

Sharks NewsUpdate
September 12, 2013

1. Fall Swim Team will begin this Monday, September 16. The Fall Swim Team will run for 5 weeks to give swimmers a jump on the upcoming season. Fall Swim Team is for anyone that has been on the Sharks before. Swimmers will work focus on one stroke each week as they get ready for the winter season, which begins October 21. The Fall practice schedule is:

Green (ages 9 & under)	Mon, Wed, & Fri	4:00 – 5:00pm
Gold (ages 9 & above)	Mon & Wed	5:00 – 6:30pm
	Tues, Thur, & Fri	3:15 – 4:15pm
Senior	Mon & Wed	5:00 – 6:30pm
	Tues, Thur, & Fri	2:45 – 4:30pm

2. Green Team swimmers who are not in the 4th grade may come to the pool when they arrive at the YMCA from school. A coach will there to greet the Sharks as they await their practice time.
3. The MDI YMCA Half-Marathon will be held on Saturday, September 21. The Sharks will be responsible for the Water Station at Eagle Lake. We are looking for about 8 – 10 people of all ages and sizes to help with water. Helpers need to arrive by 8:45am at the Bubble Pond parking lot and we are usually done by 10:30am at the latest. High School students can use this to help with community service hours.
4. Maine Swimming will be hosting a clinic with Conor Dwyer ('12 Olympic Gold Medalist) and Rowdy Gaines ('84 Olympic Gold Medalist & NBC Swimming Announcer) at the Bath YMCA on Saturday, October 5 from 11:00 – 3:00pm. The fee for the clinic is \$75 and swimmers ages 10 – 18 are welcome to attend. Swimmers will receive a goodie bag, t-shirt, words of wisdom, and get a chance to get some autographs. For more information go to the mdiysharks.com website.
5. The meet schedule should be available at the end of September but here are some dates and site changes to remember. Dual Meets, vs PenBay (Camden), Nov. 23; vs DEFY (Ellsworth), Dec. 7, @ Bangor, Jan. 11, and @ LRSC (Bath), Feb. 1. The Aquathon will be held on Super Bowl Sunday, Feb. 2. The Y State Meet @ UMaine will be from Feb. 28 – March 2 and the JO's (Winter Champs) will be @ Bowdoin College from March 13 – 16.
6. The WeeSharks (on Tuesday & Thursday's during the Holiday & Winter sessions) will replace the Friday Swim Club and will be for swimmers who aren't ready to make the full commitment to the Sharks or just new to competitive swimming. Practices will be from 4:15 – 5:00pm on Tuesday and Thursday beginning on November 5. Swimmers/Families will have the option to sign up for one day or two days per week. WeeSharks may participate in home meets if they and the coaches feel they are ready plus the State Meet if they swim in three meets. We hope that the WeeSharks will give the younger and less experienced swimmers a chance to develop great skills before joining the Sharks team.
7. In addition, we are always on the lookout for new Shark Swimmers. New swimmers may try the Sharks for a week before joining. No one is cut from the Sharks and anyone from ages 6 – 18 is welcome on the team. There will be a 'Bring-A-Friend' week from November 4 – 8 but any week can be bring-a-friend to practice.
8. We are always looking for officials to help with the Sharks home meets; there will be two trainings in October. A class on October 20 in Portland and on October 27 at UMaine.
9. For the upcoming season it is important that we develop a swim team parents committee. The parents committee will be charged with some important duties to help the Sharks have another great season. These duties will include Aquathon, Swim Team store, Pizza Parties & other social events, Awards, Meet Preparation & Officials, and who knows what else. I am thinking that a meeting on September 25 @ 6:15pm would be a great time to put a committee together. The more helping the better.
10. If you have any questions or are interested in helping out the Sharks for the upcoming season please email. The Sharks website is www.mdiysharks.com is loaded with info about the team.