

Mount Desert Island YMCA Sharks Swim Team



October 14, 2014

Dear Swimmers and Parents,

Welcome to the 2014-15 swim season, which begins on Monday, October 21. Last year we finished fourth at the State Y Championship and fifth at the Maine USA Swimming Championships (JO's). Our goal is to continue to build one of the top teams in the state. In order to succeed we are looking to have all the swimmers return from last year's team and for many new swimmers to join the Sharks. We will let anyone try the team for a week to see if this is something that they would like to do, so help get the word out to all that swim team is for everyone.

The swim team program fees for 2014-15 swim season (which includes the entry fees into all YMCA Meets) are listed below. Swimmers are also required by the YMCA league to be current annual members of the YMCA. The Sharks and the YMCA have autodraft plans through one's checking account or credit card to spread the payment out for 4 months. When registering at the member service desk you can ask about this program. The MDI Y offers the membership for all programs to those whose income levels fall below certain levels; you may inquire about the reduced fee program at the member service desk as well. The MDI Y hopes that all will be able to take part in the program and does offer some scholarships to those who qualify. It is a great bargain for the amount of pool time and the quality of our swim coaching staff.

MDI Sharks Program Fees

Gold Team - \$400 or \$160 at registration and 4 monthly drafts @ \$60

1st year members on Sharks \$340 or \$160 at registration and 4 monthly drafts @ \$45

Green Team - \$300 or \$160 at registration and 4 monthly drafts @ \$35

1st year members on Sharks \$260 or \$160 at registration and 4 monthly drafts @ \$25

Senior Team - \$200 or \$100 at registration and 4 monthly drafts @ \$25

This year the Maine Y League will offer 6 dual meets (3 home and 3 away). We request that all the Shark swimmers swim at the YMCA Dual Meets. Our first dual meet will be home against Canoe City (Old Town) on November 22. Our other dual meets will be at Waldo County (Belfast) on December 6, home meet with Bangor on December 20, home meet with LRSC (Bath Y) on January 10, at DEFY (Ellsworth) on January 24 and at PenBay (Camden) on January 31. We will also be hosting 2 additional YMCA meets during the season. The 31st Annual MDI Y Sprint meet will be held on November 15 and the Lenny DeMuro Invitational will be held on February 8.

The Maine State YMCA Championships (our team's big meet) will be held on February 27 & 28, and March 1 at the University of Maine. We will be using the same format as last year. On Friday night, the 13-14 and Senior Boys will swim in session 1. On Saturday, session 2 will be 9-10 Girls, session 3 will be 9-10 & 11-12 boys, and session 4 will be 13-14 and Senior Girls. On Sunday, session 5 will be 8 & under Girls, session 6 will be 8 & under Boys, and Session 7 will be the 11-12 Girls. As usual, we will need all of the swimmers on the team to compete at the State Meet but they must first make sure that they compete in 3 Y meets. The complete MDI Y Sharks meet schedule is attached and can also found on our website at www.mdiysharks.com

On Wednesday, November 12 a swim team parents' informational meeting & pot luck dinner will be held from **5:30 – 7:00 pm in at the YMCA**. All new parents will meet from 5:30 – 6:15 to learn about the swim team and returning parents will meet from 6:15 – 7:00. We will post a list of items needed the week before, both on the team website and on the pool bulletin board needed for the dinner. We really need to see all families represented at this meeting. Topics at

the dinner/meeting will include the program goals & philosophies; swim meets and travel; USA Swimming; the fee structure; volunteers; Aqua-thon; and the Sharks handbook.

The team website is a valuable source of information for the Sharks Swim Team. We will continue to use Facebook for the latest announcements including practice schedules and postponements/cancellations/late breaking news. We will also use Facebook for Shark pictures during the season, just click and download your latest Shark photos onto the site at any time or just send to sharks@mdiymca.org. Newsupdates will be available weekly via email along w/meet signups and other important information. Our swim team bulletin board is continuously updated with meets results and other important information.

All swimmers should have the following pieces of equipment when they come to practice. Swimmers must have a **bathing suit** (does not have to be a team suit), **goggles**, and for those who need/like one, a **bathing cap**. From time to time we do use fins at practice, swimmers may bring their own to practice or find a pair in the storage room. Please remember to put names on all of the above items, plus anything else (towels, clothes, bags) that you bring to the YMCA. For the 2014-15 swim season we will be ordering Black Speedo suits with the MDI logo on them. Estimated costs for the Speedo suits are \$55 for girls and \$40 for boys. We will be working with D&J Sports for our suits and with swimoutlet.com for other team needs. There is a link on our website to allow Shark families to order directly with swimoutlet.com. We will operate our team store selling caps, goggles, and some suits on Monday, Wednesday, & Friday from 4:45 – 5:30pm.

This is my fourteenth season as MDI YMCA Sharks Head Coach and my 31st year of coaching and my first year as just the Head Coach of the Sharks with no other duties at the Y. Tony DeMuro, the MDI High School coach, will be the Head Assistant Coach again this season. Rob Benson will be helping out from time to time when he is able to get to the pool. We still looking for one or more people to help with the team during practices. We could also use some help at the 5 home meets to round up the swimmers for their events.

The WeeSharks will swim during the Holiday Session (November 4 – December 22). This group is for new swimmers who would like an introduction to competitive swimming and for children that do not want to make the commitment to the Sharks team. Practices will be from 4:15 – 5:00pm on Tuesday and Thursday evenings. Swimmers can come once (\$50/session) or twice per week (\$75/session). This year we will not be offering the WeeSharks during the Winter Session beginning in January but we will be offering the WeeSharks an option to join the Sharks for the rest of the season.

We will be offering dryland workouts again this season. We will be running a dryland session from 5:00 – 5:30pm on Tuesday and Thursday afternoons beginning on November 4. Drylands are for Sharks ages 11 and older who must come on a regular basis to make the workouts beneficial to the swimmers. These dryland workouts are meant to supplement not to replace water workouts.

We are adding a morning practice on Friday's beginning on November 7. The main reason for adding this practice time is to allow swimmers to get to a practice on Friday especially those who participate in the Show Stoppers. We will have a 6:00 – 7:00am for HS swimmers and a 6:45 – 7:45am for Middle School swimmers.

I know that this season will be a great one, so be ready to swim on October 20. I know that many of the swimmers may be still involved with the Fall Sport Season, just begin swimming as soon as your sport is completed. For your convenience I have enclosed/attached the registration form. The 2014-2015 MDI YMCA Sharks registration form is necessary for emergency information while at swim practice and meets. The Program Registration Form should be completed and returned to the Member Service Desk or to the coaches as soon as possible.

I can be reached at 288-3511 or sharks@mdiymca.org if you have any questions. Please check out our website www.mdiysharks.com for updated information and links to other swim sites on the web.

I look forward to seeing you,

Jim Willis
Sharks Head Coach