

D.A.S.H. Weekly

April 5, 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 March 8, they are:

GREEN – season completed
BLUE – season completed
BRONZE – season completed
SILVER – season completed
GOLD – Autumn Roepsch

National Rankings for DASH Swimmers

Congratulations to Josh Gill & Jordan Huff for being among the top swimmers in the nation in their age group.

Josh Gill (14 year olds) –
50m Freestyle – 24.61 / 7th
100m Breaststroke – 1:08.05 / 5th

Jordan Huff (17 year olds) –
100m Freestyle – 50.79 / 4th

Winter Season Award Winners

GREEN –
Most Improved – Becky Yu & Luke Topping
Hardest Worker – Collin Sindt & Tate Billmeyer
Most Spirit – Samantha Erickson & Julia Stierman

BLUE –
Most Improved – Gabby Leitner
Hardest Worker – Rachel Kuhl
Most Spirit – Sam Joyce

BRONZE –
Most Improved – Brandon Yuan
Hardest Worker – Nick Topping
Most Spirit – Katelynn Schroeder

SILVER –
Most Improved – Christopher Duehr
Hardest Worker – Jenna Willer
Most Spirit – Carlie Noel

GOLD –
Most Improved – Lauren Noel
Hardest Worker – Morgan Schill
Most Spirit – Molly Lembezeder

Congratulations!!!! A great season for all.

Spring/Summer Season Info- posted & starting

Summer season info is posted on the team website.

GOLD, SILVER, & “Extended” Stay Fit begin practice today!!!

And, a reminder for GREEN, BLUE, & BRONZE, registration for the season is next week, Tuesday & Wednesday nights 6 – 8 p.m., here at the pool.

Practice Schedule

For the weeks of – April 5

GOLD	4:30 – 7 p.m.	Tuesday – Thursday
	3 – 5 p.m.	Friday
	7 – 9 a.m.	Saturday
SILVER	6:30 – 8:30 p.m.	Tuesday – Thursday
	4:30 – 6:30 p.m.	Friday
	7 – 9 a.m.	Saturday
BRONZE	Season starts April 19	
BLUE	Season starts April 19	
GREEN	Season starts April 19	
STAY FIT	“Extended” See GOLD or SILVER schedule	
	“Regular” – Season starts when school is out	

For the weeks of – April 12

GOLD	4:30 – 7 p.m.	Monday – Thursday
	3 – 5 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	Season starts April 19	
BLUE	Season starts April 19	
GREEN	Season starts April 19	
STAY FIT	“Extended” See GOLD or SILVER schedule	
	“Regular” – Season starts when school is out	

Swim Meet – Entry Deadlines & Info

Deadline	Meet	Who
Date	(Meet Date)	Attends?
TBA	Iowa City (May 1 & 2)	15&16 A
TBA	Cedar Rapids Pentathlon (May 8)	ALL
Sat., 5/29	Team DASH Intra-squad (May 29)	ALL

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.

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Contacting Coach Jake

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Other Swimming Links

USA Swimming www.usaswimming.org
Iowa Swimming www.isiswim.org
DASH website www.teamdash.org

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

MEET RESULTS

Team Results from the 13 & Over State Meet (March 5 – 7, Iowa City)

Combined Team Scores		
Place	Team	Points
1	Central Iowa Aquatics	CIA-IA 3327.5
2	Black Hawk Area Swim Team	BLST-IA 1326
3	Dubuque Area Swimmin' Hurrican	DASH-IA 1257
4	Ames Cyclone Aquatic Club	ACAC-IA 1129
5	Cedar Rapids Aquatics Assn	CRAA-IA 963
6	Muscatine Swim Club	MUSC-IA 730.5
7	Iowa Flyers Swim Club	IFLY-IA 725
8	Iowa City Eels Swim Club	ICE-IA 679
9	Des Moines Swim Federation	DMSF-IA 667
10	Bettendorf Swim Club	BETT-IA 545.5
11	Pleasant Valley Stingrays	PVST-IA 439
12	Unattached Iowa	UN-IA 397.5
13	Davenport Metro Swim Team	DMET-IA 321
14	Uss Destroyers Swim Club	USSD-IA 227
15	Mason City Swim Club	MCSC-IA 164
16	River Cities Aquatics	RCA-IA 121
17	Johnston Blaze	BLAZ-IA 54
18	Circle Swim Aquatics	CSA-IA 8

13-14 Women - Team Scores

Place	Team	Points
1	Central Iowa Aquatics	CIA-IA 913
2	Iowa Flyers Swim Club	IFLY-IA 449
3	Ames Cyclone Aquatic Club	ACAC-IA 364
4	Dubuque Area Swimmin' Hurrican	DASH-IA 362
5	Black Hawk Area Swim Team	BLST-IA 355
6	Cedar Rapids Aquatics Assn	CRAA-IA 258
7	Bettendorf Swim Club	BETT-IA 255
8	Des Moines Swim Federation	DMSF-IA 169
9	Pleasant Valley Stingrays	PVST-IA 127
10	Muscatine Swim Club	MUSC-IA 65
11	Johnston Blaze	BLAZ-IA 54
12	Davenport Metro Swim Team	DMET-IA 33
13	Iowa City Eels Swim Club	ICE-IA 15
14	Mason City Swim Club	MCSC-IA 4
15	River Cities Aquatics	RCA-IA 2

13-14 Men - Team Scores

Place	Team	Points
1	Central Iowa Aquatics	CIA-IA 743

2	Muscatine Swim Club	MUSC-IA	473.5
3	Dubuque Area Swimmin' Hurrican	DASH-IA	317
4	Black Hawk Area Swim Team	BLST-IA	186
5	Cedar Rapids Aquatics Assn	CRAA-IA	176
6	Ames Cyclone Aquatic Club	ACAC-IA	133
7	Pleasant Valley Stingrays	PVST-IA	121
8	Iowa Flyers Swim Club	IFLY-IA	106
9	Bettendorf Swim Club	BETT-IA	102.5
10	Uss Destroyers Swim Club	USSD-IA	88
11	Davenport Metro Swim Team	DMET-IA	83
12	Unattached Iowa	UN-IA	48
13	Des Moines Swim Federation	DMSF-IA	42
14	Mason City Swim Club	MCSC-IA	15

15 & Over Women - Team Scores

Place	Team		Points
1	Central Iowa Aquatics	CIA-IA	724
2	Iowa City Eels Swim Club	ICE-IA	426
3	Black Hawk Area Swim Team	BLST-IA	416
4	Des Moines Swim Federation	DMSF-IA	338
5	Ames Cyclone Aquatic Club	ACAC-IA	328
6	Cedar Rapids Aquatics Assn	CRAA-IA	279
7	Dubuque Area Swimmin' Hurrican	DASH-IA	200
8	Pleasant Valley Stingrays	PVST-IA	171
9	Bettendorf Swim Club	BETT-IA	158
10	Mason City Swim Club	MCSC-IA	128
11	Unattached Iowa	UN-IA	109
12	Uss Destroyers Swim Club	USSD-IA	74
13	Davenport Metro Swim Team	DMET-IA	67
14	River Cities Aquatics	RCA-IA	25
15	Iowa Flyers Swim Club	IFLY-IA	13

15 & Over Men - Team Scores

Place	Team		Points
1	Central Iowa Aquatics	CIA-IA	947.5
2	Dubuque Area Swimmin' Hurrican	DASH-IA	378
3	Black Hawk Area Swim Team	BLST-IA	369
4	Ames Cyclone Aquatic Club	ACAC-IA	304
5	Cedar Rapids Aquatics Assn	CRAA-IA	250
6	Unattached Iowa	UN-IA	240.5
7	Iowa City Eels Swim Club	ICE-IA	238
8	Muscatine Swim Club	MUSC-IA	192
9	Iowa Flyers Swim Club	IFLY-IA	157
10	Davenport Metro Swim Team	DMET-IA	138
11	Des Moines Swim Federation	DMSF-IA	118
12	River Cities Aquatics	RCA-IA	94
13	Uss Destroyers Swim Club	USSD-IA	65
14	Bettendorf Swim Club	BETT-IA	30
15	Pleasant Valley Stingrays	PVST-IA	20
16	Mason City Swim Club	MCSC-IA	17
17	Circle Swim Aquatics	CSA-IA	8

Speedo Sectional Championships
University of Minnesota Aquatic Center, Minneapolis
March 10 – 13, 2010

<u>Event / Time</u>	<u>Prelims/Finals/Time</u>	<u>Name</u>	<u>Age</u>	<u>Place</u>	<u>Time Add or Drop</u>
Event # 1 Female 1000 Free Senior	<u>Trial</u>				
11:10.37Y	F	Maher, Mary Kathryn	17	17	11.80
Event # 3 Female 100 Back Senior					
1:01.52Y	P	Orvis, Allison	16	41	0.32
1:02.00Y	P	Roepsch, Autumn	15	51	-0.30
Event # 5 Female 100 Breast Senior					
1:05.67Y	P	Maher, Hannah	17	8	0.72
1:06.42Y	F	Maher, Hannah	17	8	1.47
Event # 6 Male 100 Breast Senior					
59.88Y	P	Gill, Josh	15	9	0.19

1:00.05Y	F	Gill, Josh	15	11	0.36
1:01.55Y	P	Huff, Connor	16	22	-1.11
1:01.96Y	F	Huff, Connor	16	23	-0.70
Event # 7 Female 200 Free Senior					
1:58.12Y	P	Orvis, Allison	16	33	1.06
1:59.51Y	P	Roepsch, Autumn	15	47	0.70
2:03.93Y	P	Maher, Mary Kathryn	17	68	3.04
Event # 9 Female 100 Fly Senior					
1:00.21Y	P	Maher, Hannah	17	28	0.73
Event # 10 Male 100 Fly Senior					
53.36Y	P	Loeffelholz, Ben	17	20	-1.55
53.84Y	F	Loeffelholz, Ben	17	20	-1.07
54.30Y	P	Huff, Connor	16	25	0.99
54.73Y	F	Huff, Connor	16	24	1.42
Event # 11 Female 200 IM Senior					
2:13.51Y	P	Roepsch, Autumn	15	28	-0.81
Event # 12 Male 200 IM Senior					
1:59.90Y	F	Huff, Connor	16	18	2.53
2:00.68Y	P	Gill, Josh	15	18	-2.48
2:00.84Y	F	Gill, Josh	15	21	-2.32
2:00.86Y	P	Huff, Connor	16	21	3.49
Event # 13 Female 800 Free Relay Senior - Lead-Off Legs (200 Free)					
1:57.61Y	F	Orvis, Allison	16	---	0.55
Event # 14 Male 800 Free Relay Senior - Lead-Off Legs (200 Free)					
1:50.16Y	F	Gill, Josh	15	---	1.17
Event # 15 Female 400 IM Senior					
4:34.61Y	F	Orvis, Allison	16	17	-2.71
4:36.36Y	F	Maher, Hannah	17	13	-4.39
4:40.64Y	P	Maher, Hannah	17	17	-0.11
4:43.16Y	P	Orvis, Allison	16	22	5.84
Event # 16 Male 400 IM Senior					
4:12.37Y	P	Huff, Connor	16	7	-1.68
4:17.48Y	F	Huff, Connor	16	8	3.43
Event # 17 Female 50 Free Senior					
25.09Y	P	Roepsch, Autumn	15	41	-0.23
25.31Y	P	Orvis, Allison	16	54	0.17
Event # 18 Male 50 Free Senior					
21.50Y	P	Loeffelholz, Ben	17	12	0.22
21.73Y	F	Loeffelholz, Ben	17	14	0.45
21.87Y	P	Gill, Josh	15	20	0.13
21.92Y	F	Gill, Josh	15	21	0.18
Event # 19 Female 200 Breast Senior					
2:27.24Y	F	Maher, Hannah	17	13	0.92
2:28.04Y	P	Maher, Hannah	17	12	1.72
Event # 20 Male 200 Breast Senior					
2:13.87Y	F	Huff, Connor	16	17	-0.83
2:14.70Y	P	Gill, Josh	15	15	-0.13
2:14.73Y	F	Gill, Josh	15	15	-0.10
2:16.22Y	P	Huff, Connor	16	18	1.52
Event # 23 Female 400 Medley Relay Senior - Lead-Off Legs (100 Back)					
1:05.36Y	F	Maher, Mary Kathryn	17	---	-0.82
Event # 24 Male 400 Medley Relay Senior - Lead-Off Legs (100 Back)					
57.11Y	F	Orvis, Jason	16	---	0.29
Event # 27 Female 200 Back Senior					

2:08.17Y	F	Orvis, Allison	16	18	-2.09
2:10.57Y	P	Orvis, Allison	16	22	0.31
2:11.93Y	P	Maher, Hannah	17	29	-1.48
2:16.36Y	P	Maher, Mary Kathryn	17	52	-0.35
2:16.66Y	P	Roepsch, Autumn	15	56	-0.56
Event # 29 Female 100 Free Senior					
53.76Y	P	Roepsch, Autumn	15	26	-0.46
54.78Y	F	Roepsch, Autumn	15	23	0.56
54.83Y	P	Orvis, Allison	16	54	1.11
56.83Y	P	Maher, Hannah	17	96	2.93
Event # 30 Male 100 Free Senior					
47.36Y	F	Loeffelholz, Ben	17	13	0.20
47.68Y	P	Gill, Josh	15	16	0.31
47.69Y	P	Loeffelholz, Ben	17	17	0.53
Event # 32 Male 200 Fly Senior					
1:59.53Y	P	Huff, Connor	16	14	0.60
2:00.92Y	F	Huff, Connor	16	16	1.99
Event # 33 Female 400 Free Relay Senior - Lead-Off Legs (100 Free)					
54.88Y	F	Orvis, Allison	16	---	1.16
Event # 34 Male 400 Free Relay Senior - Lead-Off Legs (100 Free)					
47.99Y	F	Gill, Josh	15	---	0.62
Event #130 Male 100 Free Senior					
57.39Y	T	Colin, Ben	13	3	-0.01
Event #222 Male 500 Free Senior					
5:31.98Y	T	Colin, Ben	13	4	-4.88
Event #230 Male 100 Free Senior					
50.91Y	S	Orvis, Jason	16	4	0.57
Event #330 Male 100 Free Senior					
50.50Y	S	Orvis, Jason	16	2	0.16