

Shark Notes, September 23, 2019

1. The practice schedule for the Fall Sharks.
Senior M/W/F 245-4pm & T/Th 245-415pm
Green M/W/F 4-5pm
Gold M/W 5-615pm, T/Th 330-445pm & F 330-430pm
WeeSharks T/Th 445-530pm
 2. We will begin morning practices on Oct 7. We will run 3 mornings/week through the end of October. The practice time is 6-730am, but it is only 1 hour, either show up @6am or at 630am. Practices will be Monday, Wednesday & Friday and we will notify all of any changes to the morning schedule (no AM practice on Columbus Day, Oct 14).
 3. Thanks to CassieLyn & TJ Willis, Willa Bond, Zac Gilhooley, Jessica Stewart, Antonia Burns, and Peighton & Katie Skeate for operating the water station at Eagle Lake for Y's Annual 1/2 Marathon. The Sharks have been handing out water for 17 years and many runners enjoy seeing the swimmers on the course helping out.
 4. WeeSharks began on Tuesday Sept 17. The WeeSharks swim from 445-530pm on Tuesday & Thursday. Children must be able to swim the length of the pool to participate in the WeeSharks program. There is an option to choose 1 or 2 days/week. There will be another session of the WeeSharks beginning in in Nov with the hope that some will join the Sharks in Jan for the remainder of the season.
 5. We will be hosting a Fall Parent's Meeting on October 3 @ 6pm. This will be an organizational meeting for upcoming season of the Sharks. We are looking for those who are willing to help with the planning for the Sharks for the upcoming season. We will have informational meetings in November for both new & returning families.
 7. I will be away next Wednesday – Friday (Sept 25 – 27). The High School swimmers will have a written workout. The Gold, Green & WeeSharks will be coached by the older Shark swimmers during my time away.
 8. The pool has had a lot of work done in the past 15 months on the air-handling system. All seems to be good right now. Two big changes that are noticeable to all; the pool air temp is locked in 84 degrees and there is a lot less noise in the pool now that the air-handler is outside the building.
 9. The Sharks are on the web: mdiysharks.com and on social media.
@Facebook: Mount Desert Island YMCA Sharks
@Instagram: MDIYSHARKS
@Snapchat: Mount Desert Island YMCA Sharks
 10. Former Shark swimmers who will be swimming this season for their college teams include Liam Sullivan @ Williams, Anna Naggert @ Skidmore, Lydia DaCorte @ Wheaton, Kristoph Naggert @ Oberlin and Tom Gallup @ Cal Tech. If there are any other Shark swimmers still swimming, please forward that info along. The Sharks and the sport of swimming produce great students through hard work, time management, discipline and working as a team.
 11. Please check out the attached and updated meet schedule for the upcoming season.
 12. As we start the season please feel free to contact me if you have any questions.
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Jim

Every day, every year, every new season is a reset from the last, and you are still hungry for success, to do things better and better. – Fernando Alonso (Formula 1 World Champion)