

D.A.S.H. Weekly

May 24, 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 17, they are:

GREEN – Ali Schneider
 BLUE – Rachel Kuhl
 BRONZE – Brandon Yuan
 SILVER – Taylor Topping
 GOLD – Ben Colin

Team Intra-squad Meet & Parent Meeting

This 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 at 8:45 a.m. Swimmers are already registered, and will be “removed” from the meet if they are not here by 9 a.m. Competition will begin around 9:45 and wrap-up by 11:30.

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

DASH-A-THON

KEEP AN EYE OUT FOR INFORMATION ON THE UPCOMING DASH-A-THON ON JUNE 12TH.

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 24

GOLD	4:30 – 7 p.m.	Monday – Thursday
	3 – 5 p.m.	Friday
	Intra-squad Meet	Saturday
SILVER	6:30 – 8:30 p.m.	Monday – Thursday
	4:30 – 6:30 p.m.	Friday
	Intra-squad Meet	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 31

GOLD	NO Practice	Monday
	4:30 – 7 p.m.	Tuesday – Thursday
	3 – 5 p.m.	Friday
SILVER	NO PRACTICE	Saturday
	NO Practice	Monday
	6:30 – 8:30 p.m.	Tuesday – Thursday
BRONZE	4:30 – 6:30 p.m.	Friday
	NO PRACTICE	Saturday
	NO Practice	Monday
BLUE	6:30 – 8 p.m.	Tuesday – Thursday
	4:30 – 6 p.m.	Friday
	NO Practice	Monday
GREEN	6:30 – 8 p.m.	Tuesday – Thursday
	4:30 – 6:15 p.m.	Friday
	NO Practice	Monday
STAY FIT	6 – 7 p.m.	Tuesday – Thursday
	4:30 – 5:45 p.m.	Friday
	“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	Meet	Who
Date	(Meet Date)	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
TBA

Summer State (July 29-Aug. 1)
Central Zone Champs (Aug. 6 – 8)

State Q's
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.

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

MEET RESULTS

Test Set – 10x100 w/:10 Rest

Monday, May 17, 2010

<u>Name</u>	<u>Best Previous Year(s)</u>	<u>Best</u>	<u>April 20</u>	<u>May 17</u>
Huff, Jordan (SA-GO)	937	927	x	927
Schroeder, Mitchell (GO)	1043	1038	1058	1038
Griffin, Cameron (GO)	1046	1040	x	1040
Roepsch, Autumn (GO)	1117	1139	1213	1139
Fuerste, Cole (GOI)	1143	1143	1149	1143
Gill, Mitchel (GO)	1137	1143	x	1143
Colin, Ben (GO)	1126	1145	1145	1153
Bailey, Ty (SF)	1130	1145	1145	x
Rutkowski, Alec (GO)	1125	1153	x	1153
Noel, Lauren (GO)	1156	1201	x	1201
Fuchs, Brian (GO)	1153	1205	x	1205
Schill, Morgan (GO)	1154	1215	1215	1230
Cram, Erin (GO)	1153	1222	x	1222
Schaefer, Melanie (SIO)	1213	1224	1224	x
Lembezeder, Molly (GO)	1202	1226	1226	x
Rotz, Jordan (GO)	1344	1226	1258	1226
Kearney, Cole (SF)	1339	1234	1307	1234
Warren, Charlie (SI)	1235	1255	x	1255
Fuerste, Wade (GO)	1224	1316	x	1316
Colin, John (SI)	1247	1319	x	1319
Tittle, Taylor (SF)	1244	1321	1324	1321
Noel, Carlie (SI)	1258	1325	1331	1325
Willer, Jenna (SI)	1255	1327	1327	x
Duehr, Christopher (SI)	1351	1351	1353	1351
Guiter, Tasia (GO-MS)	1214	1351	x	1351
Schill, Megan (SI)	1429	1353	1353	1404
Topping, Taylor (SI)	1356	1355	x	1355
Gerardy, Tony (SF)	x	1357	1512	1357
Tsui, Alice (SI)	1259	1403	x	1403

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

Tsui, Grace (SI)	1357	1404	x	1404
Stierman, Drake (SI)	1341	1405	1405	x
Forsyth, TJ (SI)	1316	1406	1406	x
Kieler, Maddie (SI)	1435	1418	1418	x
Nugent, Brendan (SI)	1412	1427	1427	x
Thomas, Madeline (GO)	1256	1437	1437	x
Topping, Nick (SI)	x	1452	x	1452
Eyres, Martin (BL)	x	1523	x	1523
Joyce, Sam (SF)	x	1530	1530	x
Yaunches, Andrew (SI)	x	1533	x	1533
Forsyth, Karl (SF)	1504	1538	1538	x
Kuhl, Rachel (BL)	x	1619	x	1619
Yaunches, Becca (BR)	x	1629	x	1629
Morris, Taylor (BL)	x	1640	x	1640
Sindt, Brandon (BL)	1817	1647	x	1647