

Sharks NewsUpdate
July 9, 2013

1. The Maine Summer JO's will be held July 25 – 27 in Saint John, New Brunswick. Signup sheets are attached. So far I know that Cody & Gracie Parker, and Lily James are definitely going. I have also heard interest from Liam Sullivan, Amos Price, Tom Gallup, Kristoph Naggert, & Ross Johnston. Entries are due on Monday July 15 so please inform me of your intentions by then. Of course if anyone else is interested we would love for them to attend. It is the only chance that we get to swim in a long course (50 meter pool) during course of the year.
2. This week is the Lenny DeMuro Swim Camp; we have had a great start to the camp and hope to have a nice week even if the weather does not cooperate. The water Sports Camp will be from August 5 – 9. We still have spots available for that camp. Angela Haskell will be here that week to work with swimmers on the diving board and we should have some help in the morning swimming session.
3. This Friday, July 12 we will be hosting the Lenny DeMuro Swim Camp Meet at 2:00pm. All Shark swimmers regardless if they are at camp or not are eligible to participate. There is a signup sheet attached. The meet is a very quick meet and fun for all. We can always use some help with timing from parents or older swimmers.
4. It is understood that a lot of the summer Sharks might not be able to make the scheduled time for practice. We hope to make sure that we can provide them with some type of practice. If they can make any of the times please have them come. We try to make sure that the younger swimmers have at least 1 hour of practice and the older swimmers at least 75 minutes up to 1.5 hours.
5. Thanks to all the help with the Cupcake Sale on July 4. We made about \$600 for the event that goes directly into the swim team concession account. We still have a few cake displays and dispensers here in the pool storage room. Please come by to pick up your stuff.
6. The last few weeks we have seen a few visiting swimmers practices with the Sharks. Our swimmers have been very nice to all who have swam with us, it is good to know that our swimmers can always feel free to contact a local team while on vacation or off the island. It is always nice to see how the other half swims
7. If you have any question please feel free to email sharks@mdiymca.org

Summer Practice Schedule

WeeSharks (ages 10 & under)

Mon, Wed, & Fri 3:45 – 4:45pm

Tues & Thurs 4:45 – 5:45pm

Sharks (ages 10 & above)

Mon & Wed 4:30 – 6:00pm

Tues, Thurs, & Fri 3:30 – 5:00pm

AM Mon – Thurs 7:00 – 8:30am

AM Fri 8:30 – 10:00am

Thanks, JIM