

D.A.S.H. Weekly

February 8, 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 February 1, they are:

GREEN – Christine Kalb

BLUE – Samantha Joyce

BRONZE – Brandon Yuan

SILVER – Christopher Duehr

GOLD – Morgan Schill

Valentine's Meet

Great job swimmers and parents! With 222 swimmers, 5 sessions, and a busy day on Saturday, I thought we ran a very smooth meet.

Coach Doug

THANK YOU to all DASH families and board members for volunteering your time, baking sweet treats and cheering for our swimmers. I would also like to thank you wonderful coaches! Our Valentine Classic was a great success! Congratulations to all our swimmers! There were many exciting heats and personal bests. Good luck DASH swimmers at Regional Finals, 12 & Under State, 13 & Over State and Speedo Sectional Championships.

Heidi Schill

Team President

Boys HS Districts & State

Congrats to our HS boys at the District meet in Cedar Rapids.

DASH team members who qualified for the HS State meet (by event):

200 Medley Relay –

Decorah – Jason Orvis, Nathan Maloney, Chandler Roberson

Hempstead – Ben Loeffelholz, Tim Temperley, Brian Fuchs, Cole Fuerste

Senior – Justin Yuan, Ty Bailey, Eric Ferring, Alex Duster

200 Free –

Hempstead – Tim Temperley, Cameron Griffin

Senior – Tate Forsyth

200 IM –

Decorah – Nathan Maloney

Senior – Connor Huff, Greg Rakozy

50 Free –

Hempstead – Ben Loeffelholz

Senior – Josh Gill

100 Fly –

Senior – Connor Huff, Eric Ferring

100 Free –

Hempstead – Ben Loeffelholz

Senior – Tate Forsyth

500 Free –

Hempstead – Tim Temperley

Senior – Eric Ferring

200 Free Relay –

Hempstead – Ben Loeffelholz, Brian Fuchs, Cameron Griffin, Cole Fuerste

Senior – Josh Gill, Connor Huff, Alex Duster, Tate Forsyth

100 Back –

Decorah – Jason Orvis

100 Breast –

Decorah – Nathan Maloney

Senior – Josh Gill, Ty Bailey, Greg Rakozy

400 Free Relay –

Hempstead – Tim Temperley, Cameron Griffin, Cole Fuerste, Brian Fuchs

Senior – Connor Huff, Eric Ferring, Josh Gill, Tate Forsyth

Best wishes on GREAT swims this coming Saturday, in Marshalltown!!!!

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 – 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

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.

For the week of – February 15

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.

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
 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

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

Swim Meet – Entry Deadlines & Info

Deadline	Meet	Who
Date	(Meet Date)	Attends?
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 (?-Tues., 2/16)	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

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 "Codes" –

Q – Qualifying time

State Q's – must have a State Q time to enter (Q+)

MEET RESULTS

See the DASH website for all of the meet results from this past weekend's Valentines meet.

New Q's this weekend;

Christine Kalb (8 & Under - Girls) – 50 Free
 Anna Pfeiffer (8 & Under – Girls) – 100 IM
 Jenna Willer (11 & 12 – Girls) – 100, 200 Free
 Megan Schill (11 & 12 – Girls) – 100 Back
 Alice Tsui (11 & 12 – Girls) – 200 Breast
 Lauren Noel (13 & 14 – Girls) – 200, 1000, 1650 Free, 200 IM
 Melanie Schaefer (13 & 14 – Girls) – 1650 Free
 Morgan Schill (13 & 14 – Girls) – 100 Free
 Molly Lembezeder (13 & 14 – Girls) – 100 Fly, 200 IM

Will Colin (9 & 10 – Boys) – 50, 100 Fly

Brandon Yuan (9 & 10 – Boys) – 50 Free, 50 Breast, 100 IM

T.J. Forsyth (11 & 12 – Boys) – 200 Free

Alec Rutkowski (13 & 14 – Boys) – 1000, 1650 Free