

Shark Notes, December 2, 2019

1. Sharks practice schedule for Dec 2-7  
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
2. Practice Announcements
  - a. Sat AM (12/7) practice will be from 730-9am, this should allow any HS or Gold swimmers wishing to get both a practice and a meet in the same day.
  - b. There will be no Sat AM (12/7) practice this week.
3. We are headed to Augusta on Dec 7 to swim the Kennebec Valley Y Stingrays. Our warmup is for Noon w/meet beginning @ 1230pm. Please check the list and email intentions to swim in the meet as soon as possible. The bus will leave the Y @ 9am on Sat. The bus should return between 7-8pm after a pit stop at a local fast food establishment. Priority on bus is for swimmers who need transportation both ways. Please email intentions to swim/take bus in the meet as soon as possible.
4. 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).
5. 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.
6. 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).
7. The Maine YMCA State Meet, will be held Feb 28 – March 1 at the University of Maine, the Maine Winter Champ Trials will be held on March 7 – 8 at the Bath YMCA and the Maine Winter Champs (formerly JO's) will be held March 19 – 22 at UMaine. At the Y State Meet, 13 & over Girls will swim on Friday evening, Feb 28. On Feb 29, the 9-10 & 11-12 Boys will swim in the morning, the 9-10 Girls in the afternoon and the 13 & over Boys in the evening. On Sunday, March 1, the 8 & under Boys & Girls will swim together in the morning and the 11-12 Girls will swim in the afternoon.
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, Dec 2-7, we will be working on butterfly for both Green and Gold teams. We will continue to emphasize the stroke the next 2 weeks while we continually improved the conditioning of the Sharks.
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.

"The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit."- Ken Doherty

Jim