

MDI Y Sharks Swim Team Parents Informational Meeting November 8, 2017

New Parents @ 5:30pm

- I. Introduction**
 - A. Welcome/www.mdiysharks.com
 - B. What is Swim Team? – a recreational based team from ages 6 – 18 with a wide range of abilities
 - C. Coaching Philosophy – everyone swims, everyone participates; each swimmer has a goal to improve (times, new strokes, technique, practice attitude) during the season
- II. Practices**
 - A. Schedule – posted on Pool Bulletin Board Facebook & mdiysharks.com
 - B. Requirements – no minimum requirements (at least 2x/week for Green, 3x/week for Gold, 4x/week for Senior)
 - C. Goals/Objectives – Green Team/New swimmers learn all 4 strokes
 - D. Practice Progression – practices can be divided into 2/3 groups
- III. Y Meets**
 - A. Dual – 5 dual meets, 2 away/3 home. All team members should participate, against 1 other team
 - B. Invitational – optional meets, many teams may participate
 - C. State – held @ UMaine, must swim in 3 Y meets
- IV. Volunteering – positions & items needed posted on pool bulletin board**
 - A. Concession Stand – helpers & food needed
 - B. Timing
- V. Aquathon – Feb 4, 2017, everyone participates, Kick off Dec 26**
- VI. Swim Team Store/swim Suits**
 - A. Team Store – most evenings, we sell goggles, straps & caps
 - B. Swimoutlet.com/mdiysharks – to get team suits and anything else
- VII. At the YMCA**
 - A. Follow check-in procedures – swimmers must check-in @ front desk
 - B. Locker room behavior – need to report unsafe/bullying
 - C. Pool rules
- VIII. Communication/Registration**

Email is easiest way to communicate w/coach
Please complete registration form
- IX. Alumni Meet (Dec 26)/Master's Meet Jan 28**

Returning Parents @ 6:30pm

I. Introductions

- A. Upcoming season
- B. Coaches – **Jim & Tony, Rob Benson/Shannon Smith fill-ins**
- C. Registration forms –check list

II. Committees/Volunteering

- A. Aquathon (Feb. 4, 2018)
- B. Swim Team Account (Concessions)
- C. Volunteering Flow Chart/Signups – **posted on pool bulletin board, lots of help needed @ meets**
- D. Meet Organization – Timers/Concession Stand
- E. Saturday Breakfast
- F. Other?

III. Swim Team Store/Equipment

- A. Swim Team Store – **practice & home meets; goggles, straps & caps**
- B. swimoutlet.com/mdiysharks.com – **all other equipment**

IV. Meets

- A. Y Meets
 - 1. Dual Meets – **2 Away/3 Home**
 - 2. MDI Sprints, Lenny DeMuro & DEFY @ UMaine
 - 3. Y States – **March 2-4 @ UMaine: Fri pm 13 & older girls; Sat AM 9-10/11-12 Boys, early PM 9-10 Girls & PM 13 & older Boys; Sun AM 8 & under Boys/Girls & early PM 11-12 Girls**
- B. USA Swimming - **\$69/Annual Fee or \$40/Seasonal Fee (til 3/18/18)**
 - 1. Seasonal meets, SYOA/Candy Cane
 - 2. JO's/JO Trials – **JO Trials March 10-11 @ Bath Y, last chance to qualify for JO's which are March 15-18 @ Bowdoin College**
 - 3. Hotels for SYOA, JO's & MSI3 need to be reserved

V. Practices

- A. Weekly themes on stroke/turn/start, begins after Thanksgiving
- B. Mornings, Saturday Breakfast – **after most Sat am's there is a breakfast for that participated**
- C. Vacations – **modified schedule, AM's change to 8-930am**
- D. Others – **never cancel practice unless Y is closed, changes announced via email/facebook**

VI. Communication/Email/Facebook/SnapChat/Instagram/Other

- @Facebook: Mount Desert Island YMCA Sharks
- @Instagram: MDIYSHARKS
- @Snapchat: Mount Desert Island YMCA Sharks

VII. Team Behavior

- A. At the YMCA – lobby, locker room, pool deck – **swimmers need to take responsibility for themselves and other teammates/y members when they are at the YMCA. Report all unsafe/bullying behavior to someone, we want to be a safe place to come and swim.**
- B. On the road – best behavior/cleanliness

VIII. Alumni Meet (Dec 26 @ 6pm)/Master's Meet (Jan 28)

**Alumni Meet all former Sharks, MDI HS & other swimmers are invited to participate, pass the word onto all
Master's Meet is for swimmers ages 18 & older, part of Maine Master Annual schedule**

IX. Questions

**Old Bleachers were taken out in August.
Blocks are the primary safety concern at the present time
Other wish items include new CTS System 6, new clock, digital pace clocks, trophy case, running mat, exercise mats**