

Hi all,

I will try to get a newsupdate sometime this week but here is some important info for all.

### **Upcoming Meets**

1. This Saturday we will be swimming at Old Town. The meet is optional meet but a great meet to get some qualifying times for JO's or to get one of the 3 Y meets in. The 12 & under session will have warmup at 10:30 with the meet beginning at 11:00am and the 11 & older session will have a 1:30pm warm-up with the meet beginning at 2:30pm. We will be taking the mini bus to 12 & under session and it will return after that session. If anyone needs a ride to the 11 & older session we can help arrange. The signup sheet is attached. There will be a spreadsheet posted at the pool regarding who has qualifying times for JO's and their events.
2. We will be swimming at Bath on Feb. 1. Our warmup will be at 11:30am and the meet will begin at Noon. We would like to get all Shark swimmers to attend the meet against the best team in the state. We will be taking the mini bus to the meet. I will need to know by next Wednesday, Jan. 29 on who will be attending the meet. Swimmers will be entered into events there will be no signup sheets.
3. We will be making up the Bangor Meet on Feb. 8. I would assume that the meet times will be the same with a 9:30am warmup and 10:15am start. Again we will need to know by Wednesday, Feb.
5. More info will be available next week.
4. The Lenny DeMuro Meet will be held on Feb. 9 at the MDI YMCA. I have attached the signup sheet for this meet as well. This a great meet to get qualifying times, a 3rd Y meet, or try new events. This meet is divided into 2 sessions with the 500, 1000, & 1650 Frees be swum in the morning and all the other events be swum in the afternoon.

### **Aquathon**

The Aquathon will be held on Feb. 2. We are still looking to get swimmers signed up for times at the Aquathon. The poster is at the far end of the pool near the Locker Rooms. Please remember that this is the Sharks largest fundraiser and we need all Shark Swimmers to participate. If you are not able to swim on aquathon Sunday, swimmers can make it up at a later date during lap swims or at swim practice.

### **Practice Schedule (Jan. 20 - 26)**

Green	M/W/F	4:15 - 5:15pm
WeeSharks	T/Th	4:15 - 5:00pm
Gold	M/W/F	5:00 - 6:30pm
	T/Th	5:30 - 7:00pm
	Friday	3:15 - 4:15pm or 5:00 - 6:30pm
AM	Mon & Fri	8:30 - 10:00am
	T/W/Th	6:00 - 7:00am/6:45 - 7:45am
Sat	Sat	7:30 - 9:30am

### **Coach of the Day Contest**

For the next two weeks we will be taking attendance at practice to give swimmers a chance to be coach of day from Feb. 3 - 6. Winners will be announced via email on the morning of Feb. 3. The more practices a swimmer attends the more chances they have to be the coach of day.

Feel free to email if you have any questions about any of the above items.

JIM