

Shark Notes, December 2, 2019

1. Sharks practice schedule for Dec 9-14
Green M/W 415-515pm & F 2-3pm
Gold M/W 5-630pm, T/Th 530-7pm & 1-215pm
AM M-F 6-7am/630-730am
WeeSharks T/Th 445-530pm
2. Practice Announcements
 - a. Due to half day of school this Friday, we have a Senior practice from Noon-1pm, Gold from 1-215pm and Green from 2-3pm. There will be no later practices this Friday (415pm & 5pm).
 - b. There will be practices during Christmas vacation for those that are on island for the holidays. The schedule is posted on the attached monthly calendar.
3. We had 34 Shark swimmers attend the meet at KVVY on Dec 7. Great to see the numbers that attended the meet. We had some great swims but had a few more DQ's than normal.
4. On Dec 21 we will be swimming at the Downeast Family Y I(DEFY) in Ellsworth. Our warmup is for Noon w/meet beginning @ 1230pm. We do encourage all Sharks to swim in the meet. It is an away meet but it is the closest away meet this year. Please email intentions to swim at the meet by Wed, Dec 18.
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.
6. Our next home Y meet will be held on Jan 4 vs the Long Reach Swim Club (Bath Y). The Sharks warmup will be @ 1145am and the meet will begin @ 1pm. We are requesting that all Shark swimmers participate in the meet w/LRSC. Please email notification of any Shark swimmer that will not be participating in the meet w/the Snaildarters by Thurs, Jan 2.
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.
8. This year we have had a great number of swimmers at Saturday morning practices. These practices are highly recommended for Gold & Senior/High School Swimmers; especially those have qualified or plan to qualify for Winter Champs. Most older & highly competitive swimmers in Maine and elsewhere swim much more than the 1 hour 15 min practices that the Sharks normally do. The Saturday morning practice allows the Shark swimmers to prepare for the rigors of a 3-day championship meet at the end of the season. If there is a swim meet later in the day on Saturday, it is even more important to swim on Saturday am to be able to handle the 2 & 3 day meets.
9. Swimmers must join USA Swimming to compete for the MDI Y Sharks in Maine/USA swim meets (including SYOA & JO's). Registration is \$73 for the annual membership (good 'til 12/31/20) or \$44 the seasonal membership (good 'til 3/22/20). Please notify Jim of your choice and payment is through the front desk of the YMCA.
10. 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.
11. 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. Signup sheets are attached. Please call the hotel and reserve under MDI Y Sharks.
12. This week, Dec 9-14, we will be working on butterfly for Green and breaststroke for Gold. As we continue to improve the technical aspects of the Shark swimmers, we continual to increase the conditioning of the Sharks.
13. We are planning a trip to Sarasota for a Long Course Meet from April 17-19. A separate email has been sent this week with details about the trip to sunny Florida. Swimmers will be expected to meet practice/meet requirements (4-6 times per week).
14. If you have any questions, please email.

'All you need is the plan, the road map, and the courage to press on to your destination.' – Earl Nightingale