

D.A.S.H. Weekly

April 19, 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 12, they are:

GREEN – season completed

BLUE – season completed

BRONZE – season completed

SILVER – Carlie Noel

GOLD – Melanie Schaefer

Spring/Summer Season

Welcome back!!! And, welcome to the team!!!

Practice Schedule

For the week 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	

For the week of – April 26

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?

NOTE 1: Date change for the CR Pentathlon, from 5/8 to 5/15.

NOTE 2: The DEADLINE date for the Cedar Falls meet IS correct.

Thurs., 4/22	Iowa City (May 1 & 2)	15&16 A
Thurs., 4/29	Cedar Rapids Pentathlon (<i>May 15</i>)	ALL
Sat., 5/29	Team DASH Intra-squad (May 29)	ALL
Thurs., 4/29	Cedar Falls 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

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Contacting Coach Tasia

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Contacting Coach Jake

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Other Swimming Links

USA Swimming www.usaswimming.org

Iowa Swimming
DASH website

www.isiswim.org
www.teamdash.org

MEET RESULTS

None to report