



YMCA of the North Shore Sharks Bulletin

Week of September 8th



First Meet Preparation

All Bronze, Silver, Gold, PreSenior, Senior, and Senior-Elite swimmers are invited to attend our first home meet, Saturday 9/27.

Keep an eye out for the sign up to open this week. For more information about volunteer positions for this event please click [here](#).

Please sign up for a job using the Job Sign Up tab during the commitment process.

Parent Advisory Committee Openings



The Parent Advisory Committee (PAC) is seeking parents from each site interested in serving on the social committee.

If you are interested in helping the team in this capacity, please reach out to PAC President, Greg Dwyer (gregdwyer@gmail.com).

Upcoming Meets and Events

September

9/15 - First tuition installment draft

9/27 - YNS Sprint Spectacular

COMING
SOON

October

10/2 - Salem Haunted Happenings Parade

10/18 - RAYS Specialty Meet

TBD - Beverly, Ipswich, and Marblehead Trunk-or-Treat

Saturday Morning Practice

This Saturday, 9/13 we will have our regularly scheduled association wide swim practice. Swimmers from all sites in the Gold, PreSenior, Senior, and Senior-Elite groups are encouraged to attend.

- PreSenior/Senior/Senior-Elite swim 7-9 am
- Gold: 8:00-8:45 am dryland, 9-10:30 swim
- PreSenior/Senior/Senior-Elite: Dryland 9:15-10:15 am

Site Updates

Beverly

- PreSenior dryland begins this week (7:45-8:30 pm MWF)
- [Updated schedule](#)
- Gold dryland TBD

Ipswich

- Morning dryland beginning Tuesday, 9/9 for PreSenior, Senior, and Senior-Elite
- [Updated schedule](#)

Marblehead

- Normal practice operations as scheduled

Salem

- Dryland starting Wed. 9/10 at 4pm in Studio A (Gold + Senior)
- [Practice Schedule](#)

Coaches Information

For any questions regarding the swim team, please reach out to your swimmers Lead Site Coach.

Beverly: Coach Dave (modzelewskid@northshoreymca.org)

Ipswich: Coach Garrett (hoceg@northshoreymca.org)

Marblehead: Coach Jack (vanmeterj@northshoreymca.org)

Salem: Coach Gina (grinarmlg@northshoreymca.org)

Stay up to date with the Sharks by visiting our website and social media



Instagram



Parent Group



Team Website