

D.A.S.H. Weekly

February 22, 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 15, they are:

GREEN – Luc Topping
BLUE – Rachel Kuhl
BRONZE – Nick Topping
SILVER – Rebecca Yaunches
GOLD – Madelaine Thomas

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).

Season Awards, Pizza, & Pool Party

The season-end awards will be presented on Sunday, March 28, at San Jose pool. A RSVP / Pizza order form, also w/more details (time, cost, etc...) will be sent out in the near future.

Spring/Summer Season Info – COMING SOON!

We should have the Spring/Summer Season info posted, soon, on the team website. It's gone to our webmaster!!!

Practice Schedule

For the week of – February 22

State & Sectional Qualifiers only –

13 & Over	4:30 – 7 p.m.	Monday – Thursday
	4:30 – 6:30 p.m.	Friday
	NO Practice	Saturday
9 – 12 yr. olds	6:30 – 8 p.m.	Monday – Thursday
	4:30 – 5:30 p.m.	Friday
8 & Under	6 - 7 p.m.	Monday – Thursday
	4:30 – 5:30 p.m.	Friday

For the weeks of – March 1 & 8

State & Sectional Qualifiers only 5:45 – 7:15 p.m. M - Th

Swim Meet – Entry Deadlines & Info

Deadline	Meet	Who
Date	(Meet Date)	Attends?
Has passed	Iowa Swimming 12 & Under State	State Q

Mercer Park Aquatic Center
2701 Bradford Dr., Iowa City

Friday session – be on deck by 3:50 p.m.
Saturday a.m. session – be on deck by 7:20 a.m.
Saturday p.m. session – be on deck by 3:50 p.m.
Sunday morning – be on deck by 8:20 a.m.

Has passed Iowa Swimming 13 & Over State State Q
Uoff Field House, Iowa City (3/5 – 7)

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

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

<u>Event / Time</u>	<u>Name</u>	<u>Age</u>	<u>Place</u>	<u>Time Add or Drop</u>
Event # 1 Female 50 Free 10 & Under				
36.20Y	Yaunches, Rebecca	9	6	---
36.32Y	Stierman, Julia	10	7	-2.33
38.87Y	Schroeder, Adrianna	9	11	-0.12
41.96Y	Warren, Olivia	9	30	-0.13
46.31Y	Thomas, Olivia	9	39	0.60
Event # 2 Male 50 Free 10 & Under				
46.27Y	Q!!! Topping, Luke	8	20	-5.40
Event # 4 Male 25 Free 8 & Under				
21.02Y	Billmeyer, Tate	7	3	-2.74
21.47Y	Topping, Luke	8	4	-1.06
Event # 5 Female 25 Free 8 & Under				
17.55Y	Michel, Tori	8	3	-1.09
18.53Y	Pfeiffer, Anna	8	5	0.39
Event # 7 Female 100 Back 10 & Under				
1:30.84Y	Q!!! Yaunches, Rebecca	9	3	---
1:37.88Y	Schroeder, Adrianna	9	11	-5.84
1:40.90Y	Stierman, Julia	10	13	-5.34
DQ	Warren, Olivia	9	---	---
Event # 8 Male 100 Back 10 & Under				
1:36.87Y	Yuan, Brandon	10	5	-0.84
Event # 10 Male 50 Back 8 & Under				
53.30Y	Q!!! Topping, Luke	8	2	-13.63
59.79Y	Billmeyer, Tate	7	3	-1.18
Event # 11 Female 50 Fly 10 & Under				
43.86Y	Schroeder, Adrianna	9	7	-1.14
57.52Y	Thomas, Olivia	9	22	-0.18
DQ	Warren, Olivia	9	---	---
Event # 12 Male 50 Fly 10 & Under				
45.59Y	Yuan, Brandon	10	3	-4.90
Event # 14 Male 25 Fly 8 & Under				
28.97Y	Billmeyer, Tate	7	2	---
Event # 15 Female 25 Fly 8 & Under				
23.07Y	Michel, Tori	8	6	0.36
23.76Y	Pfeiffer, Anna	8	7	1.55
Event # 17 Female 100 Breast 10 & Under				
1:53.54Y	Thomas, Olivia	9	9	-4.77
1:57.18Y	Stierman, Julia	10	14	---
Event # 19 Female 50 Breast 8 & Under				
55.57Y	Michel, Tori	8	1	---
Event # 21 Female 200 Free 10 & Under				
2:57.04Y	Q!!! Yaunches, Rebecca	9	2	---
Event # 22 Male 200 Free 10 & Under				
2:44.43Y	Q!!! Yuan, Brandon	10	1	---
2:53.91Y	Colin, Will	9	3	2.02
Event # 24 Male 100 Free 8 & Under				
1:53.28Y	Topping, Luke	8	7	-28.14
Event # 25 Female 100 IM 10 & Under				

1:46.88Y	Stierman, Julia	10	15	-0.85
1:54.55Y	Warren, Olivia	9	22	---
1:55.84Y	Thomas, Olivia	9	26	0.71
Event # 26 Male 100 IM 10 & Under				
1:33.51Y	Colin, Will	9	4	-1.83
Event # 27 Female 200 Medley Relay10 & Under - Lead-Off Legs (50 Back)				
54.60Y	Warren, Olivia	9	---	-1.23
Event # 31 Female 200 Back 11-12				
NS	Schill, Megan	12	---	---
Event # 32 Male 200 Back 11-12				
2:42.24Y	Q!!! Nugent, Brendan	12	3	-6.67
Event # 33 Female 200 Back 13-14				
2:34.19Y	Q!!! Schaefer, Melanie	13	1	-6.36
DQ	Topping, Taylor	13	---	---
Event # 34 Male 200 Back 13-14				
2:27.99Y	Q!!! Warren, Charlie	13	2	-3.13
Event # 36 Male 200 Back 15 & Over				
2:40.30Y	Warren, Jack	17	2	-35.23
Event # 37 Female 100 Breast 11-12				
NS	Schill, Megan	12	---	---
Event # 38 Male 100 Breast 11-12				
1:52.26Y	Tittle, Trenton	11	13	2.19
1:50.50Y	DQ Topping, Nick	12	---	---
Event # 39 Female 100 Breast 13-14				
1:31.09Y	Kieler, Maddie	13	12	-2.51
Event # 41 Female 50 Back 11-12				
41.23Y	Schroeder, Katelynn	12	25	-1.55
43.06Y	Kuhl, Rachel	12	27	-2.22
Event # 42 Male 50 Back 11-12				
36.38Y	Nugent, Brendan	12	4	-0.02
38.49Y	Yaunches, Andrew	12	8	---
40.37Y	Topping, Nick	12	12	1.29
41.56Y	Benda, Jack	12	13	-2.66
49.88Y	Tittle, Trenton	11	25	-0.52
Event # 43 Female 100 Breast 15 & Over				
1:22.41Y	Tittle, Taylor	15	3	-2.45
Event # 50 Male 200 Fly 15 & Over				
2:35.19Y	Rotz, Jordan	16	1	---
Event # 51 Female 200 IM 11-12				
3:13.69Y	Schroeder, Katelynn	12	11	-5.11
NS	Schill, Megan	12	---	---
Event # 52 Male 200 IM 11-12				
2:56.32Y	Yaunches, Andrew	12	3	---
Event # 53 Female 200 IM 13-14				
2:42.06Y	Thomas, Madelaine	14	8	-2.01
2:56.97Y	Topping, Taylor	13	13	0.91
2:59.30Y	Kieler, Maddie	13	14	-1.88
Event # 54 Male 200 IM 13-14				
2:32.05Y	Warren, Charlie	13	8	-9.21
2:42.76Y	Stierman, Drake	13	10	-6.62
Event # 55 Female 200 IM 15 & Over				
2:37.43Y	Tittle, Taylor	15	3	-6.60
Event # 56 Male 200 IM 15 & Over				
2:36.53Y	Warren, Jack	17	4	-35.14
Event # 57 Female 100 Free 11-12				
1:16.68Y	Schroeder, Katelynn	12	20	-1.87

1:18.66Y	Kuhl, Rachel	12	24	-4.51
NS	Schill, Megan	12	---	---
Event # 58 Male 100 Free 11-12				
1:09.09Y	Nugent, Brendan	12	5	-1.12
1:12.92Y	Topping, Nick	12	11	-3.56
1:16.59Y	Benda, Jack	12	14	-0.27
1:25.66Y	Tittle, Trenton	11	23	-0.03
Event # 59 Female 100 Free 13-14				
1:03.51Y	Thomas, Madelaine	14	4	1.29
1:06.50Y	Topping, Taylor	13	11	1.21
1:10.12Y	Kieler, Maddie	13	14	0.44
Event # 60 Male 100 Free 13-14				
57.60Y	Colin, Ben	13	1	-0.39
1:01.94Y	Warren, Charlie	13	6	0.81
1:05.51Y	Stierman, Drake	13	9	0.45
Event # 61 Female 50 Breast 11-12				
49.60Y	Schroeder, Katelynn	12	24	0.80
Event # 62 Male 50 Breast 11-12				
42.93Y	Yaunches, Andrew	12	4	---
50.57Y	Benda, Jack	12	18	0.45
51.99Y	Tittle, Trenton	11	20	2.40
53.92Y	Topping, Nick	12	23	3.20
Event # 63 Female 100 Free 15 & Over				
1:04.08Y	Tittle, Taylor	15	5	-0.43
1:04.37Y	Joyce, Sam	15	7	0.19
Event # 64 Male 100 Free 15 & Over				
54.70Y	Q!!! Rotz, Jordan	16	1	-4.58
1:01.06Y	Warren, Jack	17	5	-0.95
Event # 66 Male 200 Medley Relay 11-12 - Lead-Off Legs (50 Back)				
37.30Y	Nugent, Brendan	12	---	0.90
Event # 67 Female 200 Medley Relay 13-14 - Lead-Off Legs (50 Back)				
37.62Y	Topping, Taylor	13	---	2.48
Event # 69 Female 200 Medley Relay Senior - Lead-Off Legs (50 Back)				
34.36Y	Joyce, Sam	15	---	0.60
Event # 70 Male 200 Medley Relay Senior - Lead-Off Legs (50 Back)				
33.73Y	Warren, Jack	17	---	-0.38
Event # 71 Female 500 Free 11-12				
8:02.77Y	Kuhl, Rachel	12	8	---
Event # 73 Female 500 Free 13-14				
5:54.18Y	Schaefer, Melanie	13	1	-0.60
Event # 74 Male 500 Free 13-14				
5:36.86Y	Colin, Ben	13	1	-1.66
6:20.70Y	Warren, Charlie	13	4	4.36
6:39.70Y	Stierman, Drake	13	5	8.18
Event # 75 Female 500 Free 15 & Over				
6:23.22Y	Tittle, Taylor	15	4	-7.84
Event # 76 Male 500 Free 15 & Over				
6:14.52Y	Warren, Jack	17	1	-3.40
Event # 77 Female 200 IM 10 & Under				
3:16.02Y	Q!!! Schroeder, Adrianna	9	3	-8.05
Event # 81 Female 50 Back 10 & Under				
42.01Y	Q!!! Yaunches, Rebecca	9	2	---
46.83Y	Schroeder, Adrianna	9	14	0.14
50.30Y	Bounds, Kameryn	10	21	0.31
53.49Y	Thomas, Olivia	9	24	-0.68

Event # 82	Male 50 Back 10 & Under				
50.26Y	Weber, Ben	9	5	-6.18	
Event # 83	Female 25 Back 8 & Under				
32.41Y	Walters, Jacie	8	5	3.23	
43.69Y	Weber, Bridget	8	8	5.39	
Event # 84	Male 25 Back 8 & Under				
24.53Y	Topping, Luke	8	1	-1.29	
29.01Y	Billmeyer, Tate	7	2	1.02	
Event # 85	Female 25 Back 8 & Under				
21.22Y	Michel, Tori	8	2	-0.01	
22.40Y	Pfeiffer, Anna	8	4	-0.01	
Event # 89	Female 50 Fly 8 & Under				
51.56Y	Q!!! Michel, Tori	8	2	---	
55.40Y	Q!!! Pfeiffer, Anna	8	3	---	
Event # 91	Female 50 Breast 10 & Under				
47.83Y	Yaunches, Rebecca	9	4	---	
54.50Y	Bounds, Kameryn	10	15	-2.61	
56.04Y	Thomas, Olivia	9	18	-0.56	
Event # 92	Male 50 Breast 10 & Under				
1:04.24Y	Weber, Ben	9	14	-6.02	
Event # 93	Female 25 Breast 8 & Under				
32.50Y	Walters, Jacie	8	5	---	
32.98Y	Weber, Bridget	8	6	0.92	
Event # 94	Male 25 Breast 8 & Under				
35.72Y	Topping, Luke	8	3	2.86	
39.00Y	Billmeyer, Tate	7	4	---	
Event # 95	Female 25 Breast 8 & Under				
25.71Y	Michel, Tori	8	3	-1.58	
25.83Y	Pfeiffer, Anna	8	4	-1.66	
Event # 97	Female 100 Free 10 & Under				
1:21.03Y	Q!!! Yaunches, Rebecca	9	1	---	
1:26.54Y	Schroeder, Adrianna	9	9	0.71	
1:33.55Y	Bounds, Kameryn	10	20	-2.39	
1:40.44Y	Thomas, Olivia	9	29	-2.18	
Event # 98	Male 100 Free 10 & Under				
1:33.82Y	Weber, Ben	9	9	-32.47	
Event # 99	Female 50 Free 8 & Under				
58.48Y	Walters, Jacie	8	8	-9.30	
1:08.78Y	Weber, Bridget	8	12	---	
Event #100	Male 50 Free 8 & Under				
59.20Y	Billmeyer, Tate	7	3	1.41	
NS	Topping, Luke	8	---	---	
Event #107	Female 50 Free 11-12				
34.40Y	Kuhl, Rachel	12	26	-1.53	
35.70Y	Schroeder, Katelynn	12	33	1.31	
Event #108	Male 50 Free 11-12				
31.74Y	Topping, Nick	12	7	-1.86	
31.81Y	Yaunches, Andrew	12	8	---	
31.99Y	Nugent, Brendan	12	9	0.52	
35.67Y	Tittle, Trenton	11	21	-0.59	
Event #109	Female 50 Free 13-14				
28.09Y	Q!!! Thomas, Madelaine	14	1	-0.88	
29.34Y	Topping, Taylor	13	4	-0.49	
29.89Y	Kieler, Maddie	13	6	-0.10	

35.93Y	Klein, Kayla	13	16	-0.04
Event #110	Male 50 Free 13-14			
28.19Y	Stierman, Drake	13	7	-1.45
Event #111	Female 50 Free 15 & Over			
28.60Y	Joyce, Sam	15	1	-0.19
28.66Y	Tittle, Taylor	15	2	-0.85
Event #112	Male 50 Free 15 & Over			
25.05Y	Q!!! Rotz, Jordan	16	1	-1.45
Event #116	Male 400 IM 13-14			
5:11.06Y	Q!!! Rutkowski, Alec	13	2	---
Event #119	Female 100 Back 11-12			
1:32.57Y	Schroeder, Katelynn	12	23	-1.86
1:35.56Y	Kuhl, Rachel	12	25	-10.11
Event #120	Male 100 Back 11-12			
1:18.75Y	Nugent, Brendan	12	4	-2.64
1:19.60Y	Yaunches, Andrew	12	5	---
1:27.44Y	Topping, Nick	12	11	-2.39
1:45.80Y	Tittle, Trenton	11	18	-16.72
Event #121	Female 100 Back 13-14			
1:16.01Y	Topping, Taylor	13	7	-0.22
1:16.33Y	Thomas, Madelaine	14	8	-3.52
1:29.05Y	Kieler, Maddie	13	17	2.54
Event #122	Male 100 Back 13-14			
1:07.37Y	Rutkowski, Alec	13	3	-0.01
1:19.04Y	Stierman, Drake	13	6	-3.22
Event #123	Female 50 Fly 11-12			
43.89Y	Schroeder, Katelynn	12	22	2.23
Event #124	Male 50 Fly 11-12			
42.39Y	Topping, Nick	12	11	1.23
Event #125	Female 100 Back 15 & Over			
1:17.31Y	Joyce, Sam	15	6	-2.01
Event #127	Female 200 Free 11-12			
2:59.86Y	Kuhl, Rachel	12	16	-4.75
Event #128	Male 200 Free 11-12			
2:31.66Y	Yaunches, Andrew	12	3	---
3:06.41Y	Tittle, Trenton	11	11	-0.19
Event #129	Female 200 Free 13-14			
2:24.95Y	Thomas, Madelaine	14	5	0.89
2:27.75Y	Topping, Taylor	13	7	0.72
Event #131	Female 200 Free 15 & Over			
2:19.97Y	Tittle, Taylor	15	3	-5.80
Event #132	Male 200 Free 15 & Over			
2:00.52Y	Rotz, Jordan	16	3	---
Event #133	Female 100 Fly 11-12			
1:17.02Y	Willer, Jenna	11	1	-4.71
Event #135	Female 100 Fly 13-14			
1:27.78Y	Thomas, Madelaine	14	10	-5.81
1:40.79Y	Klein, Kayla	13	12	6.47
Event #136	Male 100 Fly 13-14			
1:09.21Y	Rutkowski, Alec	13	6	0.54
DQ	Stierman, Drake	13	---	---
Event #137	Female 100 Fly 15 & Over			
1:15.38Y	Tittle, Taylor	15	4	-0.29
Event #138	Male 100 Fly 15 & Over			
1:03.17Y	Rotz, Jordan	16	2	-4.13
Event #141	Female 200 Breast 13-14			

3:15.00Y	Kieler, Maddie	13	5	-7.11
3:15.08Y	Topping, Taylor	13	6	-5.54
Event #143 Female 100 IM 11-12				
1:17.97Y	Willer, Jenna	11	2	-1.59
1:29.40Y	Schroeder, Katelynn	12	22	0.49
1:46.43Y	Kuhl, Rachel	12	33	-0.02
Event #144 Male 100 IM 11-12				
1:22.06Y	Nugent, Brendan	12	4	0.92
1:30.03Y	Topping, Nick	12	11	-1.53
1:45.09Y	Tittle, Trenton	11	18	-0.23
Event #145 Female 200 Breast 15 & Over				
3:03.57Y	Tittle, Taylor	15	3	-2.80
Event #149 Female 200 Free Relay 13-14 - Lead-Off Legs (50 Free)				
29.20Y	Topping, Taylor	13	---	-0.63
Event #151 Female 200 Free Relay Senior - Lead-Off Legs (50 Free)				
28.65Y	Joyce, Sam	15	---	-0.14
Event #152 Male 200 Free Relay Senior - Lead-Off Legs (50 Free)				
28.74Y	Stierman, Drake	13	---	-0.9