

# D.A.S.H. Weekly

February 1, 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 25, they are:

GREEN – Samantha Erickson

BLUE – Cameron Shultz

BRONZE – Emily Peckosh

SILVER – Alec Rutkowski

GOLD – Emily Schroeder

## Valentine's Meet

It's going to be a busy weekend here at the pool, and at Loras. Please plan ahead and expect parking issues. There is a wrestling tournament on Saturday, morning to evening, in the Graber Center, and the Wendy's Classic High School basketball event is taking place in AWC on Cox St. Parking will be at a premium. You may have to drop off and park at a distance from the pool.

See the "on deck" times listed in the "Swim Meet – Entry Deadlines & Info" area, later in the Weekly.

There are 222 athletes entered in our meet, the largest session on Saturday morning with 106 swimmers.

Remember, relax, have fun, enjoy the meet and cheer on the team to fast swims!

## 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 – 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
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 8

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

NOTE: The week of February 15, ending on Friday, Feb. 19, will be the final week of the season for those not qualified for and attending the state meets.

## Swim Meet – Entry Deadlines & Info

Deadline Date	Meet (Meet Date)	Who Attends?
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Has passed      DASH Valentines at Loras (2/5 – 7)      ALL

### ON DECK TIMES –

Friday afternoon – 3:45 p.m.

Positive check-in must be completed by 4:15 p.m.\*

Saturday morning (11 & over) – 7:45 a.m.

Positive check-in must be completed by 8:15 a.m.\*

Saturday afternoon (10 & younger) – 12:45 p.m.

Sunday morning (11 & over) – 6:45 a.m.

Positive check-in must be completed by 7:15 a.m.\*

Sunday afternoon (10 & younger) – 11:45 a.m.

\*Positive Check-in: All swimmers on Friday, and those 11 & older on Saturday & Sunday mornings, must check-in, by the listed deadline, for each of their events. This allows us to ensure no empty lanes in the later heats of events.

Tues., Feb. 9	Iowa Swimming Regional Finals Bettendorf HS (2/20 & 21)	Non-Q
	State Q's made at Regional Finals can & will be added to the State meet entries.	
Tues., Feb. 9	Iowa Swimming 12 & Under State Mercer Park, Iowa City (2/26 – 28)	State Q
TBA (?-Tues., 2/16)	Iowa Swimming 13 & Over State Uoff Field House, Iowa City (3/5 – 7)	State Q

Tues., Feb. 23      Speedo Sectional Championships      Meet cuts  
UofMN, Minneapolis (3/10-13)

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](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)

Long Course Meter pools (50 m) –

## **MEET RESULTS**

None to report.

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

### **Contacting Coach Doug**

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### **Contacting Coach Tasia**

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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)

### **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)