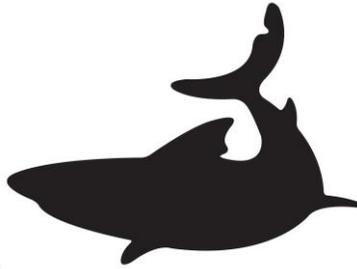


## Mount Desert Island YMCA Sharks Swim Team



October 14, 2015

Dear Swimmers and Parents,

Welcome to the 2015-16 swim season, which begins on Monday, October 19. Last year we finished third at both the Maine State Y Championship and 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 2015-16 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 MDI YMCA. The Sharks and the YMCA have autodraft plans through one's checking account or credit card to spread out the payments. 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. Our highly successful program is a great bargain for the amount of pool time and the quality of our swim coaching staff.

### MDI Sharks Program Fees

Gold Team - \$420 or \$160 at registration and 4 monthly drafts @ \$65

1<sup>st</sup> year members on Sharks \$360 or \$160 at registration and 4 monthly drafts @ \$50

Green Team - \$315 or \$155 at registration and 4 monthly drafts @ \$40

1<sup>st</sup> year members on Sharks \$275 or \$155 at registration and 4 monthly drafts @ \$30

Senior Team - \$210 or \$110 at registration and 4 monthly drafts @ \$25

This year the Maine Y League will offer 5 dual meets (2 home and 3 away). We request that all the Shark swimmers swim at the YMCA Dual Meets. Our first dual meet will be at Waldo County (Belfast) on November 21. Our other dual meets will be a home meet with Downeast Family (Ellsworth) on December 5, away meet at Bangor on December 19, away meet at LRSC (Bath Y) on January 9 and home with PenBay (Camden) on January 23. We will also be hosting 2 additional YMCA meets during the season. The 32<sup>nd</sup> Annual MDI Y Sprint meet will be held on November 14 and the Lenny DeMuro Invitational will be held on January 31.

The Maine State YMCA Championships (our team's big meet) will be held on March 4 – 6 at the University of Maine. The format will have a few changes on Friday and Saturday. This year on Friday night, the 13-14 and Senior Girls will swim in session 1. On Saturday, session 2 will be 9-10 & 11-12 Boys, session 3 will be 9-10 Girls, and session 4 will be 13-14 and Senior Boys. 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](http://www.mdiysharks.com)

**On Wednesday, November 4** a swim team parents' informational meeting & pot luck dinner will be held from **5:15 – 7:00 pm in at the YMCA**. All new parents will meet from 5:15 – 6:00pm to learn about the swim team and returning parents will meet from 6:15 – 7:00pm. 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 Sharks are always in need of a few good (Great) officials. There will be an official's clinic (both Level 1 & Level 2) on Sunday, October 25 at the University of Maine at 8:00am. If you interested or have any questions please contact me.

Communication is the cornerstone of any competitive swim team. The Sharks website ([www.mdiysharks.com](http://www.mdiysharks.com)) contains valuable information on the Sharks Swim Team. Weekly newsletters and other updates are emailed to all families as well posted on the web. Postponements/cancellations/late breaking news are emailed to all as well as posted on Mount Desert Island YMCA Sharks Facebook page. Newsupdates are available weekly via email along w/meet signups and other important information. Our swim team bulletin board is used for meet/concessions signups as posting 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. We will be working with swimoutlet.com for all of our team needs. There is a link on our website to allow Shark families to order directly with swimoutlet.com. We do operate a team store a few nights each week selling caps, goggles, and some suits.

This is my fifteenth season as MDI YMCA Sharks Head Coach and my 32<sup>nd</sup> year of coaching. 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 are always looking for one or more people to help with the team during practices. We could also use some help at the 4 home meets to round up the swimmers for their events.

The WeeSharks will swim during the Holiday Session (November 3 – December 21). 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. Members can come once per week (\$50/session) or twice per week (\$75/session) or non-members fees are once per week (\$100) or twice per week (\$150). WeeSharks will not be offered in January for the Winter Session. We do offer the option for the WeeSharks to join the Sharks for the rest of the season in January.

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 afternoon's beginning on November 3. 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.

The full morning schedule of practices will begin on October 26. Monday – Friday we will have a 6:00 – 7:00am for High School swimmers and a 6:45 – 7:45am for Middle School swimmers. There will also be Saturday morning practice w/breakfast beginning on November 14 from 7:30 – 9:30am

I am very excited about the upcoming season, and hope to see everyone swim on October 19. For the swimmers that are still involved with the Fall Sport Season, they can begin now or begin swimming as soon as their sport is completed. For your convenience I have enclosed/attached the registration form. The 2015-2016 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@mdiyymca.org](mailto:sharks@mdiyymca.org) if you have any questions. Please check out our website [www.mdiysharks.com](http://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