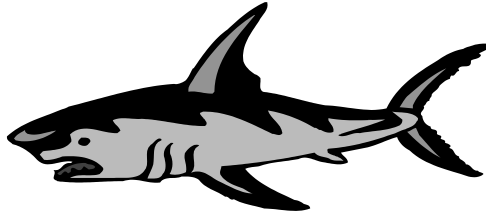


## Mount Desert Island YMCA Sharks Swim Team



October 14, 2013

Dear Swimmers and Parents,

Welcome to the 2013-14 swim season, which begins on Monday, October 21. Last year we finished second at the State Y Championship and fifth at 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 2013-14 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 YMCA. The Sharks and the YMCA have autodraft plans through one's checking account or credit card to spread the payment out for 4 months. 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. In the state of Maine our program fee continues to be the one of the lowest. It is a great bargain for the amount of pool time and the quality of our swim coaching staff.

### MDI Sharks Program Fees

Gold Team - \$340 or \$140 at registration and 4 monthly drafts @ \$50

1<sup>st</sup> year members on Sharks \$260 or \$140 at registration and 4 monthly drafts @ \$30

Green Team - \$280 or \$140 at registration and 4 monthly drafts @ \$35

1<sup>st</sup> year members on Sharks \$240 or \$130 at registration and 4 monthly drafts @ \$25

Senior Team - \$140

We request that all the Shark swimmers swim at the YMCA Dual Meets. Our first dual meet will be home against PenBay (Camden) on November 23. Our other dual meets will be a home meet with DEFY (Ellsworth) on December 7, and two away meets at the Bangor Y on January 11 and at LRSC (Bath Y) on February 1. We will also be hosting 3 additional YMCA meets during the season. A Closed Meet with DEFY and CCSC (Old Town) on November 16, The 30<sup>th</sup> Annual MDI Y Sprint meet will be held on December 21 and the Lenny DeMuro Invitational will be held on February 9.

The Maine State YMCA Championships (our team's big meet) will be held on February 28, March 1 & 2 at the University of Maine. This year the format has been change. On Friday night, the 13-14 and Senior Boys will swim in session 1. On Saturday, session 2 will be 9-10 Girls, session 3 will be 9-10 & 11-12 boys, and session 4 will be 13-14 and Senior Girls. 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 enclosed in the mailing and can also found on our website at [www.mdiysharks.com](http://www.mdiysharks.com)

On **Monday, November 13** a swim team parents' informational meeting will be held from **5:30 – 7:00 pm in at the YMCA**. All new parents will meet from 5:30 – 6:15 to learn about the swim team and returning parents will meet from 6:15 – 7:00. This year we will have a potluck dinner during the informational meeting. We will post a list of items needed the week before, both on the team website and on the pool bulletin board. 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 team website is a valuable source of information for the Sharks Swim Team. We will continue to use Facebook for the latest announcements including practice schedules and postponements/cancellations/late breaking news. We will also use Facebook for Shark pictures during the season, just click and download your latest Shark photos onto the site at any time. Newsupdates will be available weekly via email along w/meet signups and other important information. Our swim team bulletin board is continuously updated with 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**. This year we have purchased 50 pairs of fins thanks to a generous donation for all swim team members to use during practices when needed. Swimmers can still bring their own fins to practice if they wish. Please remember to put names on all of the above items, plus anything else (towels, clothes, bags) that you bring to the YMCA. For the 2013-14 swim season we will be ordering Black Speedo suits with the MDI logo on them. Estimated costs for the Speedo suits are \$50 for girls and \$38 for boys. We will be working with D&J Sports for our suits and with swimoutlet.com for other team needs. There is a link on our website to allow Shark families to order directly with swimoutlet.com. We will operate our team store selling caps, goggles, and some suits on Monday, Wednesday, & Friday from 4:45 – 5:30pm.

This is my thirteenth season as MDI YMCA Sharks Head Coach and my 30<sup>th</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 not out to sea. We still looking for one or more people to help with the team during practices or meets, if interested please see me or email me.

This year we will not be offering the Friday Swim Club but have created a new program called the 'WeeSharks'. The WeeSharks will swim during the Holiday Session (November 5 – December 19) and Winter (January 7 – February 13). 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. Swimmers can come once (\$50/session) or twice per week (\$75/session). WeeSharks will be able to swim in home meets and may join the Sharks Team later in the season.

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 afternoons beginning on November 5. Drylands are for swimmers 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 replace water workouts.

I know that this season will be a great one, so be ready to swim on October 21. I know that many of the swimmers may be still involved with the Fall Sport Season, just begin swimming as soon as your sport is completed. For your convenience I have enclosed/attached the registration form. The 2013-2014 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