

Shark NewsUpdate January 30, 2013

This Week's Practice Schedule

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

Friday Practice

This week Gold practice on Friday will be from 5:00 – 6:30pm. We could use a few Gold swimmers to help out with Green practice on Friday night from 4:15 – 5:15pm. The MDI HS team will be traveling to the Bangor YMCA to swim John Bapst on Friday.

Monthly Calendar

The calendar for the next five weeks is now posted on the website and you can also check the calendar section. This calendar includes the February vacation practice schedule as well.

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.

Last 2 weeks of Practice

We have spent a lot of time in Green practice the past 2 weeks developing the swimmers endurance for the Aquathon. We look forward to the swimmers going way above their goals. The intensity and distances of Gold practice have increased to give the swimmers a solid base as we get near the Championship season.

Upcoming Y Meets

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 Feb. 2 we will be headed to Old Town. On Sunday, Feb. 10 we will host our last Y home meet where we encourage all Sharks to participate if possible. Signup sheets for the Lenny DeMuro and Old Town meets are attached.

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. There is list of swimmers who have qualified posted at the pool. Also posted are swimmers best times for the 2012-13 season. Highlighted times denote events that swimmers have qualified for Winter Champs (JO's). If you have any question about this meet or any other USA meet please see Jim.

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 concluding the meet will be the 13 – 14 and Senior girls. More detailed information, including anticipated warm-up/start times will be posted next week.

Aquathon

The 2013 MDI Y Sharks Aquathon will be held this Sunday, February 3rd (Super Bowl Sunday). 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, the Noon – 1:30pm slot seems to have the most space right now. We are looking for any parents to help out from 9:00 – 10:30am (2), Noon – 1:30pm (1), and cleanup at 1:30pm (2). Remember this is our number 1 fundraiser and all money goes to offset the cost of operating the Sharks swim program.

Last Chance Qualifier

We will be hosting the Maine Last Chance Qualifier on March 9 & 10. This will be a USA Swimming meet, so any swimmers taking part will have to be a member of Maine Swimming. There will be an 8 & under only session on Saturday, followed by a session with swimmers of all ages. On Sunday there will be a morning session concluding with some distance races. The sessions will be about 2 – 2 ½ hours and we could use the assistance of all Shark parents to pull off a successful meet. All income earned from the meet will go directly into the Shark concession account to benefit all team members.

Questions/Problems/Ideas/Volunteer

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

Swimmers with less than 3 Y Meets

2 Meets: Anna Dienke, Emma Dienke, Leila Johnston, Rachel Leonard, Maggie Painter, Mary Ellen Sharp.

1 Meet: Piper Charron, Hutchin Gerrish, Isaac Mains, Sam Nagy

“IA penny saved, is a penny earned.”

–Ben Franklin, famous for many things including inventing hand paddles for swimming