

## **Shark NewsUpdate February 5, 2014**

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

### **This Friday**

We will have Gold practice 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.

### **Y Dual Meet @ Bath**

We had 61 swimmers swim at Bath on Saturday, Feb. 1. The final score was LRSC 535 - MDI 374. Thanks to everyone that traveled to the meet. It was a great showing by our team against the best team in the state. This is by far the largest squad that we have brought to Bath in the last 15 years.

### **Y Dual Meet @ Bangor**

On Feb 8 we will be 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 1:00pm. Please inform by email/in-person of swimmers intentions by 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**

The 2014 MDI Y Sharks Aquathon was held on February 2<sup>nd</sup> (Super Bowl Sunday). It was a tremendous success. So far, Shark Swimmer have completed 10,627 laps which is about 160 miles of swimming. 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. Please turn in the money for the Aquathon by the end of February to allow us to order of all the Aquathon prizes but of course we will take the money whenever we can.

Thanks to everyone that help with this year's disco party including Kevin Walls & Sue Cullen, Angie Delvecchio & Chris Schleif, Shannon Horton, Jackie Finger and our lead organizers Edith & Ron Korstanje.

**“Getters don't get--givers get.” – Eugene Bengé**

### **Lenny DeMuro Invitational**

The annual Lenny DeMuro Invitational will take place this Sunday, Feb 9 at the MDI YMCA. There will be a 7:30am warmup and 8:00am 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). To sign up for concessions and timing or to donate food log on to <http://tinyurl.com/mdiy020914>. This will be the last Y home 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 an another email that will contain all the details from the League about the 2014 YState 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 Clark, Rebecca Gerrish, Mia & Zoey Ray, Isabella Michael, CassieLyn Willis

1 Y Meet: 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 Friday (Feb 14) 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 later this week or early next week.

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

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