

Sharks Spring Newsupdate #1
May 5, 2015

1. Practice Schedule, through June 19.

Green	Mon/Wed/Fri	4:15 – 5:15pm
Gold	Mon/Wed	5:00 – 6:30pm
	Tues/Thurs	3:30 – 4:45pm
	Fri	3:15 – 4:15/4:15 – 5:15pm
Senior	Mon – Fri	2:45 – 4:15pm
WeeSharks	Tues/Thurs	4:45 – 5:30pm

2. Summer Meet Schedule (All meets are USA Swimming Meets except Y Nationals). We may add a meet or two, but for now here is the schedule.

June 13	@Husson University, Bangor
June 27	@Bath YMCA, Summer Sprint Meet, Bath
July 23 – 25	@Saint John, NB, Summer JO's
August 3 – 7	@Indianapolis, Summer Y Long Course Nationals

3. Attached is the info for Hotels, Campgrounds & Restaurants in Saint John. It is best to make arrangements now for the rooms they will go fast. The Hilton and the Delta are within short walking distance of the pool.

4. The Lenny DeMuro Swim Camp will be held July 6 – 10 from 9:00 – 3:00pm at the MDI YMCA. We plan to work on a stroke each day, play outside, and then spend the afternoon perfecting our strokes and getting a little 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 10 – 14 from 9:00 – 3:00pm. This year we will continue to swim 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 some 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. We do need some High School students to volunteer for either/both of the Swim Camps. This can count towards your MDI HS Community Service requirement.

7. 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 choose that option.

8. The Summer Swim Team will begin on June 22 and will continue to July 31. The cost will be \$90 but is only an additional \$60 for those that did Spring Swim Team. Practice times will be:

AM's on Monday, Wednesday & Friday
Gold 7:30 – 9:00am and Green 9:00 – 10:00am
PM's Monday & Wednesday
Green 3:45 – 4:45pm and Gold 4:30 – 6:00pm
Tuesday & Thursday
Gold 3:45 – 5:15pm and Green 5:00 – 6:00pm

9. 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.

10. Any questions please email.