

# MDI Y Sharks

September - October 2013

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 15 No Practice	16 <b>1<sup>st</sup> Day of Fall Swim Team</b> Green 400-500 Gold/Sr 5-630	17 Sr 245-415 Gold 315-415	18 <b>Maine Y Coaches Meeting</b> Green 400-500 Gold/Sr 5-630	19 Sr 245-415 Gold 315-415	20 Sr 245-415 Gold 315-415 Green/Gold 400-500	21 <b>MDI YMCA ½ Marathon Volunteers Needed</b> No Practice
22 No Practice	23 Green 400-500 Gold/Sr 5-630	24 Sr 245-415 Gold 315-415	25 <b>Swim Team Organizational Meeting@615</b> Green 400-500 Gold/Sr 5-630	26 Sr 245-415 Gold 315-415	27 Sr 245-415 Gold 315-415 Green/Gold 400-500	28 No Practice
29 No Practice	30 Green 400-500 Gold/Sr 5-630	<b>October 1</b> Sr 245-415 Gold 315-415	2 Green 400-500 Gold/Sr 5-630	3 Sr 245-415 Gold 315-415	4 Sr 245-415 Gold 315-415 Green/Gold 400-500	5 <b>Gaines/Dwyer Breakout Clinic @ Bath YMCA</b> No Practice
6 No Practice	7 Green 400-500 Gold/Sr 5-630	8 Sr 245-415 Gold 315-415	9 <b>Bring A Friend Week, Nov. 4 – 8</b> Green 400-500 Gold/Sr 5-630	10 Sr 245-415 Gold 315-415	11 Sr 245-415 Gold 315-415 Green/Gold 400-500	12 No Practice
13 <b>Officials Clinic 10/19 Portland 10/26 UMaine</b> No Practice	14 <b>Winter Sharks Begins Monday, Oct. 21<sup>st</sup></b> Green 400-500 Gold/Sr5-630	15 Sr 245-415 Gold 315-415	16 Green 400-500 Gold/Sr 5-630	17 Sr 245-415 Gold 315-415	18 <b>Pizza Party</b> Sr 245-415 Gold 315-415 Green/Gold 400-500	19 <b>First Meet November 23 vs PBAY</b> No Practice