team will have dryland from 530-545pm.
5. The Parents Meeting will be held on Thursday, November 14. New parents (Green Team, WeeSharks & 1st year) will meet from 545-630pm and returning parents from 630-730pm. We will host a practice meet on Wed evening, Nov 13 @430 to allow new swimmers to practice racing and for parents to try timing in a no pressure setting.
6. On Nov 16, we will be swimming a dual meet versus the Penobscot Bay Y Sailfish at the MDI YMCA. The Sharks have a 1145am warmup and the meet will begin at 1pm. The meet should take about 2 hours. Most swimmers will participate in 3 events of the coach's discretion. Swimmers/parents need to inform Jim by Thurs, Nov 14 if they do not intend to swim. We will be looking for all families to volunteer/contribute for each home meet.
7. 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. It is the 1st of 5 home meets for the season. The events are all 25's for 8 & unders and all 50's for swimmers 9 & older plus the 100 IM for all. Signups for the swimmers are attached, if you have any questions on event choices, the coaches can help select.
8. For Y Dual Meets, we do not use signup sheets, we do use signup sheets for most USA-S/MESI Meets and the Y Developmental meets. For Home Y Dual Meets, swimmers/families need to inform the coaches that they will not be attending. For Away Y Dual Meets, swimmers/families need to inform the coaches that they will be attending.
9. Streamlining & Kicking, will be the major focus of the workouts this week for all team groups. Next week, we will prep the swimmers for the two meets to be held at the end of the week.
10. We need swimmers to make sure they are registered at the front desk for the 2019-20 swim-season. Please remember that there are draft plans available and that the Y does offer scholarships & reduced fees for swimmers/families in need. All swimmers must be on the YMCA's roster and a member of the YMCA before swimming in a meet. Registration form is attached and posted on the website.
11. Swimmers & others may sign-up for Deck Pass. Deck Pass includes patches, goals, best times, friends and many other things. USA Swimming will connect you to articles, videos, insights, data and much else when using desk pass. To signup go to www.tinyurl.com/mdiyclckpass.
12. We have a block of rooms at the Embassy Suites in Portland for the weekend of the SYOA meet in Westbrook from Jan 10-12 @ \$119/night. The rooms are listed under the MDI YMCA Sharks.
13. The Sharks have 2 new assistant coaches on deck to help with the 2019-20 season. Puranjot Kual and Keith Culshaw will be helping out during the season.
14. Feel free to pass along this email to anyone interested and if you have any questions, please email.

“Believe you can and you’re halfway there.” President Theodore Roosevelt