

Shark NewsUpdate
January 7, 2014

It's Winter

Swimmers should be reminded to be wearing proper clothing when coming/leaving the Y each evening. Wearing a winter hat will keep the head warm before stepping out in the cold. We expect to hold practices every day that the Y is open. We will email and post on Facebook any changes to the practice schedule due to weather.

This Week's Practice Schedule

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

Friday Practices

For the next four weeks, Gold practice on Friday will be from 3:15 – 4:15pm and Green practice from 4:15 – 5:15pm. We will allow Gold swimmers to come to the Green practice if they cannot make it to the Y for the Gold practice.

Monday, January 13

On Monday, Jan. 13 the MDI High School will be swimming Foxcroft Academy. Gold practice will be from 3:15 – 4:15pm and Green practice will be from 4:15 – 5:00pm.

Y Dual Meet @ Bangor

On Jan, 11 we will swim at the Bangor Y Barracudas. We will need Shark swimmers to participate at this dual meet in order to give the team its best chance to compete. 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 Wednesday.

Upcoming USA Swimming Meets

The next USA Swimming meet we will be the 'Swim Your Own Age' meet in Westbrook on Jan. 18 & 19. Entries are due by this Wednesday (Jan. 8) 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). The next USA Swimming Meet will be on Jan. 25 & 26 in Lewiston at Bates College and the final meet before JO's will be on Feb. 22 at Husson University.

'The only place where success comes before work is in the dictionary'

JO Rooms in Brunswick

We have a block of rooms at the Best Western Plus in Brunswick for \$80.95 and the number is 207-725-5251. The JO's will be held at Bowdoin College from March 13 – 16. The meet format has been changed slightly. The 1650's will still be on Thursday night, the 13 & overs will swim prelims in the am and finals at night and the 12 & unders will swim during the afternoon Friday – Sunday.

Upcoming Y Meets

We have a few more meets coming up in January and February. On Jan. 25 we will be headed to Waldo County Y (Belfast) for an optional meet. On Feb. 1 we will be headed to Bath to swim against the defending State Champion Long Reach Swim Club in our last dual meet of the season. On Sunday, Feb. 8 we will host the Lenny DeMuro Swim Meet and on Feb. 19 DEFY (Ellsworth) will host its annual meet during vacation 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. The 13-14 and Senior Boys will swim on Friday night. On Saturday will be the 9-10 girls, followed by 9-10 and 11-12 Boys and finishing with the 13-14 and Senior Girls. On Sunday the 8 & under Girls will begin the meet, followed by the 8 & under Boys and the concluding the meet with the 11-12 Girls. More information, including session times, will be available in the next few weeks.

Aquathon

The 2014 MDI Y Sharks Aquathon will be held on February 2nd (Super Bowl Sunday). Packets will be distributed this week to all team members. 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. More information will be available in a separate email.

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 continue to build endurance while also spending time on breaststroke and butterfly. Gold Team will increase the intensity of their workouts; focus on freestyle and backstroke this week and on breaststroke and butterfly next week. 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.

Questions/Problems/Ideas/Volunteer

Any questions, problems, ideas or if wish to volunteer, please email sharks@mdiymca.org your interest because a swim team can only compete with the assistance of volunteers.