

Sharks Spring Newsupdate #1
May 14, 2014

1. Practice Schedule, through June 13.

Green	Mon/Wed/Fri	4:00 – 5:00pm
Gold	Mon/Wed	5:00 – 6:15pm
	Tues/Thurs	3:15 – 4:15pm
	Fri	3:15 – 4:15/4:00 – 5:00pm
Senior	Mon – Fri	2:45 – 4:15pm
WeeSharks	Tues/Thurs	4:15 – 5:00pm

2. Summer Meet Schedule (All meets are USA Swimming Meets except Y Nationals)

June 7	@Husson University, Bangor
June 28	@Bath YMCA, Summer Sprint Meet, Bath
July 12 – 13	@Westbrook Community Center, Summer SYOA
July 24 – 26	@Saint John, NB, Summer JO's
July 28 – Aug 1	@Indianapolis, Summer Y Long Course Nationals

3. Go to www.maineswimming.org for the info on the Hilton and Delta in Saint John. It is best to make arrangements now for the rooms they will go fast. These are the hotels that are within walking distance to the pool and just about everything else in Saint John. There are also other hotels and campgrounds in the area on the msi website as well.
4. The Lenny DeMuro Swim Camp will be held July 7 – 11 from 9:00 – 3:00pm at the MDI YMCA. This year we have invited Jay Morissette the Head Coach of the Bath YMCA to come and lend a hand for a few days at the camp. We plan to work on a stroke each day, play outside, and then spend the afternoon perfecting our strokes and getting some swimming in. The camp is for swimmers ages 7 – 13 and should be prepared to spend about 3 hours in the pool each day. We will finish the week with a short swim meet on Friday afternoon.
5. The MDI Water Sports Camp will be held August 4 – 8 from 9:00 – 3:00pm. This year we will continue to swim in the morning and then head to some spot on the island for lunch and other activities. If we return to the Y before 3:00pm we will spend time on the diving board and the rolling log. This camp will be limited to the 13 swimmers between the ages of 7 – 13.
6. There are still some people that need to pick up Aquathon Awards. If you did not get something that you were supposed to get please send an email or see me at the pool and we make sure that you are properly rewarded. I do have the gift certificates to swimoutlet.com for any one that chose that option.
7. The Summer Swim Team will begin on June 23 and will continue to August 1. The cost will be \$80 but there is a \$15 discount for anyone that participated on the Spring Sharks. Practice times will be announced in a week or two for all. WeeSharks will continue on Tuesday & Thursday afternoons as well.
8. The Summer Season is short but a great way to get in shape for next winter season. For the younger Shark swimmers we focus on the fundamentals of the sport, while the older Sharks will work building the endurance and speed to compete during the summer and winter season. If you have any questions about the Sharks Summer program please contact me.
9. Parents' please remember to put names on your swimmer's gear (suits, towels, goggles & clothing). We always have a few swimmers who either leave items at the Y or take a suit that looks the exactly like their own home.
10. Any questions please email.