

D.A.S.H. Weekly

May 10, 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 May 3, they are:

- GREEN – Tate Billmeyer
- BLUE – Taylor Morris
- BRONZE – Collin Sindt
- SILVER – Jenna Willer
- GOLD – Cole Fuerste

Practice Attendance & Pick-up

In order to best accommodate our team members, we have a couple of requests;

- 1) Please try your best to make the recommended number of practices each week. Any less and the swimmers will fall behind.
- 2) Please do your best to be at practice on time, and, ready to go. It is disruptive to team members when others come in late. IF, in the event that you have a conflict and know you'll be late, please let the coaches know, so they can plan for the additional attendees.
- 3) **Please be on time to pick up your children.**

Team Intra-squad Meet & Parent Meeting

Saturday, May 29, we will have our Spring Intra-squad meet and a brief parent meeting. It is especially important for new families to attend the meeting, and even more important if you did not attend the "formal" registration nights. Our Board of Directors will cover different topics and be available to answer any questions you might have.

All team members should plan to participate in the intra-squad meet. It's a great chance for our new team members to get a feel for a swim meet, without having to go to a new venue.

Team members should be here by 8:45 a.m. Competition will begin around 9:45 and wrap-up by 11:30.

The parent meeting will be during a mid-meet break.

Practice Schedule

NOTE: We will switch to our "summer hours" beginning on Thursday, June 10th (first day out of school for DBQ kids, barring any more snow or fog days!). Check your copy of the practice schedule and keep an eye on the schedule in upcoming Weeklys.

For the week of – May 10

GOLD	4:30 – 7 p.m. 3 – 5 p.m. 7 – 9 a.m.	Monday – Thursday Friday Saturday
SILVER	6:30 – 8:30 p.m. 4:30 – 6:30 p.m. 7 – 9 a.m.	Monday – Thursday Friday Saturday
BRONZE	6:30 – 8 p.m. 4:30 – 6 p.m.	Monday – Thursday Friday
BLUE	6:30 – 8 p.m. 4:30 – 6:15 p.m.	Monday – Thursday Friday
GREEN	6 – 7 p.m. 4:30 – 5:45 p.m.	Monday – Thursday Friday
STAY FIT	"Extended" See GOLD or SILVER schedule "Regular" – Season starts when school is out	

For the week of – May 17

GOLD	4:30 – 7 p.m. 3 – 5 p.m.* 7 – 9 a.m.*	Monday – Thursday Friday Saturday
SILVER	6:30 – 8:30 p.m. 4:30 – 6:30 p.m. 7 – 9 a.m.	Monday – Thursday Friday Saturday
BRONZE	6:30 – 8 p.m. 4:30 – 6 p.m.*	Monday – Thursday Friday
BLUE	6:30 – 8 p.m. 4:30 – 6:15 p.m.*	Monday – Thursday Friday
GREEN	6 – 7 p.m. 4:30 – 5:45 p.m.*	Monday – Thursday Friday
STAY FIT	"Extended" See GOLD or SILVER schedule "Regular" – Season starts when school is out	

*There is a possibility that there will be a maintenance shut down on Friday & Saturday, May 21 & 22. Please watch for future postings and emails.

Swim Meet – Entry Deadlines & Info

Deadline	Meet	Who
Date	(Meet Date)	Attends?

Has passed Cedar Rapids Pentathlon (May 15) ALL

Coe College Natatorium
1220 1st Ave. NE

Morning session (all 8 & under, all 9 & 10, and 11 & 12 boys) –
Be on deck by 7:20 a.m.
Afternoon session (11 & 12 girls, all 13 & 14, and all Senior) –
Be on deck by 10:15 a.m.

Coach in attendance – Jake

Sat., 5/29	Team DASH Intra-squad @ Loras (5/29)	ALL
TODAY , Mon., 5/10	Iowa City Kick-off (June 5 & 6)	State Q's
Tues., June 1	Pleasant Valley (June 19 & 20)	Non-Q's

Tues., 6/15	Vinton (June 26 & 27)	Non-Q's
TBA	Mason City (June 26 & 27)	State Q's
Has passed	Cedar Falls BLAST Sizzler (July 8 – 11)	State Q's
TBA	Clinton (July 16 – 18)	State Q's
Thurs., 7/15	Regional Finals @ Loras (July 24 & 25)	Non-Q's
Tues., 7/20	Summer State (July 29-Aug. 1)	State Q's
TBA	Central Zone Champs (Aug. 6 – 8)	AAA cuts

Long Course Meter pools (50 m) –
www.isiswim.org/timestandards/ts2009-12lcm.pdf

Contacting Coach Doug

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

Contacting Team President

Heidi Schill
 E-mail: hmsschill@aol.com

Other Swimming Links

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

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

MEET RESULTS

None to report