

D.A.S.H. Weekly

November 30, 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 23, they are:

GREEN – Teagan Zelle
 BLUE – Brandon Sindt
 BRONZE – Will Colin
 SILVER – Alec Rutkowski
 GOLD – Erin Cram

Practice Schedule

For the week of – November 30

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 – December 7

GOLD	4:30 – 7 p.m.	Monday - Thursday
	3 – 5 p.m.	Friday
	NO Practice	Saturday
SILVER	6:30 – 8:30 p.m.	Monday - Thursday
	3 – 5 p.m.	Friday
	NO Practice	Saturday
BRONZE	6:30 – 8 p.m.	Monday – Thursday
	NO Practice	Friday
	NO Practice	Saturday
BLUE	4:30 – 6:15 p.m.	Monday – Thursday
	NO Practice	Friday
	NO Practice	Saturday
GREEN	6 - 7 p.m.	Monday – Thursday
	NO Practice	Friday
	NO Practice	Saturday

Winter Season Fund Raising - UPDATE

BRAX Spirit Cups

Should arrive the 2nd week of December. A notice will be sent at that time.

Thanks, JAN GILL

Poinsettia Orders

Thank you to everyone helping with poinsettias Friday & Saturday.

I have some extras. If anyone is interested, please email me at hmsschill@aol.com or call 564-6880.

Money for all orders should have been turned in w/the orders, or, coming up on Thursday, December 17th. Please do not turn in money at multiple times.

Thanks, Heidi Schill

Swim Meet – Entry Deadlines & Info

Deadline Date	Meet (Meet Date)	Who Attends?
Has passed	Cedar Falls at Holmes (12/4 – 6)	ALL

Holmes Jr. High School Pool
 505 Holmes Dr., Cedar Falls, IA 50613

Coaches present –
 Friday & Saturday – Tasia
 Sunday - Doug

Friday Evening – be on deck by 4:20 p.m.*

* Check-in required for 400 IM & 1650 by 5 p.m.

Saturday a.m. PRELIMS** – be on deck by 8 a.m.***

** IF not swimming FINALS, make sure to SCRATCH within 30 minutes of completion of that PRELIM swim.

*** Check-in required for 500 by 8:45 a.m.

Saturday afternoon – be on deck by 12:50 p.m.
 Saturday p.m. FINALS – be on deck by 5:20 p.m.
 Sunday a.m. – be on deck by 8 a.m.****

**** Check-in required for 1000 by 8:45 a.m.

Sunday afternoon – be on deck by 12:50 p.m.*****

***** Check-in required for 500 by 15 minutes into afternoon warm-ups.

Has Passed	Iowa City at Mercer (12/12 & 13)	State Q
Thurs., Dec. 17	Bettendorf (1/8 – 10)	State 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
 TBA Iowa Swimming Regional Finals Non-Q
 Bettendorf HS (2/20 & 21)
 TBA Iowa Swimming 12 & Under State State Q
 Mercer Park, Iowa City (2/26 - 28)
 TBA Iowa Swimming 13 & Over State State Q
 UofI Field House, Iowa City (3/5 - 7)
 TBA 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

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/timstandards/ts2009-12scv.pdf

MEET RESULTS

CRAA Harvest Meet

Kennedy High Pool, Cedar Rapids

November 21 & 22, 2009

Event / Time	Name	Place	Time Add or Drop
Event # 1 Female 50 Free 10 & Under			
40.81Y	Stierman, Julia	24	1.56
41.52Y	Rooney, Maggie	27	-1.65
47.79Y	Pfeiffer, Anna	58	4.31
NS	Thomas, Olivia	---	---
Event # 4 Male 25 Free 8 & Under			
23.27Y	Topping, Luke	7	0.74
Event # 8 Male 50 Fly 8 & Under			
1:21.63Y	DQ Topping, Luke	---	---
Event # 11 Female 100 IM 8 & Under			
2:08.57Y	Pfeiffer, Anna	11	---
Event # 13 Female 50 Breast 10 & Under			
1:01.38Y	DQ Rooney, Maggie	---	---
1:03.75Y	DQ Stierman, Julia	---	---
NS	Thomas, Olivia	---	---
Event # 15 Female 25 Breast 8 & Under			
29.23Y	Pfeiffer, Anna	2	-2.12
Event # 16 Male 25 Breast 8 & Under			
32.86Y	Topping, Luke	1	-3.82

Short Course Meter pools (25 m) -

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

Long Course Meter pools (50 m) -

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

Contacting Coach Doug

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Contacting Coach Tasia

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Contacting Coach Jake

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Other Swimming Links

USA Swimming www.usaswimming.org

Iowa Swimming www.isiswim.org

DASH website www.teamdash.org

Event # 17	Female 100 Back 10 & Under				
	2:00.93Y		Rooney, Maggie	34	4.13
	1:54.07Y	DQ	Stierman, Julia	---	---
	NS		Thomas, Olivia	---	---
Event # 20	Male 50 Back 8 & Under				
	1:06.93Y		Topping, Luke	8	-5.72
Event # 25	Female 200 Free 10 & Under				
	3:31.72Y		Stierman, Julia	12	---
Event # 27	Female 100 Back 11-12				
	1:16.23Y		Topping, Taylor	2	-2.62
	1:19.83Y		Willer, Jenna	7	-1.45
	2:07.96Y	DQ	Flogel, Lauren	---	---
Event # 28	Male 100 Back 11-12				
	1:24.19Y		Stierman, Drake	6	-3.93
	1:29.83Y		Topping, Nick	11	-5.53
Event # 29	Female 200 Back 13-14				
	2:54.51Y		Thomas, Madelaine	5	2.98
Event # 31	Female 200 Back Senior				
	2:42.43Y		Schaefer, Melanie	7	---
	3:18.52Y		Maher, Kelsey	16	---
Event # 33	Female 50 Free 11-12				
	49.93Y		Flogel, Lauren	34	4.35
Event # 34	Male 50 Free 11-12				
	35.44Y		Topping, Nick	18	1.16
Event # 35	Female 50 Free 13-14				
	29.66Y		Thomas, Madelaine	4	0.15
	31.22Y		Kieler, Maddie	10	---
Event # 37	Female 50 Free Senior				
	29.83Y		Topping, Taylor	9	-0.65
	34.19Y		Maher, Kelsey	15	-0.65
Event # 39	Female 200 IM 11-12				
	2:42.31Y		Schaefer, Melanie	1	-4.72
Event # 40	Male 200 IM 11-12				
	2:56.96Y		Stierman, Drake	6	-13.28
Event # 41	Female 200 IM 13-14				
	2:49.00Y		Thomas, Madelaine	7	0.31
Event # 43	Female 200 IM Senior				
	3:27.55Y		Maher, Kelsey	14	---
Event # 45	Female 50 Breast 11-12				
	42.61Y		Topping, Taylor	7	-0.20
	59.59Y	DQ	Flogel, Lauren	---	---
Event # 46	Male 50 Breast 11-12				
	44.48Y		Stierman, Drake	7	0.88
	53.51Y		Topping, Nick	20	0.79
Event # 47	Female 100 Breast 13-14				
	1:36.77Y		Kieler, Maddie	10	---

Event # 49	Female 100 Breast Senior				
	1:18.33Y	Thomas, Madelaine	2		1.11
	1:51.32Y	Maher, Kelsey	15		-1.93
Event # 51	Female 100 Fly 11-12				
	1:22.25Y	Schaefer, Melanie	4		2.10
	1:25.03Y	Willer, Jenna	6		2.52
Event # 52	Male 100 Fly 11-12				
	1:49.01Y	Topping, Nick	10		-11.88
	1:23.66Y	DQ Stierman, Drake	---		---
Event # 57	Female 200 Medley Relay 11-12				
	2:37.57	Y		Dubuque Area Swimmin' Hurrican	
Jenna Willer (11)	Taylor Topping (12)	Melanie Schaefer (12)			
Event # 57	Female 200 Medley Relay 11-12 - Lead-Off Legs (50 Back)				
	36.66Y	Willer, Jenna	---		1.25
Event # 61	Female 500 Free 11-12				
	7:02.88Y	Willer, Jenna	4		---
Event # 65	Female 500 Free Senior				
	6:08.84Y	Schaefer, Melanie	2		-8.24
Event # 67	Female 100 IM 10 & Under				
	1:28.79Y	Maher, Kelsey	1		-8.80
	1:47.94Y	Connolly, Ellie	23		-27.16
	NS	Thomas, Olivia	---		---
Event # 69	Female 25 Fly 8 & Under				
	22.21Y	Pfeiffer, Anna	5		-4.09
Event # 70	Male 25 Fly 8 & Under				
	NS	Topping, Luke	---		---
Event # 71	Female 50 Fly 10 & Under				
	40.15Y	Maher, Kelsey	1		-8.42
	NS	Thomas, Olivia	---		---
Event # 73	Female 100 Breast 10 & Under				
	NS	Thomas, Olivia	---		---
Event # 76	Male 50 Breast 8 & Under				
	NS	Topping, Luke	---		---
Event # 77	Female 50 Back 10 & Under				
	46.24Y	Connolly, Ellie	11		1.30
	50.13Y	Pfeiffer, Anna	30		-2.26
	NS	Thomas, Olivia	---		---
Event # 80	Male 25 Back 8 & Under				
	NS	Topping, Luke	---		---
Event # 81	Female 100 Free 10 & Under				
	1:18.60Y	Maher, Kelsey	2		-7.79
	1:41.12Y	Connolly, Ellie	33		-3.44
	1:51.46Y	Pfeiffer, Anna	50		-4.96
Event # 84	Male 50 Free 8 & Under				
	NS	Topping, Luke	---		---
Event # 89	Female 500 Free 10 & Under				
	7:45.81Y	Maher, Kelsey	6		---
Event # 91	Female 100 Breast 11-12				
	NS	Topping, Taylor	---		---
Event # 95	Female 200 Breast Senior				

	2:45.37Y	Thomas, Madelaine	1	-4.23
Event # 97	Female 100 IM 11-12			
	1:21.62Y	Willer, Jenna	9	-12.12
	NS	Topping, Taylor	---	---
Event # 98	Male 100 IM 11-12			
	NS	Topping, Nick	---	---
Event # 99	Female 200 Free 13-14			
	2:27.04Y	Thomas, Madelaine	11	2.98
Event #100	Male 200 Free 13-14			
	2:15.32Y	Rutkowski, Alec	4	3.38
Event #103	Female 50 Back 11-12			
	34.93Y	Willer, Jenna	1	-0.48
Event #104	Male 50 Back 11-12			
	NS	Topping, Nick	---	---
Event #105	Female 100 Back 13-14			
	1:24.82Y	Thomas, Madelaine	15	2.92
Event #109	Female 100 Free 11-12			
	1:06.45Y	Willer, Jenna	3	-1.02
	NS	Topping, Taylor	---	---
Event #110	Male 100 Free 11-12			
	NS	Topping, Nick	---	---
Event #111	Female 100 Free 13-14			
	1:06.14Y	Thomas, Madelaine	9	0.09
Event #112	Male 100 Free 13-14			
	1:00.29Y	Rutkowski, Alec	3	---
Event #115	Female 50 Fly 11-12			
	35.39Y	Willer, Jenna	6	0.22
	NS	Topping, Taylor	---	---
Event #116	Male 50 Fly 11-12			
	NS	Topping, Nick	---	---
Event #118	Male 100 Fly 13-14			
	1:11.96Y	Rutkowski, Alec	2	0.24
Event #128	Male 400 IM 13-14			
	NS	Rutkowski, Alec	---	---
Event #901A	Male 400 IM Senior			
	NS	Rutkowski, Alec	---	---