

D.A.S.H. Weekly

May 31, 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 24, they are:

GREEN – Lainie Schmidt
BLUE – Katie Anderson
BRONZE – Maggie Rooney
SILVER – Charlie Warren
GOLD – Cole Fuerste

Team Intra-squad Meet & Parent Meeting

We had a nice turnout with 61 team members participating at the meet.

If you missed the meet and parent meeting, please contact a BOD member if you have any questions.

Congratulations – Amy Schneider!

Amy, a former DASH, Wahlert HS, & Luther College swimmer, and now a graduate student at Emory University in Atlanta, participated in the 2010 U.S. Masters Swimming Nationals, held at the Georgia Tech Aquatic Center. To see Amy's results, go to www.usms.org.

More Congrats!!!!

The following DASH swimmers were recognized at the Iowa Swimming, Inc. Awards Banquet in the Amana Colonies on Saturday, May 22nd.

“Outstanding Male Senior Swimmer” for 2009-10

Jordan Huff

ISI Top-5 Long Course Season 2009

13 & 14 Girls – Autumn Roepsch, 3rd
11 & 12 Boys – Ben Colin, 5th
13 & 14 Boys – Joshua Gill, 4th
15 & Over Boys – Jordan Huff, 1st, Connor Huff, 2nd, Donny Warren, 4th

ISI Long Course (50m) State Records

Josh Gill – 13 & 14 Boys, 100m Breaststroke, broken twice (7/30 & 8/7)
15-18 Boys Relays – 200m & 400m Freestyle (7/30)
Team members – Jordan Huff, Donny Warren, Connor Huff,
& Ben Loeffelholz

USA Swimming National Top-10 Rankings for Long Course 2009

14 yr. old boys – Joshua Gill, 50m Free 7th and 100m Breast, 5th
17 yr. old boys – Jordan Huff, 100m Free 4th

ISI Top-5 Short Course Season 2009-10

13 & 14 Boys – Joshua Gill, 4th

Team DASH towels!!!!

Really cool personalized DASH towels on sale this week ONLY!

Your choice of lightning-lime green or racing-royal blue: \$20 each Includes DASH logo and personalized name embroidered on the ends.

Order forms are on the clip board in the DASH team room.

Please put payments in the Schill mail folder.

Morgan & Megan Schill will be sporting samples this week at practice.

All orders and payments are due Friday, June 4th!

Questions? Contact Heidi at hmsschill@aol.com Thanks for supporting TEAM DASH!

PIZZA KIT & COOKIE DOUGH Pick-up

Pick-up is Tuesday, June 1

Time: 6 – 8 p.m.

Location: 1206 Loras Blvd. (corner of Loras & Glen Oak)

Phone: 563-542-0729

DASH-A-THON

DASH-A-THON is Saturday, June 12th, 9 – Noon. There is a sign-up sheet on the DASH Room door, with ½ hour increments. Swimmers who will take longer than a ½ hour should sign-up for the earlier time slots. Get out there and get those pledges!!!!

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 31

GOLD NO Practice Monday

	4:30 – 7 p.m.	Tuesday – Thursday
	3 – 5 p.m.	Friday
	NO PRACTICE	Saturday
SILVER	NO Practice	Monday
	6:30 – 8:30 p.m.	Tuesday – Thursday
	4:30 – 6:30 p.m.	Friday
	NO PRACTICE	Saturday
BRONZE	NO Practice	Monday
	6:30 – 8 p.m.	Tuesday – Thursday
	4:30 – 6 p.m.	Friday
BLUE	NO Practice	Monday
	6:30 – 8 p.m.	Tuesday – Thursday
	4:30 – 6:15 p.m.	Friday
GREEN	NO Practice	Monday
	6 – 7 p.m.	Tuesday – 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 – June 7

GOLD	5:30 – 8 a.m.	Thursday & Friday
	4:30 – 7 p.m.	Monday – Thursday
	DASH-A-THON	Saturday
SILVER	7:15 – 9:30 a.m.	Thursday & Friday
	6:30 – 8:30 p.m.	Monday – Wednesday
	4:30 – 6:45 p.m.	Thursday
	DASH-A-THON	Saturday
BRONZE	8 – 9:30 a.m.	Thursday & Friday
	6:30 – 8 p.m.	Monday – Thursday
	DASH-A-THON	Saturday
BLUE	7 – 9 a.m.	Thursday & Friday
	6:30 – 8 p.m.	Monday – Wednesday
	6 – 8 p.m.	Thursday
	DASH-A-THON	Saturday
GREEN	8 – 9:15 a.m.	Thursday & Friday
	6 – 7 p.m.	Monday – Wednesday
	6:30 – 7:45 p.m.	Thursday
	DASH-A-THON	Saturday
STAY FIT	“Extended” w/Silver, Gold, or Blue thru Wed. 7 – 9 a.m. Thursday & Friday	

For the week of – June 14

GOLD	5:30 – 8 a.m.	Monday – Friday
	4:30 – 7 p.m.	Monday – Thursday
	NO Practice	Saturday

Note: Gold group members must attend a minimum of 5 practices each week. ALL practices are recommended. Those individuals not making 5/week will be moved to Stay Fit, until they are allowed to re-join Gold.

SILVER*	7:15 – 9:30 a.m.	Monday - Friday
	4:30 – 6:45 p.m.	Monday – Thursday
	NO Practice	Saturday
BRONZE*	8 – 9:30 a.m.	Monday – Friday
	6:30 – 8 p.m.	Monday – Thursday
BLUE*	7 – 9 a.m.	Monday – Friday
	6 – 8 p.m.	Monday – Thursday
GREEN*	8 – 9:15 a.m.	Monday – Friday
	6:30 – 7:45 p.m.	Monday – Thursday
STAY FIT	7 – 9 a.m.	Monday – Friday

*GREEN, BLUE, BRONZE, & SILVER have 2 practice options each day. They may not attend both in the same day.

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?

Has passed Iowa City Kick-off (June 5 & 6) State Q's

Mercer Park Aquatic Center 2701 Bradford Dr., Iowa City a.m. session – 12 & Under Be on deck by 7:20 a.m. p.m. session – 13 & over Be on deck by 11:50 a.m.
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Tues., 6/1	Pleasant Valley (June 19 & 20)	Non-Q's
Tues., 6/15	Vinton (June 26 & 27)	Non-Q's
Tues., 6/8	Mason City (June 26 & 27)	State Q's
Has passed	Cedar Falls BLAST Sizzler (July 8 – 11)	State Q's
Mon., 6/21	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.

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 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

USA Swimming
Iowa Swimming
DASH website

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

Contacting Team President

Heidi Schill
E-mail hmsschill@aol.com

Other Swimming Links

MEET RESULTS

DASH Spring Intra-squad
Saturday, May 29, 2010
Loras College – San Jose Pool

SEE ATTACHMENT!!!