

D.A.S.H. Weekly

January 5, 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 December 21, they are:

GREEN – Tate Billmeyer
 BLUE – Jacob Rotz
 BRONZE – Nick Topping
 SILVER – Alec Rutkowski
 GOLD – Madelaine Thomas

For the week of December 28, they are;

GREEN – Bailey Leitner
 BLUE – Joey Meus
 BRONZE – Brandon Yuan
 SILVER – Christopher Duehr
 GOLD – Erin Cram

Team Iowa All-Star Selection

Molly Lembezeder (13 & 14 Girls / GOLD Group) has been selected to compete for Team Iowa at the upcoming Midwestern All-Star meet in Lawrence, KS on January 16 & 17. Congrats Molly!!!

Christmas Canned / Dry Food Drive

We were able to take several boxes and bags of food to some families, identified by the staff at New Beginnings, on Christmas Day. Thank you so much for your generosity!

Practice Schedule

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
	4:30 – 6:15 p.m.	Monday – Thursday
BLUE	4:30 – 6 p.m.	Friday
	6 - 7 p.m.	Monday – Thursday
	4:30 – 5:45 p.m.	Friday

For the week of – January 11

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
	4:30 – 6:15 p.m.	Monday – Thursday
BLUE	4:30 – 6 p.m.	Friday
	6 - 7 p.m.	Monday – Thursday
	4:30 – 5:45 p.m.	Friday

Swim Meet – Entry Deadlines & Info

Deadline	Meet	Who
Date	(Meet Date)	Attends?
Has Passed	Bettendorf (1/8 – 10)	State Q

Bettendorf H.S. Pool
 3333 18th Street, Bettendorf, IA

NOTE: Check-in Deadline Changes
 Friday – 400 IM, 500 Free by 5:15
 Sunday – 11&12 Boys 1650 by 9 a.m.
 Sunday – SR 1650 by 2 p.m.

Warm-up times;
 Friday evening – 5 p.m. / be on deck by 4:45
 Saturday morning – Be on deck by 7:45
 Saturday afternoon – Be on deck by 12:45
 Sunday morning – Be on deck by 7:45
 Sunday afternoon – Be on deck by 12:40

Has Passed	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 Non-Q (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 (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

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

MEET RESULTS

None to report.

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: jacob.gantenbein@gmail.com

Other Swimming Links

USA Swimming www.usaswimming.org

Iowa Swimming www.isiswim.org

DASH website www.teamdash.org