

Shark NewsUpdate
January 3, 2013

This Week's Practice Schedule

Green	Wed & Fri	4:15 – 5:15pm
Gold	Wed	5:00 – 6:30pm
	Thurs	5:30 – 7:00pm
	Fri	3:15 – 4:15pm
AM	Wed & Thur	5:45 – 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 – 4:15pm. We will allow Gold swimmers to come to the Green practice from 4:15 – 5:15pm if they cannot make it to the Y for the Gold practice.

High School Meets

The MDI High School Trojans will be swimming at the Old Town High Coyotes this Friday, January 4th, Next Friday, January 11th, the High School swimmers will compete against the Brewer High Witches at the MDI YMCA.

Saturday AM Practice

There will be a Saturday AM practice this Saturday from 7:30 – 9:30am. This practice is for Gold and Senior swimmers.

Dual Meet vs. PenBay YMCA

We will be swimming at the PenBay Y Sailfish in Camden, this Saturday. We have at least 50 swimmers going and we still have room for more. The warm-up is at 12:30pm and the meet will begin at 1:00pm. This is the last away dual meet of the season and we would like to show a great team effort.

Swim Suit Orders

The swim suits are in. Parents can begin to pick them up on Thursday, Jan. 3. We do have a few extra suits for anyone that did not order them. Suits are \$48 for girls and \$36 for boys.

UpComing USA Swimming Meets

On January 6, the Hurricane Swim Club will be hosting a USA Swimming meet at Husson University. On January 19 – 20 there will be the Swim Your Own Age (SYOA) meet at Westbrook Community Center. A Signup sheet for the SYOA meet is attached to this email. Swimmers must enter the SYOA meet by next Thursday, January 10th. Swimmers for USA Meets need to be members of USA Swimming for a cost of \$36.50 (good until March 17, 2013) or \$59 (good until December 31, 2013).

UpComing Y Dual Meets

On Jan, 12 we will swim at home against the Bangor Y Barracudas and the Canoe City Swim Club (Old Town). We will need all Shark swimmers to participate at this dual meet in order to give the team its best chance to compete. We expect that all swimmers will be participating unless they notify us in advance.

Meet Staff & Concession Food for January 12 Meet

We will have a volunteer list and concessions list posted by Monday. Please remember that we need some parents to step up to help with concessions during the actual meet. The last meet we relied on just two parents to run the concessions during the entire swimming portion of the meet. This made it hard for them to see their children participate. It would be great if we get a few more volunteers during the meet and then make sure everyone gets to see their child swim.

Aquathon

The Aquathon will be held on Super Bowl Sunday, February 3, 2012. A group of parents show up on Dec. 20th to begin planning for the big bash. We are hoping to get more community members including Shark parents to participate this year. Information should be available to the swimmers next week on the event including the pledge sheets. The Aquathon is our team's biggest fundraiser and we require that all swim/donate to the cause of keeping our program fees low.

Practices

Over the next few weeks we will prepare the swimmers for the Aquathon, the Y State Meet and the Winter JO's to be held in March. Green Team will see the focus turn to more endurance building over the next few weeks with time spent on breaststroke and starts. Gold Team will increase the intensity of their workouts, spend time on breaststroke and butterfly and begin to work on relay starts. Gold and Senior swimmers should remember to come to the Saturday AM practices from 7:30 – 9:30am, these practices help prepare the swimmers for the end of the season with high quality workouts.

Website/Face Book

Our website www.mdiysharks.com is up and running and hopefully getting lot of hits. All team information is posted on the website as well as meet results, qualifying times, and other news.

Questions/Problems/Ideas/Volunteer

If you have any questions or problems please feel free to email sharks@mdiymca.org. We could use one more volunteer coach on Friday's during Green team, if interested please see/email the coaches.

Happy New Year!

'Good Coaches make Good Swimmers but Great Swimmers make Great Coaches.'