

D.A.S.H. Weekly

December 21, 2009

MERRY CHRISTMAS!!!!!!

Swimmer of the Week

Swimmer of the Week selections are determined by practice & meet attendance, practice & meet performance, and attitude. For the week of December 14, they are:

GREEN – Zoe Heiar

BLUE – Kayla Klein

BRONZE – Trenton Tittle

SILVER – Ben Colin

GOLD – Emily Schroeder

REMINDER - Christmas Canned / Dry Food Drive

As we have for the past several years, DASH will be asking for food donations to pass on to one of the local shelters or food pantries. Please bring your canned or dry foods to the pool and place in the DASH Room. Collections will conclude with the Christmas Eve morning practice. Also, if you have any boxes that the “goods” can be stored and transported in, please bring those too. Let’s make this a brighter Christmas for some who are less fortunate!

Practice Schedule

For the week of – December 21

GOLD	9 – 11 a.m.	Wednesday
	AND (it’s a “double” day)	
	4:30 – 7 p.m.	Monday – Wednesday
	9 – 11 a.m.	Thursday
SILVER	NO Practice	Friday / Merry Christmas!!
	9 - 11 a.m.	Saturday
	6:30 – 8:30 p.m.	Monday – Wednesday
	9 – 11 a.m.	Thursday
BRONZE	NO Practice	Friday / Merry Christmas!!
	9 - 11 a.m.	Saturday
	6:30 – 8 p.m.	Monday – Wednesday
	10:30 a.m. – Noon	Thursday
BLUE	NO Practice	Friday / Merry Christmas!!
	4:30 – 6:15 p.m.	Monday – Wednesday
	9 – 11 a.m.	Thursday
	NO Practice	Friday / Merry Christmas!!
GREEN	6 - 7 p.m.	Monday – Wednesday
	10:30 a.m. – Noon	Thursday
	NO Practice	Friday / Merry Christmas!!

For the week of – December 28

GOLD	4:30 – 7 p.m.	Monday – Wednesday
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SILVER	9 – 11 a.m.	Thursday
	NO Practice	Friday / Happy New Year!!
	NO Practice	Saturday
	6:30 – 8:30 p.m.	Monday – Wednesday
BRONZE	9 – 11 a.m.	Thursday
	NO Practice	Friday / Happy New Year!!
	NO Practice	Saturday
	6:30 – 8 p.m.	Monday – Wednesday
BLUE	10:30 a.m. – Noon	Thursday
	NO Practice	Friday / Happy New Year!!
	4:30 – 6:15 p.m.	Monday – Wednesday
	9 – 11 a.m.	Thursday
GREEN	NO Practice	Friday / Happy New Year!!
	6 - 7 p.m.	Monday – Wednesday
	10:30 a.m. – Noon	Thursday
	NO Practice	Friday / Happy New Year!!

For the week of – January 4

GOLD	4:30 – 7 p.m.	Monday – Thursday
	4:30 – 6:30 p.m.	Friday
	9 - 11 a.m.	Saturday
SILVER	6:30 – 8:30 p.m.	Monday – Thursday
	4:30 – 6:30 p.m.	Friday
	9 - 11 a.m.	Saturday
BRONZE	6:30 – 8 p.m.	Monday – Thursday
	4:30 – 6 p.m.	Friday
	BLUE	4:30 – 6:15 p.m.
4:30 – 6 p.m.		Friday
GREEN		6 - 7 p.m.
	4:30 – 5:45 p.m.	Friday

Winter Season Fund Raising – Wrap-up

Thank you DASH Families who participated in our team fundraisers. Fundraising helps Team DASH continue to provide excellent, affordable training to swimmers while keeping costs for families lower than other comparable swim clubs around Iowa and the surrounding states. Compensation to retain quality coaches, insurance costs, pool / facility rental and maintenance expenses are offset by family fundraising efforts. We appreciate your support of Team DASH!

Heidi Schill, Team President

The **BRAX “Spirit Cups”** were received last week. If you were unable to stop over and

pick them up, please contact JAN GILL at 563.543.4014.

Poinsettia Sales –
 Congratulations to our poinsettia sales incentive winners!

Top Sales Overall – The Schneider Family
 Top Sales Overall Runner-up – The Huff Family
 Top New Seller – Number of Items Sold – The Pfeiffer Family
 Largest Percent Increase over 2008 Sales – The Schill Family
 Largest Number of Wreaths & Baskets Sold – The Conlon-Kalb Family

Please see Coach Doug to claim your awards.

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

Swim Meet – Entry Deadlines & Info

Deadline Date	Meet (Meet Date)	Who Attends?
Has Passed	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 Bettendorf HS (2/20 & 21)	Non-Q
TBA	Iowa Swimming 12 & Under State Mercer Park, Iowa City (2/26 – 28)	State Q
TBA	Iowa Swimming 13 & Over State UofI Field House, Iowa City (3/5 – 7)	State Q
TBA	Speedo Sectional Championships UofMN, Minneapolis (3/10-13)	Meet cuts

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

MEET RESULTS

None to report.

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