

D.A.S.H. Weekly

January 11, 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 January 4, they are:

GREEN – Molly Duehr
 BLUE – Brittne Nolan
 BRONZE – Brandon Yuan
 SILVER – Christopher Duehr
 GOLD – Autumn Roepsch

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).

Practice Schedule

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
	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 – January 18

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
	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

4:30 – 5:45 p.m. Friday

Swim Meet – Entry Deadlines & Info

Deadline Date	Meet (Meet Date)	Who Attends?
Has Passed	All-Stars at Lawrence, KS (1/16 & 17) GOOD LUCK, MOLLY!!!!!!	ISI selects
Has passed	DASH home meet at Loras (1/17) * ALL 8 & under and 13 & up may swim, 9-12 are Non-Q (Q-) events only	ALL*

This Sunday!!!!
 Loras College – San Jose Pool
 a.m. session (12 & under) – be on deck by 8:15 a.m.
 p.m. session (13 & over and Senior) – be on deck by 11:45 a.m.

Entry sheets are in your family's DASH Room mailbox. If anyone still owes entry fees, please get those in ASAP to Coach Doug.

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

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

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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

MEET RESULTS

Bettendorf January Splash

Bettendorf H.S. Pool

January 8 – 10, 2010

<u>Event / Time</u>	<u>Name</u>	<u>New State Q Time!</u>	<u>Age</u>	<u>Place</u>	<u>Time Add or Drop</u>
Event # 5 Female 400 IM Senior 5:16.75Y	Cram, Erin		14	5	-7.43
Event # 7 Female 200 Free 10 & Under 2:42.43Y	Maher, Kelsey	!	10	5	---
Event # 11 Female 500 Free Senior 5:25.27Y	Maher, Hannah		17	1	2.83
5:33.89Y	Maher, Mary Kathryn		17	2	10.81
Event # 14 Female 50 Free 8 & Under 47.20Y	Duehr, Molly	!	7	19	-31.82
Event # 16 Female 50 Free 10 & Under 33.53Y	Maher, Kelsey		10	14	-0.66
41.49Y	Schroeder, Adrianna		9	48	0.27
Event # 19 Female 25 Breast 8 & Under DQ	Duehr, Molly		7	---	---
Event # 21 Female 50 Breast 10 & Under 52.98Y	Schroeder, Adrianna		9	36	2.82
Event # 22 Male 50 Breast 10 & Under 43.26Y	Duehr, Christopher		10	4	-3.74
Event # 24 Female 50 Back 8 & Under DQ	Duehr, Molly		7	---	---
Event # 26 Female 100 Back 10 & Under 1:28.21Y	Maher, Kelsey		10	9	-0.63
Event # 27 Male 100 Back 10 & Under 1:25.00Y	Duehr, Christopher	!	10	6	-9.16
Event # 31 Female 50 Fly 10 & Under 47.73Y	Schroeder, Adrianna		9	26	0.44
Event # 32 Male 50 Fly 10 & Under 40.19Y	Duehr, Christopher		10	5	-0.74
Event # 36 Female 100 IM 10 & Under 1:29.74Y	Maher, Kelsey		10	13	1.87
1:39.73Y	Schroeder, Adrianna		9	33	3.96

Event # 37	Male 100 IM 10 & Under				
1:25.97Y	Duehr, Christopher	10	5	-4.57	
Event # 44	Female 200 Free Senior				
1:59.00Y	Maher, Hannah	17	1	-0.55	
2:00.65Y	Orvis, Allison	16	2	3.59	
2:04.87Y	Roepsch, Autumn	15	4	6.06	
2:06.95Y	Maher, Mary Kathryn	17	6	6.06	
2:09.36Y	Schroeder, Emily	15	10	3.52	
2:15.42Y	Schaefer, Melanie	13	19	2.98	
Event # 47	Female 100 Breast Senior				
1:14.16Y	Roepsch, Autumn	15	5	4.36	
1:18.63Y	Lembezeder, Molly	13	10	1.39	
1:18.67Y	Schroeder, Emily	15	11	-0.10	
1:19.35Y	Schill, Morgan	14	13	1.01	
1:19.87Y	Cram, Erin	14	14	0.75	
Event # 48	Male 100 Breast Senior				
1:18.20Y	Rutkowski, Alec	13	4	-0.87	
Event # 49	Female 100 Breast 11-12				
1:26.76Y	Schill, Megan	12	5	-9.40	
Event # 50	Female 50 Free Senior				
25.89Y	Maher, Hannah	17	3	0.43	
26.50Y	Lembezeder, Molly	13	5	-0.52	
27.37Y	Maher, Mary Kathryn	17	13	0.58	
28.40Y	Schill, Morgan	!	14	21	-0.35
Event # 51	Male 50 Free Senior				
26.70Y	Rutkowski, Alec	13	6	-0.16	
Event # 52	Female 50 Free 11-12				
31.39Y	Schill, Megan	12	13	0.83	
35.29Y	Schroeder, Katelynn	12	33	-0.36	
Event # 53	Female 200 Back Senior				
2:14.69Y	Maher, Hannah	17	2	1.28	
2:16.07Y	Orvis, Allison	16	3	5.81	
2:18.75Y	Maher, Mary Kathryn	17	5	-3.43	
2:20.13Y	Roepsch, Autumn	15	6	2.77	
2:23.89Y	Schroeder, Emily	15	8	4.71	
2:27.60Y	Cram, Erin	14	11	2.94	
2:32.01Y	Schill, Morgan	14	14	1.66	
2:43.41Y	Schaefer, Melanie	13	22	2.86	
Event # 54	Male 200 Back Senior				
2:28.53Y	Rutkowski, Alec	!	13	5	---
Event # 55	Female 50 Back 11-12				
37.19Y	Schill, Megan	12	12	-0.07	
44.65Y	Schroeder, Katelynn	12	35	-1.49	
Event # 56	Female 100 Fly Senior				
1:02.51Y	Orvis, Allison	16	3	-1.37	
1:15.18Y	Lembezeder, Molly	13	12	3.24	
1:20.41Y	Schaefer, Melanie	13	19	2.59	
Event # 59	Female 200 IM Senior				
2:20.21Y	Orvis, Allison	16	2	10.02	
2:20.69Y	Roepsch, Autumn	15	3	6.37	
2:25.34Y	Schroeder, Emily	15	6	7.04	
2:31.17Y	Lembezeder, Molly	13	14	-0.99	
2:35.97Y	Schill, Morgan	14	18	4.92	
2:42.00Y	Schaefer, Melanie	13	21	-0.31	
Event # 60	Male 200 IM Senior				
2:35.10Y	Rutkowski, Alec	13	6	4.31	

Event # 61	Female 100 IM 11-12				
1:17.91Y	Schill, Megan	12	5	-0.27	
1:36.32Y	Schroeder, Katelynn	12	31	-9.33	
Event # 62	Female 200 Free Relay Senior - Lead-Off Legs (50 Free)				
26.41Y	Orvis, Allison	16	---	1.27	
27.58Y	Schroeder, Emily	15	---	0.21	
28.51Y	Schill, Morgan	14	---	-0.24	
Event # 66	Female 200 Medley Relay10 & Under - Lead-Off Legs (50 Back)				
38.79Y	Tsui, Grace	10	---	-0.58	
Event # 70	Male 100 Free 11-12				
2:20.59Y	Thomas, Gabe	11	32	---	
Event # 71	Female 100 Free 10 & Under				
1:12.07Y	Tsui, Grace	10	7	-5.07	
1:17.65Y	Maher, Kelsey	10	19	-0.95	
1:42.62Y	Thomas, Olivia	9	68	-1.06	
Event # 72	Male 100 Free 10 & Under				
1:09.55Y	Duehr, Christopher	10	5	-6.47	
1:18.80Y	Yuan, Brandon	!	10	12	-2.92
Event # 73	Female 25 Free 8 & Under				
20.65Y	Duehr, Molly	7	13	-3.00	
Event # 75	Male 50 Breast 11-12				
1:13.43Y	Thomas, Gabe	11	---	---	
Event # 76	Female 100 Breast 10 & Under				
1:36.51Y	Tsui, Grace	10	4	-1.10	
2:02.19Y	Thomas, Olivia	9	37	-5.06	
Event # 77	Male 100 Breast 10 & Under				
1:39.08Y	Duehr, Christopher	10	4	-0.48	
1:41.86Y	Yuan, Brandon	!	10	6	-10.63
Event # 78	Female 50 Breast 8 & Under				
1:20.84Y	Duehr, Molly	7	25	---	
Event # 81	Female 50 Back 10 & Under				
39.64Y	Tsui, Grace	10	14	0.27	
40.76Y	Maher, Kelsey	10	17	-1.96	
59.70Y	Thomas, Olivia	9	---	---	
Event # 82	Male 50 Back 10 & Under				
41.47Y	Duehr, Christopher	!	10	11	-2.00
45.09Y	Yuan, Brandon	10	15	-4.74	
Event # 83	Female 25 Back 8 & Under				
28.76Y	Duehr, Molly	7	21	-0.43	
Event # 86	Female 100 Fly 10 & Under				
1:32.92Y	Tsui, Grace	10	11	-3.68	
1:44.58Y	Maher, Kelsey	10	17	4.50	
Event # 87	Male 100 Fly 10 & Under				
1:31.24Y	Duehr, Christopher	!	10	3	---
Event # 92	Female 200 Medley Relay Senior - Lead-Off Legs (50 Back)				
30.99Y	Roepsch, Autumn	15	---	-0.77	
35.63Y	Willer, Jenna	11	---	0.70	
Event # 94	Female 100 Free 11-12				
1:07.19Y	Willer, Jenna	11	13	0.74	
1:07.56Y	Tsui, Alice	12	14	-1.49	
Event # 95	Female 100 Free Senior				
55.75Y	Maher, Hannah	17	4	0.94	
57.00Y	Roepsch, Autumn	15	7	2.78	
59.24Y	Maher, Mary Kathryn	17	10	1.93	
1:03.83Y	Thomas, Madelaine	14	26	-1.01	

Event # 97 Female 50 Breast 11-12					
39.37Y	Tsui, Alice	!	12	6	-0.32
47.30Y	Willer, Jenna		11	24	-4.70
Event # 98 Female 200 Breast Senior					
2:33.06Y	Maher, Hannah		17	2	6.74
2:40.75Y	Roepsch, Autumn		15	6	-1.86
2:45.75Y	Maher, Mary Kathryn		17	9	6.44
2:47.69Y	Thomas, Madelaine		14	11	2.32
2:53.80Y	Cram, Erin		14	15	1.40
Event #100 Female 100 Back 11-12					
1:17.83Y	Willer, Jenna		11	9	2.30
1:24.15Y	Tsui, Alice		12	22	0.16
Event #101 Female 100 Back Senior					
1:04.60Y	Maher, Hannah		17	5	1.92
1:05.67Y	Roepsch, Autumn		15	6	3.37
1:06.56Y	Maher, Mary Kathryn		17	8	0.38
1:21.76Y	Thomas, Madelaine		14	36	0.09
Event #103 Female 50 Fly 11-12					
35.15Y	Willer, Jenna		11	10	-0.02
37.76Y	Tsui, Alice		12	16	-1.04
Event #104 Female 200 Fly Senior					
2:36.66Y	Cram, Erin		14	5	2.30