

D.A.S.H. Weekly

April 26, 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 19, they are:

GREEN – Lainie Schmidt
BLUE – Taylor Morris
BRONZE – Brandon Yuan
SILVER – Jenna Willer
GOLD – Molly Lembezeder

Spring/Summer Season

Reminder to the families in the 2-week Free Trial, who intend to stay with the team for the season, fees are due at your first practice next week (week of May 3). We hope all of you will continue on with us!!!

Team Suits and Apparel

Orders for team suits and team apparel may be placed until Friday, May 7th. Order forms can be found in the DASH room on the desk, beginning tomorrow (Tuesday, April 27), next to the team mailbox. Order forms should be placed in Coach Doug's mailbox by the deadline.

Practice Schedule

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	

For the week of – May 3

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.

Has passed	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 Jake

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USA Swimming
Iowa Swimming
DASH website

www.usaswimming.org
www.isiswim.org
www.teamdash.org

Other Swimming Links

MEET RESULTS

None to report