

D.A.S.H. Weekly

April 12, 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 April 5, they are:

GREEN – season completed
BLUE – season completed
BRONZE – season completed
SILVER – Christopher Duehr
GOLD – Emily Schroeder

Spring/Summer Season Info- posted & starting

Summer season info is posted on the team website.

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

Equipment – Suits, goggles, bags at Registration

Action Accents will have practice suits, goggles, and swim bags at registration tomorrow (Tuesday) and Wednesday, April 13 & 14. There will be a variety of sizes for all groups of swimmers, event the GOLD & SILVER groups. If you are not able to make it Tuesday or Wednesday night, please contact Jan Pape, 552-1270, or Marie Colin, 557-7195, to set up another day or time. We will have the equipment for about a week.

Practice Schedule

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	

For the weeks of – April 19

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	6:30 – 8 p.m. Monday – Thursday	

	4:30 – 6 p.m.	Friday
BLUE	6:30 – 8 p.m.	Monday – Thursday
	4:30 – 6:15 p.m.	Friday
GREEN	6 – 7 p.m.	Monday – Thursday
	4:30 – 5:45 p.m.	Friday
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
Thurs., 4/29	BLAST Sizzler (July 8 – 11)	State Q's

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

Iowa Swimming
DASH website

www.isiswim.org
www.teamdash.org

Other Swimming Links

USA Swimming www.usaswimming.org

MEET RESULTS

None to report