

Shark Notes, December 2, 2019

1. Sharks practice schedule for Dec 16-21
Green M/W/F 415-515pm
Gold M/W/F 5-630pm & T/Th 530-7pm
AM M-F 6-7am/630-730am
WeeSharks T/Th 445-530pm
Sat 730-930am
2. Vacation Practices Dec 22-Dec 31
Sunday 12/22 & 12/29: 1230-145pm
AM's (Sr & Gold) Mon/Tues/Thurs/Fri/Sat/Mon/Tues 8-930am;
High School/Gold Mon/Thurs/Fri/Mon 230-4pm
Green Mon/Thurs/Fri/Mon 4-5pm
3. Practice Announcements
 - a. There will be pizza after practice this Friday @ 5pm & 630pm.
 - b. There will be Sunday practices during vacation from 1230-145pm for Gold & Senior swimmers.
 - c. Green Team will begin practices 5 days/week beginning on Jan 2. Mon/Wed/Fri will remain from 415-515pm. On Tues/Thurs there will now be a practice from 445-530pm.
4. This Sat, Dec 21 we will be swimming at the Downeast Family Y (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. I have very few names for the meet this Sat, please email intentions to swim at the meet by Wed, Dec 18.
5. 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.
6. 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.
7. 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.
8. We are planning a trip to Sarasota for a Long Course Meet from April 17-19. A letter is attached, we are hoping to have an idea on who is thinking of the trip by yesterday, Mon, Dec 16. If you are still interested in attending the trip to sunny & warm Florida, please email. Swimmers will be expected to meet practice/meet requirements (4-6 times per week).
9. This year we have had consistently a large number of swimmers at Saturday & morning practices. During vacation week it is just as important to keep attending practices if you on-island. Xmas vacation is a great time to get some extra swimming in before the new year begins. There are practices every day except Christmas and New Year's Day for Gold & Senior swimmers.
10. This week, Dec 16-22, we will continue to stress butterfly for Green but will begin some of the basics for breaststroke. Gold swimmers will take time each day to work on two hand touch turns. Practices during Xmas vacation will be focus on the basics for Green team and provide some training for the Gold & High School swimmers.
11. If you have any questions, please email.

'I don't think Christmas is necessarily about things. It's about being good to one another.' Carrie Fisher (Princess Leia)