

D.A.S.H. Weekly

February 15, 2010

Swimmer of the Week

Swimmer of the Week selections are determined by practice & meet attendance, practice & meet performance, and attitude. For the week of February 8, they are:

GREEN – Kai Sims

BLUE – Jack Benda

BRONZE – Elyse Kalb

SILVER – Jenna Willer

GOLD – Ben Loeffelholz

Boys HS State – Ben Loeffelholz STATE CHAMP!

Congrats to all of our HS boys at the State meet in Marshalltown. Here are our DASH team members' finishes at the HS State meet (by event):

200 Medley Relay –

16th - Decorah – Jason Orvis, Nathan Maloney, Chandler Roberson

24th - Hempstead – Randy Mueller, Brien Nugent, Brian Fuchs, Cole Fuerste

9th - Senior – Mitchel Gill, Ty Bailey, Eric Ferring, Alex Duster

200 Free –

Hempstead – Tim Temperley – 6th, Cameron Griffin – 21st

Senior – Tate Forsyth – 16th

200 IM –

Decorah – Nathan Maloney – 3rd

Senior – Connor Huff – 4th, Greg Rakozy – 19th

50 Free –

Hempstead – Ben Loeffelholz – STATE CHAMP!!

Senior – Josh Gill – 4th

100 Fly –

Senior – Connor Huff – 4th, Eric Ferring – 15th

100 Free –

Hempstead – Ben Loeffelholz – Runner-up!

Senior – Tate Forsyth – 12th

500 Free –

Hempstead – Tim Temperley – 9th

Senior – Eric Ferring – 16th

200 Free Relay –

6th - Hempstead – Ben Loeffelholz, Brian Fuchs, Cameron Griffin, Tim Temperley

2nd - Senior – Josh Gill, Connor Huff, Alex Duster, Tate Forsyth

100 Back –

Decorah – Jason Orvis – 18th

100 Breast –

Decorah – Nathan Maloney – 4th

Senior – Josh Gill - 3rd, Ty Bailey – 7th, Greg Rakozy – 15th

400 Free Relay –

7th - Hempstead – Tim Temperley, Brian Fuchs, Cameron Griffin, Ben Loeffelholz

5th - Senior – Connor Huff, Eric Ferring, Josh Gill, Tate Forsyth

Hotels for State Meets

DASH has a block of rooms at the Baymont Inn & Suites in Coralville for both State meets – 12 & Under on Feb. 26 – 28 and 13 & Over on March 5 – 7. The rooms are for Friday and Saturday nights both weekends. \$69 plus tax. Please make your reservation through Ruth Smith at R & R Travel (1-800-373-1235 or ruth@rrtravel.biz).

Spring/Summer Season Info – COMING SOON!

We should have the Spring/Summer Season info posted, soon, on the team website.

Practice Schedule

For the week of – February 15

NOTE: This week will be the final week of the season for those not qualified for and attending the state meets.

GOLD	4:30 – 7 p.m.	Monday – Thursday
	4:30 – 6:30 p.m.	Friday
	NO Practice	Saturday
SILVER	6:30 – 8:30 p.m.	Monday – Thursday
	4:30 – 6:30 p.m.	Friday
	NO Practice	Saturday
BRONZE	6:30 – 8 p.m.	Monday – Thursday
	4:30 – 6 p.m.	Friday
BLUE	4:30 – 6:15 p.m.	Monday – Thursday
	4:30 – 6 p.m.	Friday
GREEN	6 - 7 p.m.	Monday – Thursday
	4:30 – 5:45 p.m.	Friday

For the week of – February 22

State & Sectional Qualifiers only –

13 & Over	4:30 – 7 p.m.	Monday – Thursday
	4:30 – 6:30 p.m.	Friday
	NO Practice	Saturday

9 - 12	6:30 – 8 p.m.	Monday – Thursday
	4:30 – 5:30 p.m.	Friday
8 & Under	6 - 7 p.m.	Monday – Thursday
	4:30 – 5:30 p.m.	Friday

BR – Bronze Group
 GR – Green Group
 ISI – Iowa Swimming Inc.

The ISI State Q times can be found at the following links;

For the weeks of – March 1 & 8

State & Sectional Qualifiers only 5:45 – 7:15 p.m. M - Th

Short Course Yard pools (25 yd) –
www.isiswim.org/timestandards/ts2009-12scv.pdf

Swim Meet – Entry Deadlines & Info

Deadline	Meet	Who
Date	(Meet Date)	Attends?

Short Course Meter pools (25 m) –
www.isiswim.org/timestandards/ts2009-12scm.pdf

Has passed	Iowa Swimming Regional Finals	Non-Q
	State Q's made at Regional Finals can & will be added to the State meet entries.	

Long Course Meter pools (50 m) –
www.isiswim.org/timestandards/ts2009-12lcm.pdf

Contacting Coach Doug

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 E-mail coachdoug@teamdash.org

Contacting Coach Tasia

Cell Phone: (641) 680-1057
 E-mail coachtasia@teamdash.org

Contacting Coach Jake

Cell Phone: (563) 599-8892
 E-mail jacob.gantenbein@gmail.com

Other Swimming Links

USA Swimming www.usaswimming.org
 Iowa Swimming www.isiswim.org
 DASH website www.teamdash.org

Bettendorf HS Pool
 3333 – 18th Street, Bettendorf, IA

Morning Sessions (10 & Under) – be on deck by 7:20 a.m.
 Afternoon Sessions (11 & Over) – be on deck by 10:50 a.m.

Has passed	Iowa Swimming 12 & Under State	State Q
	Mercer Park, Iowa City (2/26 – 28)	
	State Q's made at Regional Finals can & will be added to the State meet entries.	

Tues., 2/16	Iowa Swimming 13 & Over State	State Q
	UofI Field House, Iowa City (3/5 – 7)	

Tues., Feb. 23	Speedo Sectional Championships	Meet cuts
	UofMN, Minneapolis (3/10-13)	

Meet “Codes” –

Q – Qualifying time

State Q's – must have a State Q time to enter (Q+)

NON-Q's – may NOT have a State Q to enter a particular event (Q-)

ALL – means any team member may attend

GO – Gold Group

SI – Silver Group

BL – Blue Group

MEET RESULTS

None to report.