

Shark NewsUpdate
January 8, 2013

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.

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
AM	Mon – Fri	5:45 – 7:00am/6:45 – 7:45am
Saturday	Sat	7:30 – 9:30am

Friday Practices

For the next three weeks, Gold practice on Friday will be 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. The MDI High School Swim Team will be swimming Brewer on Friday, January 11 at 6:00pm.

Dual Meet vs. PenBay

We had a great meet against the Sailfish. We had lots of best times, 1st time swims, great support & cheering among the Sharks. The final score was PenBay 564 to MDI 462. We had 55 swimmers attend the meet in Camden, thanks to all of the parents that help get their kids to the meet.

Y Dual/Tri Meet vs Bangor & Canoe City (Old Town)

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/tri meet in order to give the team its best chance to compete. We expect that all swimmers will be participating unless they notify us by Wednesday.

Meet Staff & Concession Food for January 12 Meet

We have a volunteer list and concessions list posted. You may sign up on the pool bulletin board or email. 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.

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

Upcoming USA Swimming Meets

The next USA Swimming meet we will be the 'Swim Your Own Age' meet in Westbrook on Jan 19 & 20. Entries are due by this Thursday (Jan. 10) and swimmers must be registered w/USA Swimming for a cost of \$36.50 (good until March 17, 2013) or \$59 (good until December 31, 2013).

Upcoming Y Meets

We have a few more meets coming up in January and February. 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 Jan. 26 we will be headed to Waldo County Y (Belfast) and on Feb. 2 we will be headed to Old Town. On Sunday, Feb. 10 we will host our last home meet where we encourage all Sharks to participate if possible. Signup sheets for all 3 meets will be available soon.

YMCA State Meet

The Maine YMCA State Meet will be held on March 3 & 4 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 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 the concluding the meet will be the 13 – 14 and Senior Girls. More information, including session times, will be available in the next few weeks.

Aquathon

The 2013 MDI Y Sharks Aquathon will be held on February 3rd (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 time's oat 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. We will also have some of the High School swimmers helping out on Friday's with Green team and the Friday Swim Club for the next few weeks. Gold Team will increase the intensity of their workouts; focus on backstroke this week and on 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.