

Shark NewsUpdate
June 2, 2014

1. Practice Schedule for this week

Green	Mon, Wed & Fri	4:00 – 5:00pm
Gold	Mon & Wed	5:00 – 6:15pm
	Tues, Thur & Fri	3:15 – 4:15pm
	Friday	4:00 – 5:00pm
Senior	Mon – Fri	2:45 – 4:15pm
2. Meet Schedule – the signup sheets for the meets are attached or available at the pool.

June 14	June Bug Meet @ Husson University
June 21	Summer Meet @ Bangor Y
June 28	Sprint Meet @ Bath Y
July 12 – 13	Swim Your Own Age @ Westbrook CC
July 24 – 26	Summer JO's @ Saint John, New Brunswick
3. If you are planning to go to Saint John for the Summer JO's please contact me. Rooms are going fast so it would be a good thing to reserve now. We do have one extra room at the Hilton if anyone would wish to claim it please email me. For more information on hotels/campgrounds for Saint John please go to www.maineswimming.org.
4. The Summer Swim Team will begin on June 16. We will run roughly the same practice schedule for the 1st week of practices and then move to our summer hours when school ends.

Green/WeeSharks	Mon & Wed	3:45 – 4:45pm
	Tues & Thurs	4:45 – 5:45pm
	Friday	9:00 – 10:00am
Gold	Mon & Wed	6:30 – 8:00am & 4:30 – 6:00pm
	Tues & Thurs	3:30 – 5:00pm
	Friday	7:30 – 9:00am
5. There will be a pizza party on Friday, June 13@ 5:00pm to celebrate the last day of Spring Practices. All Spring Team swimmers are encouraged to eat pizza.
6. We will be holding two swim camps this summer. Each camp will run from 9:00 – 3:00pm each day. The fee is \$175 for Y members and \$200 for non-members. The camps are for swimmers ages 7 – 13 with some prior experience. We are looking for any older swimmers that would like to perform community service and volunteer to help out with either camp. Interested helpers should speak w/Jim.

Lenny DeMuro Swim Camp (July 7 – 11) – a traditional swim camp with a morning technique session, followed by outdoor rec fun and concluding with another swimming session in the afternoon. Jay Morissette, Bath Y coach, will be hand on Monday & Tuesday to lend a hand at the camp.

Water Sports Camp (August 4 – 8) – a mixed variety type of swim camp, swimming session in the morning, followed by a trip somewhere for lunch and fun and finishing with log rolling/diving/playing at the pool.
7. This summer the Green and WeeSharks practices will be combined. If there are Gold Swimmers that cannot make the Gold time they come to the Green/WeeSharks time for a written workout. We are also not having an afternoon practice on Friday this summer but instead will have morning workouts for both practice groups.
8. There are still some Aquathon Awards that need to be picked up. Please email or stop by the pool to pick up your gift card or other award.
9. Any questions or to return signup sheets please email.