

D.A.S.H. Weekly

November 16, 2009

Swimmer of the Week

Swimmer of the Week selections are determined by practice & meet attendance, practice & meet performance, and attitude. For the week of November 9, they are:

GREEN – Kamryn Bounds

BLUE – Cameron Shultz

BRONZE – Will Colin

SILVER – Drake Stierman

GOLD – Autumn Roesch

Pictures are IN!

Ordered pictures have been placed in mailboxes in the DASH Room.

The mailbox is pretty full, so please get your mailboxes cleaned out soon!! Thanks.

Practice Schedule

For the week of – November 16

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 – 6:00 p.m.	Friday
	NO Practice	Saturday
BLUE	4:30 – 6:15 p.m.	Monday – Thursday
	4:30 – 6 p.m.	Friday
	NO Practice	Saturday
GREEN	6 - 7 p.m.	Monday – Thursday
	4:30 – 5:45 p.m.	Friday
	NO Practice	Saturday

For the week of – November 23 – Happy Thanksgiving!!!!

GOLD	4:30 – 7 p.m.	Monday & Tuesday
	NO Practice	Wednesday & Thursday
	9 - 11 a.m.	Friday
SILVER	9 – 11 a.m.	Saturday
	6:30 – 8:30 p.m.	Monday & Tuesday
	NO Practice	Wednesday & Thursday
BRONZE	9 - 11 a.m.	Friday
	9 – 11 a.m.	Saturday
	6:30 – 8 p.m.	Monday & Tuesday
BLUE	NO Practice	Wednesday & Thursday
	10:30 a.m. - Noon	Friday
	NO Practice	Saturday

BLUE	4:30 – 6:15 p.m.	Monday & Tuesday
	NO Practice	Wednesday & Thursday
	10:30 a.m. - Noon	Friday
GREEN	6 - 7 p.m.	Monday & Tuesday
	NO Practice	Wednesday & Thursday
	10:30 a.m. - Noon	Friday

Winter Season Fund Raising - UPDATE

DUE TODAY - MONDAY, NOVEMBER 9

Ø Gold Canyon Candles

§ Delivery Date will be on or before Wednesday, November 25th. I will call when you can pick up your order or meet at Loras College. My address is 9584 Kemp Road, Dubuque, IA 52003. (Key west area- From Hwy 61 going South, turn Left onto Hwy 52 South going towards Bellevue. Go approximately 1.5 miles, turn Right onto Kemp Road, go 1.5 miles and we are the 4th house on the left).

Call Jan Gill 588-9234 or cell 563.543.4014 with any questions.

Ø BRAX Spirit Cups

An email will be sent when cups arrive - they take 4-6 weeks to be shipped after they are ordered. Should arrive before Christmas. Thanks, JAN GILL

Poinsettia Orders

Order turn-in nights are tonight, Monday, November 16 and this Thursday, November 19. Money for all orders should all be turned in at one time, either w/the orders on Monday or Thursday, or on Thursday, December 17th. Please do not turn in money at multiple times. Also, please use your order grid. Thanks, Heidi Schill

Swim Meet – Entry Deadlines & Info

Deadline	Meet	Who
Date	(Meet Date)	Attends?

Has passed Cedar Rapids at Kennedy HS (11/22&23) Q –

Kennedy H.S.
4545 Wenig Rd., Cedar Rapids, IA 52402

a.m. sessions – 10 & Under / be on deck by 7:20 a.m.
p.m. sessions – 11 & Over / be on deck by 11:50 a.m.

Tues., Nov. 17	Cedar Falls at Holmes (12/4 – 6)	ALL
Tues., Nov. 24	Iowa City at Mercer (12/12 & 13)	Q +
Thurs., Dec. 17	Bettendorf (1/8 – 10)	Q +
To ISI, early Dec.	All-Stars at Lawrence, KS (1/16 & 17)	ISI selects
Tues., Jan. 5	DASH home meet at Loras (1/17)	ALL*
* ALL 8 & under and 13 & up may swim, 9–12 are Q- events only		
TBA	Iowa Games at Loras (1/23 & 24)	ALL**
** Athletes must sign-up at www.iowagames.org website, on their own.		
Tues., Jan. 19	DASH Valentines at Loras (2/5 – 7)	ALL

Meet “Codes” –

Q – Qualifying time

State Q’s – must have a State Q time to enter

NON-Q’s – may NOT have a State Q to enter a particular event

ALL – means any team member may attend

GO – Gold Group

SI – Silver Group

BL – Blue Group

BR – Bronze Group

GR – Green Group

ISI – Iowa Swimming Inc.

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

Short Course Yard pools (25 yd) –

www.isiswim.org/timestandards/ts2009-12scv.pdf

Short Course Meter pools (25 m) –

www.isiswim.org/timestandards/ts2009-12scm.pdf

Long Course Meter pools (50 m) –

www.isiswim.org/timestandards/ts2009-12lcm.pdf

Contacting Coach Doug

Office Phone: (563) 588-7525
Cell Phone: (563) 543-1105
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: coachjake@teamdash.org

Other Swimming Links

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

MEET RESULTS

DMSF Meet and Minnesota Grand Prix results are not available at this time.