

D.A.S.H. Weekly

January 25, 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 18, they are:

GREEN – Hannah Schiesl

BLUE – Kayla Klein

BRONZE – Adrianna Schroeder

SILVER – Alice Tsui

GOLD – Taylor Tittle

Valentine's Meet Advertisements

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

A "good luck" family message is \$15. Please make your family "good luck" ad approximately the size of a business card. Place the ad and fee in Coach Doug's DASH Room mailbox by Thursday, January 28th. It should be black & white and copy ready.

Put a "plug" in for your business, too!!! 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 28th. They should be black & white and copy ready.

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 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

BLUE	4:30 – 6:15 p.m.	Monday – Thursday
	NO Practice	Friday
GREEN	6 - 7 p.m.	Monday – Thursday
	NO Practice	Friday

For the week of – February 1

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

Swim Meet – Entry Deadlines & Info

Deadline Date	Meet (Meet Date)	Who Attends?
Has passed	DASH Valentines at Loras (2/5 – 7)	ALL
Tues., Feb. 9	Iowa Swimming Regional Finals Bettendorf HS (2/20 & 21) State Q's made at Regional Finals can & will be added to the State meet entries.	Non-Q
Tues., Feb. 9	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
Tues., Feb. 23	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

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

MEET RESULTS

2010 Winter Iowa Games

Loras Pool

Jan. 23 & 24, 2010

<u>Event / Time</u>	<u>Name</u>	<u>New Q!</u>	<u>Place</u>	<u>Time Add or Drop</u>
Event #105 Female 200 Free 13-14 2:12.99Y	Schaefer, Melanie		2	0.55
Event #106 Male 200 Free 13-14 2:03.94Y	Colin, Ben	Q!	1	-6.65
2:11.35Y	Rutkowski, Alec		3	-0.59
Event #107 Female 200 Free 15-18 2:05.01Y	Roepsch, Autumn		1	6.20
Event #111 Female 100 Breast 13-14 1:18.46Y	Schill, Morgan		1	0.12
1:19.74Y	Cram, Erin		2	0.62
Event #113 Female 100 Breast 15-18 1:13.98Y	Roepsch, Autumn		1	4.18
Event #117 Female 100 Fly 13-14 1:08.07Y	Cram, Erin		2	1.57
1:19.23Y	Schaefer, Melanie		---	---
Event #119 Female 100 Fly 15-18 1:10.16Y	Roepsch, Autumn		1	5.87
Event #123 Female 50 Free 13-14 27.93Y	Cram, Erin		2	-0.08
28.02Y	Schaefer, Melanie		3	0.02
28.26Y	Schill, Morgan		4	-0.14
Event #124 Male 50 Free 13-14 26.01Y	Rutkowski, Alec	Q!	1	-0.69
26.47Y	Colin, Ben		3	-0.74
Event #125 Female 50 Free 15-18 26.13Y	Roepsch, Autumn		1	0.81
Event #130 Male 400 IM 13-14 5:10.36Y	Colin, Ben	Q!	1	-14.31
Event #133 Female 200 Back 13-14 2:24.43Y	Cram, Erin		1	-0.23
2:28.04Y	Schill, Morgan		3	-2.31

2:41.37Y	Schaefer, Melanie		4	0.82
Event #134	Male 200 Back 13-14			
2:25.55Y	Rutkowski, Alec		1	-2.98
Event #205	Female 25 Free 8 & Under			
26.30Y	Schiesl, Hannah		5	-0.81
Event #206	Male 25 Free 8 & Under			
15.25Y	Colin, Will		1	-0.63
Event #207	Female 50 Free 9-10			
30.36Y	Noel, Carlie		2	-0.44
31.98Y	Tsui, Grace		5	-1.74
39.23Y	Schroeder, Adrianna		16	-0.51
Event #208	Male 50 Free 9-10			
48.95Y	Rauch, Joey		6	---
Event #209	Female 50 Free 11-12			
29.25Y	Tsui, Alice		4	-0.78
29.50Y	Willer, Jenna		5	-2.04
29.81Y	Schill, Megan		7	-0.75
34.39Y	Schroeder, Katelynn		14	-0.90
35.67Y	Smith, Ali		17	-3.10
39.41Y	Mueller, Rachel		20	-2.66
NS	White, Madelyn		---	---
Event #210	Male 50 Free 11-12			
27.84Y	Colin, John		3	-1.77
28.84Y	Forsyth, TJ		5	0.03
Event #211	Female 100 IM 9-10			
1:18.00Y	Noel, Carlie		3	-0.89
1:22.71Y	Tsui, Grace		5	-5.58
1:32.94Y	Schroeder, Adrianna	Q!	9	-2.83
Event #213	Female 100 IM 11-12			
1:16.10Y	Schill, Megan		4	0.12
1:18.41Y	Tsui, Alice		7	1.29
1:28.91Y	Schroeder, Katelynn		13	-0.28
Event #214	Male 100 IM 11-12			
1:13.47Y	Colin, John	Q!	4	-1.91
1:15.34Y	Forsyth, TJ		6	-1.96
Event #216	Male 100 Free 8 & Under			
1:15.61Y	Colin, Will		1	-4.85
Event #219	Female 200 Free 11-12			
2:26.04Y	Willer, Jenna		2	-3.07
NS	White, Madelyn		---	---
Event #220	Male 200 Free 11-12			
2:17.09Y	Colin, John	Q!	2	-6.21
2:22.88Y	Forsyth, TJ		3	-0.56
Event #222	Male 25 Breast 8 & Under			
25.89Y	Colin, Will		3	-1.03
Event #223	Female 50 Breast 9-10			
41.00Y	Noel, Carlie		3	-0.99
43.22Y	Tsui, Grace		4	-1.49
49.93Y	Schroeder, Adrianna		10	-0.23
Event #224	Male 50 Breast 9-10			
56.22Y	Rauch, Joey		4	---
Event #225	Female 50 Breast 11-12			
37.74Y	Tsui, Alice		2	-1.63
39.06Y	Schill, Megan	Q!	4	-0.61
48.24Y	Smith, Ali		11	-0.71
48.80Y	Schroeder, Katelynn		12	-2.75

55.77Y	Mueller, Rachel	13	-2.07
NS	White, Madelyn	---	---
Event #226	Male 50 Breast 11-12		
40.20Y	Colin, John	6	-0.55
40.33Y	Forsyth, TJ	7	-0.28
Event #227	Female 50 Back 1-8		
1:09.54Y	Schiesl, Hannah	7	-2.21
Event #228	Male 50 Back 1-8		
45.33Y	Colin, Will	2	-1.00
Event #229	Female 100 Back 9-10		
1:16.11Y	Noel, Carlie	1	-2.32
1:25.44Y	Tsui, Grace	3	-2.37
1:43.72Y	Schroeder, Adrianna	10	-9.88
Event #230	Male 100 Back 9-10		
2:08.87Y	Rauch, Joey	3	---
Event #231	Female 100 Back 11-12		
1:17.82Y	Willer, Jenna	3	2.29
1:22.72Y	Tsui, Alice	5	-1.27
1:34.43Y	Schroeder, Katelynn	9	-4.17
1:43.48Y	Smith, Ali	12	---
Event #235	Female 100 Fly 11-12		
1:21.73Y	Willer, Jenna	2	-0.78
Event #305	Female 100 Back 13-14		
1:06.33Y	Cram, Erin	1	-0.98
1:10.30Y	Schill, Morgan	2	2.12
1:16.26Y	Schaefer, Melanie	6	-0.03
Event #306	Male 100 Back 13-14		
1:07.38Y	Rutkowski, Alec	1	-1.63
1:08.70Y	Colin, Ben	3	-3.26
Event #307	Female 100 Back 15-18		
1:06.34Y	Roepsch, Autumn	1	4.04
Event #311	Female 100 Free 13-14		
1:01.37Y	Schaefer, Melanie	3	0.22
1:02.84Y	Schill, Morgan	4	0.32
Event #312	Male 100 Free 13-14		
58.09Y	Colin, Ben	2	-1.10
Event #313	Female 100 Free 15-18		
56.24Y	Roepsch, Autumn	---	---
Event #317	Female 200 Fly 13-14		
2:31.53Y	Cram, Erin	2	-2.83
Event #318	Male 200 Fly 13-14		
2:36.02Y	Rutkowski, Alec	1	---
Event #321	Female 200 IM 13-14		
2:35.20Y	Schill, Morgan	2	4.15
2:41.03Y	Schaefer, Melanie	3	-0.97
Event #323	Female 200 IM 15-18		
2:20.77Y	Roepsch, Autumn	1	6.45
Event #327	Female 200 Breast 13-14		
2:49.01Y	Schill, Morgan	1	-1.66
2:52.47Y	Cram, Erin	2	0.07
Event #331	Female 500 Free 13-14		
6:02.91Y	Schaefer, Melanie	3	0.42
NS	Cram, Erin	---	---
Event #332	Male 500 Free 13-14		
5:39.49Y	Colin, Ben	1	-3.93
5:49.06Y	Rutkowski, Alec	2	---

Event #333	Female 500 Free 15-18				
5:38.58Y	Roepsch, Autumn	Q!	1		-21.02
Event #406	Male 25 Fly 8 & Under				
17.21Y	Colin, Will		2		-0.24
Event #407	Female 50 Fly 9-10				
37.30Y	Noel, Carlie		4		-4.38
37.43Y	Tsui, Grace		5		-0.75
45.00Y	Schroeder, Adrianna		10		-1.44
Event #409	Female 50 Fly 11-12				
33.20Y	Willer, Jenna	Q!	3		-0.85
35.06Y	Schill, Megan		5		-0.93
37.23Y	Tsui, Alice		7		0.94
41.83Y	Schroeder, Katelynn		14		0.17
Event #410	Male 50 Fly 11-12				
32.37Y	Colin, John		4		-0.93
Event #411	Female 25 Back 8 & Under				
29.22Y	Schiesl, Hannah		7		-3.99
Event #412	Male 25 Back 8 & Under				
19.37Y	Colin, Will		2		-0.39
Event #413	Female 50 Back 9-10				
35.09Y	Noel, Carlie		1		-1.24
37.50Y	Tsui, Grace		3		-1.29
46.83Y	Schroeder, Adrianna		16		0.14
Event #415	Female 50 Back 11-12				
34.25Y	Willer, Jenna		4		-0.68
35.20Y	Schill, Megan		7		0.45
37.50Y	Tsui, Alice		10		-0.30
43.62Y	Schroeder, Katelynn		16		0.65
44.14Y	Smith, Ali		17		-6.86
NS	White, Madelyn		---		---
Event #416	Male 50 Back 11-12				
33.20Y	Colin, John		3		-0.94
Event #417	Female 50 Free 8 & Under				
1:04.57Y	Schiesl, Hannah		5		---
Event #418	Male 50 Free 8 & Under				
33.56Y	Colin, Will		1		-1.48
Event #419	Female 100 Free 9-10				
1:05.51Y	Noel, Carlie		1		-1.98
1:10.67Y	Tsui, Grace		4		-1.40
1:28.37Y	Schroeder, Adrianna		13		-5.26
Event #421	Female 100 Free 11-12				
1:05.65Y	Tsui, Alice		3		0.18
1:06.41Y	Willer, Jenna		5		0.31
1:07.94Y	Schill, Megan		7		1.74
1:18.55Y	Schroeder, Katelynn		16		-8.94
NS	White, Madelyn		---		---
Event #422	Male 100 Free 11-12				
1:01.04Y	Colin, John		2		-2.43
Event #424	Male 50 Breast 8 & Under				
55.86Y	Colin, Will		4		-2.36
Event #425	Female 100 Breast 9-10				
1:28.93Y	Noel, Carlie		2		-1.88
1:36.23Y	Tsui, Grace		4		-0.28
1:40.20Y	Schroeder, Adrianna	Q!	6		-12.19
Event #427	Female 100 Breast 11-12				
1:25.01Y	Tsui, Alice	Q!	3		-4.10

1:27.60Y	Schill, Megan	5	0.84
1:53.61Y	Smith, Ali	12	---
Event #431	Female 200 IM 11-12		
2:51.70Y	Willer, Jenna	3	-38.20
Event #432	Male 200 IM 11-12		
2:39.52Y	Colin, John	1	-5.18
Event #925	Female 50 Breast 9-10		
47.25Y	Schroeder, Adrianna	Q!	-2.91