

D.A.S.H. Weekly

May 17, 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 10, they are:

GREEN – Tate Billmeyer
 BLUE – Brandon Sindt
 BRONZE – Anna Pfeiffer
 SILVER – Andrew Yaunches
 GOLD – Cameron Griffin

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 17

GOLD	4:30 – 7 p.m.	Monday – Thursday
	3 – 5 p.m.	Friday
	NO PRACTICE	Saturday
SILVER	6:30 – 8:30 p.m.	Monday – Thursday
	4:30 – 6:30 p.m.	Friday
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 24

GOLD	4:30 – 7 p.m.	Monday – Thursday
	3 – 5 p.m.	Friday
SILVER	6:30 – 8:30 p.m.	Monday – Thursday
	4:30 – 6:30 p.m.	Friday
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	

Hotel Rooms – Blocks for DASH

We have some rooms blocked for the following meets;
 July 8, 9, 10 Cedar Falls Super 8 for BLAST Sizzler
 July 29, 30, 31 Iowa City Baymont for State

Please contact Ruth Smith (ruth@rrtravel.biz or 800-373-1235) at R & R Travel to reserve your room in these blocks. DO NOT contact the hotel directly.

Swim Meet – Entry Deadlines & Info

Deadline Date	Meet (Meet Date)	Who Attends?
Sat., 5/29*	Team DASH Intra-squad @ Loras (5/29)	ALL
	*To sign-up for the Intra-squad meet, just be at the pool at 8:45 a.m. the day of the meet!	
Has passed	Iowa City Kick-off (June 5 & 6)	State Q's
Tues., 6/1	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

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.

Contacting Coach Tasia

Cell Phone: (641) 680-1057
E-mail: coachtasia@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

Cell Phone: (563) 543-1105
E-mail: coachdoug@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 RESULTS

CRAA Spring Penthalon
Saturday, May 15, 2010
Coe College Natatorium

<u>Event / Time</u>	<u>Name</u>	<u>Age</u>	<u>Place</u>	<u>Time Add or Drop</u>
Event # 1 Female 25 Free 8 & Under				
17.47Y	Pfeiffer, Anna	8	3	-0.67
18.04Y	Michel, Tori	8	7	0.49
Event # 2 Male 25 Free 8 & Under				
22.82Y	Billmeyer, Tate	7	6	1.80
Event # 3 Female 50 Free 9-10				
35.14Y	McDermott, Becca	10	8	---
Event # 6 Female 25 Fly 8 & Under				
20.34Y	Michel, Tori	8	3	-2.37
21.43Y	Pfeiffer, Anna	8	5	-0.78
Event # 7 Male 25 Fly 8 & Under				
32.72Y	Billmeyer, Tate	7	5	3.75
Event # 8 Female 50 Fly 9-10				
45.93Y	McDermott, Becca	10	12	---
Event # 11 Female 25 Breast 8 & Under				
24.08Y	Pfeiffer, Anna	8	2	-1.75
25.80Y	Michel, Tori	8	4	0.09
Event # 12 Male 25 Breast 8 & Under				
38.17Y	DQ Billmeyer, Tate	7	---	---
Event # 13 Female 50 Breast 9-10				
43.48Y	McDermott, Becca	10	1	---
Event # 16 Female 25 Back 8 & Under				
20.77Y	Michel, Tori	8	2	-0.45
21.39Y	Pfeiffer, Anna	8	5	-1.01
Event # 17 Male 25 Back 8 & Under				
DQ	Billmeyer, Tate	7	---	---
Event # 18 Female 50 Back 9-10				

53.63Y	DQ	McDermott, Becca	10	---	---
Event # 21	Female 100 IM 8 & Under				
1:43.81Y		Michel, Tori	8	3	4.26
1:50.02Y		Pfeiffer, Anna	8	6	0.97
Event # 22	Male 100 IM 8 & Under				
DQ		Billmeyer, Tate	7	---	---
Event # 23	Female 100 IM 9-10				
1:38.05Y		McDermott, Becca	10	12	---
Event # 26	Female 50 Free 11-12				
29.19Y		Willer, Jenna	11	5	-0.31
Event # 28	Male 50 Free 13-14				
26.08Y		Rutkowski, Alec	13	4	0.07
Event # 31	Female 50 Fly 11-12				
34.28Y		Willer, Jenna	11	11	2.70
Event # 33	Male 50 Fly 13-14				
30.08Y		Rutkowski, Alec	13	4	-1.28
Event # 36	Female 50 Breast 11-12				
43.18Y		Willer, Jenna	11	15	-4.12
Event # 38	Male 50 Breast 13-14				
35.64Y		Rutkowski, Alec	13	5	-0.50
Event # 41	Female 50 Back 11-12				
35.12Y		Willer, Jenna	11	6	1.09
Event # 43	Male 50 Back 13-14				
31.66Y		Rutkowski, Alec	13	3	-0.90
Event # 46	Female 100 IM 11-12				
1:18.70Y		Willer, Jenna	11	11	0.73
Event # 48	Male 100 IM 13-14				
1:08.77Y		Rutkowski, Alec	13	4	---