

Shark NewsUpdate
January 15, 2013

This Week's Practice Schedule

Green	Mon & Wed	4:15 – 5:15pm
	Fri	4:15 – 5:00pm
Gold	Mon & Wed	5:00 – 6:30pm
	Tues & Thurs	5:30 – 7:00pm
	Fri	3:15 – 4:15pm
AM	Mon – Fri	6:00 – 7:00am/6:45 – 7:45am
Saturday	Sat	7:30 – 9:30am

Friday Practices

This week Gold practice on Friday will be from 3:15 – 4:30pm. We will allow Gold swimmers to come to the Green practice from 4:15 – 5:00pm if they cannot make it to the Y for the Gold practice. There will be no practice at 5:00pm due to the MDI High School home vs the Orono HS Red Riots.

Martin Luther King Day Practices

There will be an AM practice on Monday, Jan. 21 from 8:30 – 10:00am for Gold and Senior swimmers. There will also be the normal practices in the evening (Green 4:15 – 5:15pm & Gold 5:00 – 6:30pm).

Snow/Bad Weather Days

Any practice changes due to stormy weather will be announced via email and Facebook. We may combine practices or change times but we will try to our best to run practice. Please remember that if you do not feel safe on the roads please stay at home.

Bangor Y & Old Town Meet

Last Saturday we hosted our last dual meet of the season against both Bangor and Old Town. It was a long meet but it went fairly well. Thanks to all that helped and to all the swimmers that showed up. The final scores were MDI 438 to CCSC 233 and MDI 449 to Bangor 171. We still have two more home meets on Feb. 10 and March 9 & 10.

Next 3 weeks of Practice

This week the Green swimmers will spend time on breaststroke with the plan to work on butterfly next week. Gold team will spend time on butterfly this week and freestyle next week. Over the next 3 weeks the swimmers will be doing more laps in practice while focusing on streamlining and swimming relaxed and comfortably. We hope to have all the swimmers prepared to do their goal laps if not more for the Aquathon.

Upcoming Y Meets

We have a few more meets coming up in January and February. These meets are all optional but do allow the swimmers to try new events, get best times and try to qualify

for JO's. On Jan. 26 we will be headed to Waldo County Y in Belfast (signup sheet attached) and on Feb. 2 we will be headed to Old Town. On Sunday, Feb. 10 we will host our last home meet where we encourage all Sharks to participate if possible. Signup sheets for the Lenny DeMuro and Old Town meets will be available soon.

Maine Winter Championships (JO's)

The Maine Swimming Winter Championships (JO's) will be held March 14 – 17 at Bowdoin College in Brunswick. We have reserved a block of rooms at the Best Western Plus (formerly Parkwood Inn) for \$80.93 which includes a hot breakfast each morning. The phone number is 207-725-5251 and the rooms are under the MDI Y Sharks Swim Team and should be reserved by Feb. 1st. The meet will use the same format as last year's meet. The 13 & overs will swim the 1650 free on Thursday night. On Friday, Saturday, & Sunday the 13 & overs will swim trials in the morning and the finals w/relays at night. The 12 & unders will swim timed finals in the afternoon each day.

YMCA State Meet

The Maine YMCA State Meet will be held on March 2 & 3 at the University of Maine in Orono. The order of the sessions on Saturday will be 8 & under Girls, followed by 8 & under Boys, then the 9 – 10 Girls, finishing with the 13 – 14 and Senior Boys. On Sunday the 11 – 12 girls will begin the meet, followed by the 9 – 10 and 11 – 12 Boys and the concluding the meet will be the 13 – 14 and Senior girls.

Aquathon

The 2013 MDI Y Sharks Aquathon will be held on February 3rd (Super Bowl Sunday). We still have some pledge sheets for swimmers to pick up, there are always more pledge sheets for those that need another one. There is an attached info sheet with some of the details regarding the Aquathon. Swimmers/others may sign up for a lane at the pool. This year, Lanes 1 & 2 will be for Green Swimmers, Lanes 3, 4 & 5 for Gold & HS swimmers, and Lane 6 for Community members. Remember this is our number 1 fundraiser and all money goes to offset the cost of operating the Sharks swim program.

Swim Suits & Goggles (swimoutlet.com)

We have some suits available in various sizes for anyone wishing to purchase a new MDI suit. Prices are \$36 for boy's jammer and \$48 for a girl's super proback. We also have plenty of swim caps. Latex caps are \$4 each and silicone are \$8 each. You may also go to www.swimoutlet.com purchase other swim equipment. At the Championship meets in March, shark swimmers that wear caps must wear an MDI cap, it shows pride in the team but also makes it easier for all to identify the Sharks.

Questions/Problems/Ideas/Volunteer

If you have any questions/problems/ideas or wish to volunteer please feel free to email sharks@mdiymca.org.

**“I didn't set out to beat the world; I just set out to do my absolute best.”
–Al Oerter, 4 time Olympic Gold medalist in the discus event**