

**Shark NewsUpdate**  
**January 28, 2014**

**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/4:15 – 5:00pm
WeeSharks	Tues & Thurs	4:15 – 5:00pm
AM	Mon – Fri	5:45 – 7:00am/6:45 – 7:45am

**This Friday Gold & Green Practice w/pizza**

The MDI HS will be swimming its last home meet of the season on Friday night against John Bapst. We will have Gold practice from 3:15 – 4:15pm and Green practice from 4:15 – 5:00pm. We will allow Gold swimmers to come to the Green practice if they cannot make it to the Y for the Gold practice. There will be a Pizza Party after practice on Friday night.

**Y Dual Meet @ Bath**

We will be swimming the Long Reach Swim Club at the Bath YMCA this Saturday, Feb 1. We will be taking the mini bus and plan to leave the Y @ 8:00am. Our warm-up is at 11:15am and the meet will begin at Noon. This is a scored meet and we are asking that all Shark members attend the meet. We need to know by this Wednesday of the swimmers that will be participating in the meet and taking the bus. We will stop at fast food joint on the way home and should be back between 6:00 – 7:00pm.

**Y Dual Meet @ Bangor**

On Feb 8 we will making up the meet with the Bangor Y Barracudas. We will need lots of Shark swimmers to participate at this dual meet in order to give the team its best chance to compete. The mini-bus will be leaving at 8:00am. The MDI warm-up is at 9:30am and the meet will begin around 10:15am and should be completed by 1:30pm. Please inform by email/in-person of swimmers intentions by next Wednesday. Yes it is the same day as the Girls HS PVC's so we do not expect to see any of the HS Girls at the meet.

**Aquathon 2014**

2014 MDI Y Sharks Aquathon will be held on February 2<sup>nd</sup> (Super Bowl Sunday). All Sharks must participate in the Aquathon, which is the Sharks major fundraiser for the season. Swimmers may sign up for lap times at the pool. The make-up date for the Aquathon will be Saturday, Feb. 15 from 7:30 – 9:30am. If you are not able to make it at that time please speak/email the coaches and we will figure a time that will work. There is still time for parents to help out at this year's disco party.

**'Everyone has the will to win, but to win you must have the will to prepare!'**

### **Lenny DeMuro Invitational**

The annual Lenny DeMuro Invitational will take place on Sunday, Feb 9 at the MDI YMCA. There will be a 7:00am warmup and 7:30am start for the 3 distance freestyle events (500, 1000 & 1650 frees). All the other events will be in the afternoon with a 11:45am warm-up and a 12:45pm start. This is a great meet for swimmers to get qualifying times for JO's and New England's. Signup sheets are attached and posted at [www.mdiysharks.com](http://www.mdiysharks.com). Of course we will need food for concessions, concession volunteers and timers for the meet next weekend, which should be posted by next Monday. This will be the last home Y meet of the season.

### **Upcoming Y Meets**

The DEFY Invitational will be held on Feb 19. More info will be available next week.

### **YMCA State Meet**

The Maine YMCA State Meet will be held on February 28, March 1 & 2 at the University of Maine in Orono. All Shark swimmers who participate in 3 Y league dual meets are eligible to swim at the Y State Meet. There will be another email in the coming days detailing all the information needed for the Y State Meet.

### **3 Y Meets**

Many of the swimmers have already swum in 3 Y meets. Here are the swimmers that have swam in less than 3 Y Meets this season.

2 Y Meets: Emily & Andrew Clark, Hutchin Gerrish, Gilbert Isaacs, Emily Losquardo, Anna-Elizabeth Merchant, Olivia Underwood, Zeke Valleau, Mia & Zoey Ray, Eliza Schleif, Isabella Michael, Annie Painter, CassieLyn Willis

1 Y Meet: Rebecca Gerrish, Finn Hansbury, Ruby Mahoney, Addy Smith, Mary Ellen Sharp, Zack Zaman, Maggie Painter

0 Y Meets: Annabelle & Stella Walke

### **Upcoming USA Swimming Meets**

The next USA Swimming meet we will be the 'Last Chance Meet' at Husson University in Bangor on Feb 22. Entries are due by Wednesday (Feb 22) and swimmers must be registered w/USA Swimming for a cost of \$37.50 (good until March 16, 2014) or \$60 (good until December 31, 2014). This will be the last chance for swimmers to qualify for the JO's at Bowdoin College. The JO's will be held from March 13 – 16. Detailed information on the JO's should be available by next week.

### **Questions/Problems/Ideas/Volunteer**

Any questions, problems, ideas or if wish to volunteer, please email [sharks@mdiyymca.org](mailto:sharks@mdiyymca.org) your interest because a swim team can only compete with the assistance of volunteers.