

# D.A.S.H. Weekly

## January 18, 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 – Tori Michel
- BLUE – Jack Benda
- BRONZE – Katelynn Schroeder
- SILVER – Megan Schill
- GOLD – Madelaine Thomas

### Valentine's Meet Advertisements

You may purchase advertising space in the Valentines Classic meet program.

Family "good luck" messages are \$15. A template, roughly the size of a business card, will be available soon.

Business ads can also be purchased. The rates for these are;

- Full Page - \$100
- ½ page - \$75
- ¼ page - \$50
- 1/8 page (business card) - \$25

Please get these to Coach Doug by Thursday, January 28<sup>th</sup>. They should be black & white and copy ready.

### Note from Team President, Heidi Schill -

Dear DASH Families,

Team DASH has many volunteers who help on various committees and board positions. Their time and enthusiasm are greatly appreciated and we THANK YOU! They help our organization run smoothly, and provide support and opportunities for our young athletes. DASH is continually looking for new volunteers to help with various team committees and positions such as fund raising and event coordination. We currently are looking for help leading the concessions committee and will need to fill our treasurer's position on the board in September. If anyone is interested in these positions or volunteering in any other capacity for team DASH, please contact a board member or email me at [hmsschill@aol.com](mailto:hmsschill@aol.com).

Heidi Schill  
DASH Team President 2009-10

### 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](mailto:ruth@rrtravel.biz)).

### Practice Schedule

#### 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

#### For the week of – January 25

GOLD	4:30 – 7 p.m.	Monday – Thursday
	NO Practice	Friday
	9 – 11 a.m.	Saturday
SILVER	6:30 – 8:30 p.m.	Monday – Thursday
	NO Practice	Friday
	9 – 11 a.m.	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

### Swim Meet – Entry Deadlines & Info

Deadline Date	Meet (Meet Date)	Who Attends?
Has passed	Iowa Games at Loras (1/23 & 24) Please see the Iowa Games website for meet information.	ALL**
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	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)

Long Course Meter pools (50 m) –  
[www.isiswim.org/timestandards/ts2009-12lcm.pdf](http://www.isiswim.org/timestandards/ts2009-12lcm.pdf)

TBA Speedo Sectional Championships Meet cuts  
UofMN, Minneapolis (3/10-13)

### Contacting Coach Doug

Office Phone: (563) 588-7525  
Cell Phone: (563) 543-1105  
E-mail: [coachdoug@teamdash.org](mailto:coachdoug@teamdash.org)

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.

### Contacting Coach Tasia

Cell Phone: (641) 680-1057  
E-mail: [coachtasia@teamdash.org](mailto:coachtasia@teamdash.org)

### Contacting Coach Jake

Cell Phone: (563) 599-8892  
E-mail: [jacob.gantenbein@gmail.com](mailto:jacob.gantenbein@gmail.com)

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](http://www.isiswim.org/timestandards/ts2009-12scv.pdf)

Short Course Meter pools (25 m) –

[www.isiswim.org/timestandards/ts2009-12scm.pdf](http://www.isiswim.org/timestandards/ts2009-12scm.pdf)

### Other Swimming Links

USA Swimming [www.usaswimming.org](http://www.usaswimming.org)  
Iowa Swimming [www.isiswim.org](http://www.isiswim.org)  
DASH website [www.teamdash.org](http://www.teamdash.org)

## MEET RESULTS

Midwestern All-Star Meet

Lawrence, KS

January 16 & 17, 2010

<u>Event / Time</u>	<u>Name</u>	<u>Age</u>	<u>Place</u>	<u>Time Add or Drop</u>
Event # 11 Female 200 Free 13-14 2:11.31Y	Lembezeder, Molly	13	20	-1.49
Event # 63 Female 100 Free 13-14 57.28Y	Lembezeder, Molly	13	15	-1.52

DASH January Invite

Loras College – San Jose Pool

Sunday, Jan. 17, 2010

<u>Event / Time</u>	<u>Name</u>	<u>Age</u>	<u>Place</u>	<u>Time Add or Drop</u>
Event # 1 Female 25 Free 8 & Under 18.14Y	Pfeiffer, Anna	8	1	-3.27
19.02Y	Kalb, Christine	8	2	-4.61
21.12Y	Duehr, Molly	7	4	0.47
22.36Y	Schmidt, Lainie	7	6	-3.88
23.84Y	Konichek, Corissa	8	8	-2.81
27.94Y	Walters, Jacie	8	9	-3.54
28.46Y	Heiar, Zoe	6	10	-7.90
28.59Y	Schiesl, Hannah	7	11	1.48

31.63Y	Lueken, Gracie	7	13	1.52
32.63Y	Weber, Bridget	8	14	-2.10
Event # 2 Male 25 Free 8 & Under				
15.88Y	Colin, Will	8	1	-0.93
22.79Y	Sindt, Jacob	8	3	-0.24
23.57Y	Topping, Luke	8	4	1.04
23.76Y	Billmeyer, Tate	7	5	-201.91
24.67Y	Sindt, Connor	8	6	0.10
24.90Y	Lyon, Jimmy	8	7	0.48
Event # 3 Female 50 Free 9-10				
38.79Y	Stierman, Julia	10	3	-0.46
39.17Y	Jungblut, Riley	10	4	-5.09
39.49Y	Kalb, Elyse	10	5	-3.31
39.74Y	Schroeder, Adrianna	9	6	-1.48
42.43Y	Bounds, Kameryn	10	10	-3.10
43.20Y	Warren, Olivia	9	11	1.11
46.15Y	Zelle, Teagan	10	14	-3.27
46.59Y	Thomas, Olivia	9	15	-0.38
47.97Y	Sims, Emellia	10	16	0.72
48.47Y	Meissen, Becky	10	17	3.06
48.66Y	Leeser, Camryn	10	18	2.58
52.47Y	Schneider, Ali	10	19	1.43
54.06Y	Kloft, Lauren	9	20	---
57.25Y	Peterson, Abby	9	21	---
57.97Y	Peter, Jaycie	9	22	2.14
1:00.76Y	Lyon, Berkley	10	23	3.96
1:04.77Y	Willer, Paige	9	24	---
1:08.14Y	Erickson, Samantha	9	25	---
1:09.47Y	Rupert, Sophia	9	27	---
NS	Inzenhofer, Frances	10	---	---
NS	Schmitt, Katelyn	9	---	---
Event # 4 Male 50 Free 9-10				
35.28Y	Yuan, Brandon	10	1	-2.49
40.19Y	Weber, Ben	9	3	0.36
52.27Y	Sims, Kai	9	7	-1.95
NS	Rauch, Joey	9	---	---
Event # 5 Female 50 Free 11-12				
35.41Y	Schroeder, Katelynn	12	5	0.12
35.93Y	Kuhl, Rachel	12	6	-1.53
36.11Y	White, Madelyn	12	7	-0.32
38.77Y	Smith, Ali	11	10	-2.72
42.61Y	Mueller, Rachel	12	11	0.54
Event # 6 Male 50 Free 11-12				
31.57Y	Nugent, Brendan	12	1	0.10
33.32Y	Benda, Jack	11	2	-1.91
33.52Y	Sindt, Brandon	12	3	-1.28
34.58Y	Topping, Nick	11	4	0.30
37.49Y	Tittle, Trenton	11	6	1.23
40.83Y	Sindt, Collin	11	7	---
56.04Y	Thomas, Gabe	11	8	---
Event # 7 Female 25 Back 8 & Under				
21.23Y	Michel, Tori	8	1	-0.63

22.41Y	Pfeiffer, Anna	8	2	-1.21
26.89Y	Kalb, Christine	8	5	-1.60
28.04Y	Konichek, Corissa	8	7	0.35
28.26Y	Heiar, Zoe	6	8	-11.92
29.18Y	Walters, Jacie	8	9	-6.14
33.21Y	Schiesl, Hannah	7	10	-1.93
33.97Y	Duehr, Molly	7	12	5.21
36.84Y	Lueken, Gracie	7	13	-14.76
38.30Y	Weber, Bridget	8	14	-4.96
26.00Y	Schmidt, Lainie	7	---	---
Event # 8 Male 25 Back 8 & Under				
19.76Y	Colin, Will	8	1	-1.84
29.48Y	Topping, Luke	8	3	0.61
29.89Y	Sindt, Connor	8	4	-0.83
31.22Y	Billmeyer, Tate	7	5	-23.23
28.28Y	Lyon, Jimmy	8	---	---
Event # 9 Female 50 Back 9-10				
46.69Y	Schroeder, Adrianna	9	3	-1.45
49.55Y	Stierman, Julia	10	4	-2.97
49.99Y	Bounds, Kameryn	10	5	-12.80
50.64Y	Zelle, Teagan	10	7	---
54.16Y	Leeser, Camryn	10	9	1.04
57.09Y	Sims, Emellia	10	10	-7.90
58.98Y	Peter, Jaycie	9	11	-1.61
59.65Y	Schneider, Ali	10	12	-2.80
1:01.93Y	Kloft, Lauren	9	13	---
1:03.51Y	Meissen, Becky	10	14	6.54
1:03.78Y	Lyon, Berkley	10	15	0.87
1:10.99Y	Rupert, Sophia	9	16	---
1:11.18Y	Peterson, Abby	9	17	---
1:17.11Y	Erickson, Samantha	9	18	---
NS	Inzenhofer, Frances	10	---	---
48.67Y	Jungblut, Riley	10	---	---
NS	Schmitt, Katelyn	9	---	---
1:00.77Y	Warren, Olivia	9	---	---
1:25.29Y	Willer, Paige	9	---	---
Event # 10 Male 50 Back 9-10				
44.65Y	Yuan, Brandon	10	1	-0.44
56.44Y	Weber, Ben	9	3	-26.29
1:08.81Y	Sims, Kai	9	4	2.74
58.84Y	Rauch, Joey	9	---	---
Event # 11 Female 50 Back 11-12				
34.75Y New Q!	Schill, Megan	12	1	-2.44
37.80Y	Tsui, Alice	12	2	-0.79
42.97Y	Schroeder, Katelynn	12	7	-1.68
45.45Y	Kuhl, Rachel	12	8	0.17
48.25Y	White, Madelyn	12	9	-0.71
53.56Y	Mueller, Rachel	12	11	-1.49
48.24Y	Smith, Ali	11	---	---
Event # 12 Male 50 Back 11-12				
37.80Y	Nugent, Brendan	12	1	1.40
41.54Y	Topping, Nick	11	3	-2.18

44.22Y	Benda, Jack	11	4	---
47.92Y	Sindt, Brandon	12	5	3.39
50.40Y	Tittle, Trenton	11	6	-1.99
54.87Y	Sindt, Collin	11	---	---
Event # 13 Female 25 Breast 8 & Under				
27.29Y	Michel, Tori	8	1	-0.46
27.49Y	Pfeiffer, Anna	8	2	-1.74
43.61Y	Schmidt, Lainie	7	5	---
51.22Y	Heiar, Zoe	6	6	---
36.73Y	Duehr, Molly	7	---	---
38.48Y	Kalb, Christine	8	---	---
46.81Y	Konichek, Corissa	8	---	---
41.94Y	Lueken, Gracie	7	---	---
Event # 14 Male 25 Breast 8 & Under				
27.70Y	Colin, Will	8	1	0.78
31.04Y	Sindt, Connor	8	2	---
34.18Y	Lyon, Jimmy	8	3	---
35.96Y	Sindt, Jacob	8	---	---
41.21Y	Topping, Luke	8	---	---
Event # 15 Female 50 Breast 9-10				
52.10Y	Kalb, Elyse	10	1	-9.12
53.68Y	Leeser, Camryn	10	2	---
55.83Y	Stierman, Julia	10	5	-7.23
56.38Y	Meissen, Becky	10	7	-8.38
59.45Y	Jungblut, Riley	10	8	-18.81
1:09.86Y	Kloft, Lauren	9	13	---
1:31.66Y	Schneider, Ali	10	14	---
1:35.38Y	Peterson, Abby	9	15	---
51.77Y	Bounds, Kameryn	10	---	---
1:32.14Y	Erickson, Samantha	9	---	---
NS	Inzenhofer, Frances	10	---	---
1:29.04Y	Lyon, Berkley	10	---	---
1:14.28Y	Rupert, Sophia	9	---	---
NS	Schmitt, Katelyn	9	---	---
NS	Thomas, Olivia	9	---	---
1:03.92Y	Warren, Olivia	9	---	---
1:40.85Y	Willer, Paige	9	---	---
Event # 16 Male 50 Breast 9-10				
48.10Y	Yuan, Brandon	10	1	-2.48
57.55Y	Rauch, Joey	9	---	---
1:26.84Y	Sims, Kai	9	---	---
Event # 17 Female 50 Breast 11-12				
39.67Y	Schill, Megan	12	1	-3.24
48.95Y	Smith, Ali	11	6	-3.11
57.46Y	White, Madelyn	12	9	1.44
57.84Y	Mueller, Rachel	12	10	-1.10
1:12.84Y	Kuhl, Rachel	12	11	14.34
Event # 18 Male 50 Breast 11-12				
40.75Y	Colin, John	11	1	-3.14
42.07Y	Forsyth, TJ	12	2	1.46
46.47Y	Nugent, Brendan	12	3	0.86
49.59Y	Tittle, Trenton	11	5	-1.42
50.74Y	Sindt, Brandon	12	6	---
52.21Y	Benda, Jack	11	7	---

52.53Y	Topping, Nick	11	8	-0.19
1:15.58Y	Thomas, Gabe	11	9	---
Event # 19 Female 25 Fly 8 & Under				
22.71Y	Michel, Tori	8	1	-1.01
54.20Y	Konichek, Corissa	8	3	---
28.32Y	Duehr, Molly	7	---	---
53.36Y	Heiar, Zoe	6	---	---
Event # 20 Male 25 Fly 8 & Under				
17.45Y	Colin, Will	8	1	-1.14
31.00Y	Topping, Luke	8	2	-4.16
32.68Y	Lyon, Jimmy	8	3	---
Event # 21 Female 50 Fly 9-10				
46.44Y	Schroeder, Adrianna	9	1	-0.85
1:07.04Y	Thomas, Olivia	9	5	3.27
1:35.70Y	Willer, Paige	9	6	---
1:02.67Y	Kalb, Elyse	10	---	---
1:10.85Y	Sims, Emellia	10	---	---
Event # 23 Female 50 Fly 11-12				
34.05Y	Willer, Jenna	11	1	-1.10
35.99Y	Schill, Megan	12	2	-0.11
36.29Y	Tsui, Alice	12	3	-1.47
41.66Y	Schroeder, Katelynn	12	7	-0.89
Event # 24 Male 50 Fly 11-12				
35.88Y	Forsyth, TJ	12	1	-2.07
Event # 25 Female 100 IM 8 & Under				
1:44.29Y	Michel, Tori	8	1	-9.14
2:00.56Y	Pfeiffer, Anna	8	2	6.21
Event # 27 Female 100 IM 9-10				
1:37.41Y	Schroeder, Adrianna	9	1	1.64
1:47.73Y	Stierman, Julia	10	4	---
1:51.24Y	Jungblut, Riley	10	6	-24.48
2:35.80Y	Schneider, Ali	10	10	---
1:51.88Y	Bounds, Kameryn	10	---	---
2:05.39Y	Kalb, Elyse	10	---	---
2:12.34Y	Meissen, Becky	10	---	---
NS	Thomas, Olivia	9	---	---
Event # 28 Male 100 IM 9-10				
1:34.44Y	Yuan, Brandon	10	1	---
Event # 29 Female 100 IM 11-12				
1:15.98Y New Q!	Schill, Megan	12	1	-1.93
1:17.12Y	Tsui, Alice	12	2	-7.60
1:29.19Y	Schroeder, Katelynn	12	6	-7.13
1:41.64Y	White, Madelyn	12	9	---
1:54.68Y	Kuhl, Rachel	12	11	-1.45
Event # 30 Male 100 IM 11-12				
1:15.38Y	Colin, John	11	1	-3.76
1:17.31Y	Forsyth, TJ	12	2	0.01
1:29.00Y	Nugent, Brendan	12	3	7.86
1:34.40Y	Topping, Nick	11	4	-5.43
1:48.05Y	Tittle, Trenton	11	6	2.73
Event # 31 Female 100 Free Senior				
56.60Y	Roepsch, Autumn	15	1	2.38

59.71Y	Schroeder, Emily	15	2	1.93
1:02.22Y	Thomas, Madelaine	14	5	-1.61
1:02.50Y	Cram, Erin	14	6	1.60
1:02.87Y	Schill, Morgan	14	7	0.35
1:05.47Y New	Tsui, Alice	12	8	-2.09
11 & 12 Q!				
1:06.10Y	Willer, Jenna	11	9	-0.35
1:09.12Y	Joyce, Sam	15	10	1.04
1:09.68Y	Kieler, Maddie	13	11	-4.65
1:21.06Y	Klein, Kayla	13	12	---
Event # 32	Male 100 Free Senior			
53.06Y	Huff, Connor	16	1	2.69
56.13Y	Yuan, Justin	14	2	1.19
58.50Y	Nugent, Brien	14	3	-0.66
59.56Y	Rutkowski, Alec	13	4	-0.73
1:00.12Y	Colin, Ben	13	5	0.93
1:03.50Y	Warren, Charlie	13	6	-2.83
1:06.10Y	Stierman, Drake	13	7	-3.81
1:14.50Y	Meus, Joey	14	8	---
NS	Schroeder, Mitchell	14	---	---
Event # 33	Female 500 Free Senior			
5:54.91Y	Noel, Lauren	13	1	-31.91
6:02.49Y	Schaefer, Melanie	13	2	-4.01
6:39.18Y	Tittle, Taylor	14	3	-19.64
6:43.65Y New 9	Noel, Carlie	10	4	-70.04
& 10 Q!				
7:27.20Y	Nolan, Brittnie	15	6	---
Event # 34	Male 500 Free Senior			
6:40.82Y New 9	Duehr, Christopher	10	1	---
& 10 Q!				
Event # 35	Female 100 Back Senior			
1:05.97Y	Roepsch, Autumn	15	1	3.67
1:07.40Y	Schroeder, Emily	15	2	3.98
1:08.73Y	Cram, Erin	14	3	1.42
1:10.99Y	Schill, Morgan	14	5	2.81
1:19.32Y	Joyce, Sam	15	7	---
1:19.85Y	Thomas, Madelaine	14	8	-1.82
1:29.18Y	Kieler, Maddie	13	9	---
Event # 36	Male 100 Back Senior			
1:01.29Y	Loeffelholz, Ben	17	1	-0.21
1:07.43Y	Nugent, Brien	14	2	0.34
1:15.85Y	Colin, John	11	3	1.18
1:22.26Y	Stierman, Drake	13	4	-0.60
1:33.07Y	Meus, Joey	14	5	6.34
Event # 37	Female 200 Back Senior			
2:42.40Y	Schaefer, Melanie	13	1	1.85
2:50.10Y	Willer, Jenna	11	2	2.58
Event # 38	Male 200 Back Senior			
2:30.00Y	Rutkowski, Alec	13	1	1.47
2:31.12Y	Warren, Charlie	13	2	-29.36
Event # 39	Female 100 Breast Senior			
1:14.23Y	Roepsch, Autumn	15	2	4.43
1:18.27Y	Thomas, Madelaine	14	4	1.05
1:19.81Y	Schroeder, Emily	15	5	1.14

1:21.62Y	Schill, Morgan	14	6	3.28
1:26.50Y	Tittle, Taylor	14	7	0.68
1:31.23Y	Noel, Carlie	10	9	0.42
1:33.93Y	Kieler, Maddie	13	10	-2.84
Event # 40 Male 100 Breast Senior				
1:08.46Y	Loeffelholz, Ben	17	1	-10.97
1:09.50Y	Yuan, Justin	14	2	-0.28
1:17.26Y	Nugent, Brien	14	3	2.18
1:36.13Y	Meus, Joey	14	4	-6.52
1:37.86Y	Duehr, Christopher	10	6	-1.22
Event # 42 Male 200 Breast Senior				
2:54.81Y	Rutkowski, Alec	13	1	3.88
Event # 44 Male 1650 Free Senior				
18:09.42Y New	Huff, Connor	16	1	---
SR Q!				
NS	Schroeder, Mitchell	14	---	---
Event # 45 Female 100 Fly Senior				
1:08.00Y	Noel, Lauren	13	1	0.08
1:11.37Y	Cram, Erin	14	4	4.87
1:17.41Y	Tittle, Taylor	14	5	1.74
1:21.39Y	Schaefer, Melanie	13	6	3.57
1:34.68Y	Klein, Kayla	13	---	---
Event # 46 Male 100 Fly Senior				
1:16.04Y	Stierman, Drake	13	1	-0.55
NS	Duehr, Christopher	10	---	---
Event # 48 Male 200 Fly Senior				
2:43.63Y	Colin, Ben	13	1	---
Event # 49 Female 200 IM Senior				
2:26.15Y	Schroeder, Emily	15	1	7.85
2:30.59Y	Noel, Lauren	13	2	-0.83
2:35.99Y	Schill, Morgan	14	4	4.94
2:36.60Y	Cram, Erin	14	5	7.46
2:42.56Y	Schaefer, Melanie	13	6	0.56
2:44.07Y	Thomas, Madelaine	14	7	-3.24
2:45.25Y	Tittle, Taylor	14	8	1.22
2:55.37Y	Noel, Carlie	10	9	-11.18
3:05.76Y	Nolan, Brittnie	15	10	---
3:13.96Y	Kieler, Maddie	13	12	---
Event # 50 Male 200 IM Senior				
2:20.60Y	Yuan, Justin	14	1	-6.80
2:41.26Y	Warren, Charlie	13	2	-58.14
2:49.38Y	Stierman, Drake	13	3	-7.58
3:02.82Y	Duehr, Christopher	10	4	---
Event # 51 Female 400 IM Senior				
5:01.16Y	Roepsch, Autumn	15	1	12.20
Event # 52 Male 400 IM Senior				
4:41.65Y	Huff, Connor	16	1	27.60
4:45.57Y New	Loeffelholz, Ben	17	2	-67.25
SR Q!				