

MDI Y Sharks

September - October 2016

Practice & Events Schedule (all times are PM unless indicated)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 25 No Practice	26 Sr 245-415 Green 415-515 Gold 500-630	27 Sr 245-415 Gold 330-445 WeeS 445-530	28 WeeS = WeeSharks Sr 245-415 Green 415-515 Gold 500-630	29 Sr 245-415 Gold 330-445 WeeS 445-530	30 Gr/Go = Green & Gold Teams Sr 245-415 Gold 330-445 Gr/Go 415-515	October 1 No Practice
2 No Practice	3 Sr 245-415 Green 415-515 Gold 500-630	4 Sr 245-415 Gold 330-445 WeeS 445-530	5 Sr 245-415 Green 415-515 Gold 500-630	6 Sr 245-415 Gold 330-445 WeeS 445-530	7 No coach present denoted by * Sr 245-415 Gold 315-415 Gr/Go 415-515	8 No Practice
9 No Practice	10 Columbus Day (No 5pm Gold) Sr/Go 245-415 Gr/Go 415-515	11 Sr 245-415 Gold 330-445 WeeS 445-530	12 Pizza Party Sr 245-415 Green 415-515 Gold 500-630	13 Sr 245-415 Gold 330-445 WeeS 445-530	14 US Swimming Coach Clinic Sr 245-415* Gold 330-445* Green 415-515*	15 Coach Clinic @ South Portland No Practice
16 MSI HOD @ South Portland No Practice	17 1st Day of Winter Sharks Sr 245-415 Green 415-515 Gold 500-630	18 Sr 245-415 WeeS 445-530 Gold 530-700	19 Bring A Friend Week Nov 7 - 11 Sr 245-415 Green 415-530 Gold 530-630	20 Sr 245-415 WeeS 4445-530 Gold 530-700	21 Sr 245-415 Gold 330-445 Green 415-515	22 MDIY Sprint Meet Nov 6 No Practice
23 Officials Clinic 10/16 Portland 10/23 UMaine No Practice	24 1st Week of AM AM 6-7/645-745 Sr 245-415 Green 415-515 Gold 500-630	25 AM 6-7/645-745 Sr 245-415 WeeS 445-530 Gold 530-700	26 Shark Day at the Y @415pm AM 6-7/645-745 Sr 245-415 Green 415-515 Gold 500-630	27 AM 6-7/645-745 Sr 245-415 WeeS 445-530 Gold 530-700	28 Sr 245-415 Gold 330-445 Green 415-515	29 First Dual Meet November 21 vs NYC Sat 800-930am