

**Shark NewsUpdate
December 1, 2015**

Dual Meet vs Downeast Family Y (DEFY)

This Saturday, December 5, we will be swimming at home against the DEFY Dolphins. The warm-up is at 11:45pm and the meet begins at 1:00pm. We will need all Shark swimmers to participate in the meet. Please inform Jim if you not be swimming in the meet by Wednesday. There are signup sheets for volunteers and concessions items. It will be a big meet with about 175 swimmers participating.

Practice Schedule (week of Nov. 30 – Dec. 5)

Green	Mon & Wed	4:15 – 5:15pm
	Fri	4:15 – 5:00pm
Gold	Mon & Wed	5:00 – 6:30pm
	Tues & Thurs	5:30 – 7:00pm
	Fri	3:15 – 4:15pm/4:15 – 5:00pm
MDI HS	Mon – Fri	2:45 – 4:15pm
Dryland	Tues & Thurs	5:00 – 5:30pm
WeeSharks	Tues & Thurs	4:15 – 5:0pm
AM's	Mon – Fri	6:00 – 7:00am/6:45 – 7:45am
Saturday	Sat	7:30 – 9:30am

Practice Changes

There are will be a practice change on Friday night due to the High School Meet with Old Town. Gold practice will be from 3:15 – 4:15pm and Green from 4:15 – 5:00pm. Any Gold swimmer who cannot make the 3:15 practice can come to the 4:15 practice. High School swimmers are reminded if there is no High School practice due to weather that there will be Sharks Senior practice from 2:45 – 4:15pm with the approval of their parents.

Practices Next 3 Weeks

This week Green practice will focus on the basics of butterfly and will continue to refine the backstroke and freestyle technique. Gold team will spend time on breaststroke, butterfly and 2-hand touch turns while continuing to build an aerobic base for swimming.

Upcoming Y Meets

We will be swimming at the Bangor YMCA Barracudas on December 19 and at Long Reach (Bath Y) Snaildarters on January 9. We are looking to have maximum participation of the Sharks at both meets. The last dual meet will on January 23 at home with Penobscot Bay.

Facebook/Website

Please check out our swim team website at www.mdiysharks.com. This is to keep all members and others informed of the latest information about the Sharks. We are also on Facebook, just search for the Mount Desert Island YMCA Sharks. Please feel free to post pictures of your Shark Swimmers on Facebook or send them to jim@mdiymca.org.

USA Swim Meets

Signup Sheets for attached/posted for the IMX meet to be held at Bowdoin College in Brunswick on January 2 - 3 and the Swim Your Own Age Meet @ Westbrook on January 16 - 17. Registrations for the 2016 Swim Season are now being accepted. The fees are \$65 for an annual membership and \$40 for a seasonal membership (good until March 20, 2016). If you have any questions please see/email Jim.

Swim Your Own Age Meet @ Westbrook

The Swim Your Own Age Meet will be held January 16 – 17 at the Community Center in Westbrook. We have secured rooms at the Embassy Suites in Portland for \$109/night. The price includes drinks and snacks in the evening and a full breakfast in the morning. The rooms are listed under the MDI YMCA Sharks and must be reserved by December 17. The number for the Embassy Suites is 800-753-8767.

Team Store

The team store is open on Monday & Wednesday evenings from 4:45 – 5:30pm. The store is also open during home swim meets. We have swim caps, goggles, shark stickers, and suits for sale. A new batch of MDI Latex caps (\$4) arrived this week.

Swim Suits

MDIY Shark Team Swim Suits can be purchased online at swimoutlet.com/mdiyssharks. There are now 5 different suits to choose from. There are 3 suits for girls and 2 suits for boys. The 2 flex suits and the Solid Endurance are for older swimmers, while the youth suits are swimmers 10 & under. If you have any questions please email

Qualifying Times

The Qualifying times for the 2016 Championships are attached and posted on the team web page. High School States, Maine JO's, Y New England's & Nationals all require that the swimmer perform a certain time to swim at these meets.

Bullying/Communication Policies

Due to USA Swimming regulations the MDI YMCA Sharks have created a Bullying and Electronic Communications Policy. The Bullying policy is model of a policy created by USA Swimming and US Department of Health and Human Services. The communications policy is a hybrid of the MDI YMCA and USA Swimming policies.

Questions/Problems/Ideas

If you have any questions about the upcoming meets, practices or other concerns please feel free to email sharks@mdiymca.org and I will reply in a timely fashion. If you wish to volunteer please email your interest.

Quote of the Week

“I'm a greater believer in luck, and I find the harder I work the more I have of it”
– **Thomas Jefferson**, 3rd President of the United States