

# D.A.S.H. Weekly

June 7, 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 31, they are:

GREEN – Gracie Luekens  
 BLUE – Martin Eyres  
 BRONZE – Tori Michel  
 SILVER – Megan Schill  
 GOLD – Ben Loeffelholz

## DASH-A-THON

DASH-A-THON is Saturday, June 12<sup>th</sup>, 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 10<sup>th</sup> (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 – 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
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
GREEN	8 – 9:15 a.m.	Thursday & Friday
	6 – 7 p.m.	Monday – Wednesday
	6:30 – 7:45 p.m.	Thursday
STAY FIT	DASH-A-THON	Saturday
	“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
	7 – 9 a.m.	Monday – Friday
BLUE*	6 – 8 p.m.	Monday – Thursday
	8 – 9:15 a.m.	Monday – Friday
	6:30 – 7:45 p.m.	Monday – Thursday
GREEN*	7 – 9 a.m.	Monday – Friday
	7 – 9 a.m.	Monday – Friday
	7 – 9 a.m.	Monday – Friday

\*GREEN, BLUE, BRONZE, & SILVER have 2 practice options on Monday – Thursday, 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](mailto: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	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.

E-mail [coachasia@teamdash.org](mailto:coachasia@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](http://www.isiswim.org/timestandards/ts2009-12scv.pdf)

Short Course Meter pools (25 m) –

[www.isiswim.org/timestandards/ts2009-12scm.pdf](http://www.isiswim.org/timestandards/ts2009-12scm.pdf)

Long Course Meter pools (50 m) –

[www.isiswim.org/timestandards/ts2009-12lcm.pdf](http://www.isiswim.org/timestandards/ts2009-12lcm.pdf)

### Contacting Coach Doug

Cell Phone: (563) 543-1105

E-mail [coachdoug@teamdash.org](mailto:coachdoug@teamdash.org)

### Contacting Coach Tasia

Cell Phone: (641) 680-1057

### Contacting Coach Jake

Cell Phone: (563) 599-8892

E-mail [jacob.gantenbein@gmail.com](mailto:jacob.gantenbein@gmail.com)

### Contacting Team President

Heidi Schill

E-mail [hmsschill@aol.com](mailto:hmsschill@aol.com)

### Other Swimming Links

USA Swimming

[www.usaswimming.org](http://www.usaswimming.org)

Iowa Swimming

[www.isiswim.org](http://www.isiswim.org)

DASH website

[www.teamdash.org](http://www.teamdash.org)

## MEET RESULTS

CRAA Long Course Kick-off  
Mercer Park Aquatic Center, Iowa City  
June 5 & 6, 2010

<u>Event / Time</u>	<u>Name</u>	<u>Age</u>	<u>Place</u>	<u>Time Add or Drop</u>
Event # 3 Female 200 IM 10 & Under 4:08.92L	Michel, Tori	8	16	---
Event # 5 Female 50 Fly 11-12 37.42L	Schill, Megan	12	14	-8.08
Event # 6 Male 50 Fly 11-12 37.71L	Colin, John	12	10	-3.37
Event # 7 Female 50 Fly 9-10 1:08.39L	Warren, Olivia	9	37	---
Event # 8 Male 50 Fly 9-10 46.96L	Colin, Will	9	8	-5.26
Event # 9 Female 50 Fly 8 & Under 54.82L	Michel, Tori	8	4	---
59.41L	Pfeiffer, Anna	8	6	---
Event # 12 Female 50 Back 11-12 39.33L	Schill, Megan	12	11	-9.40
Event # 13 Male 50 Back 11-12 39.70L	Colin, John	12	13	-1.48
Event # 14 Female 50 Back 10 & Under 55.23L	Warren, Olivia	9	43	-7.79
Event # 15 Male 50 Back 10 & Under 50.58L	Colin, Will	9	18	-2.53
1:07.64L	DQ Rutkowski, Jared	9	---	---
Event # 20 Female 50 Breast 8 & Under 1:01.42L	Michel, Tori	8	5	---
1:02.11L	Pfeiffer, Anna	8	6	---
Event # 22 Mixed 200 Breast 12 & Under 3:26.56L	Schill, Megan	12	8	---
Event # 23 Female 100 Free 11-12 1:16.29L	Schill, Megan	12	14	-13.58
Event # 24 Male 100 Free 11-12 1:16.13L	Colin, John	12	16	-0.27

Event # 25	Female 100 Free 10 & Under				
	1:51.82L	Warren, Olivia	9	49	-13.80
Event # 26	Male 100 Free 10 & Under				
	1:39.30L	Colin, Will	9	20	11.37
Event # 28	Female 200 IM Senior				
	NS	Schill, Morgan	14	---	---
Event # 29	Male 200 IM Senior				
	2:16.64L	Warren, Donny	19	2	3.81
	2:31.97L	Huff, Connor	16	21	14.54
	2:51.83L	Rotz, Jordan	16	37	---
	NS	Roberson, Chandler	17	---	---
Event # 30	Female 100 Free Senior				
	NS	Schill, Morgan	14	---	---
Event # 31	Male 100 Free Senior				
	1:01.44L	Huff, Connor	16	25	3.58
	1:02.44L	Schroeder, Mitchell	15	29	-0.95
	1:05.82L	Rotz, Jordan	16	40	---
	1:07.70L	Rutkowski, Alec	13	49	---
	1:07.72L	Colin, Ben	13	50	1.06
	NS	Huff, Jordan	18	---	---
	NS	Roberson, Chandler	17	---	---
Event # 32	Mixed 200 Fly Senior				
	2:19.41L	Warren, Donny	19	1	-2.58
	NS	Huff, Connor	16	---	---
Event # 33	Female 100 Back Senior				
	NS	Schill, Morgan	14	---	---
Event # 34	Male 100 Back Senior				
*	1:17.45L	Rutkowski, Alec	13	32	---
*	1:17.45L	Schroeder, Mitchell	15	32	-2.48
	1:22.44L	Colin, Ben	13	40	-1.38
	1:22.70L	Rotz, Jordan	16	41	---
	NS	Huff, Jordan	18	---	---
	NS	Roberson, Chandler	17	---	---
Event # 35	Mixed 200 Breast Senior				
	NS	Schill, Morgan	14	---	---
	2:35.62L	Warren, Donny	19	1	6.33
	2:52.20L	Huff, Connor	16	13	17.63
Event # 36	Mixed 400 Free Senior				
	4:52.52L	Schroeder, Mitchell	15	18	9.84
	5:10.43L	Colin, Ben	13	35	1.25
	5:28.87L	Rutkowski, Alec	13	56	---
	5:31.30L	Rotz, Jordan	16	59	---
	NS	Huff, Jordan	18	---	---
	NS	Roberson, Chandler	17	---	---
Event # 37	Female 100 Fly 11-12				
	1:29.19L	Schill, Megan	12	13	---
	1:30.49L	Willer, Jenna	11	15	-8.31
Event # 40	Male 100 Fly 10 & Under				
	1:56.38L	Colin, Will	9	7	---
Event # 41	Female 50 Free 11-12				

34.09L	Willer, Jenna	11	18	0.11
34.92L	Noel, Carlie	11	24	-2.03
Event # 42 Male 50 Free 11-12				
32.99L	Colin, John	12	12	-0.41
Event # 43 Female 50 Free 9-10				
44.60L	Warren, Olivia	9	44	-7.35
Event # 44 Male 50 Free 9-10				
39.89L	Colin, Will	9	15	-1.76
53.67L	Rutkowski, Jared	9	30	---
Event # 45 Female 50 Free 8 & Under				
42.51L	Michel, Tori	8	4	-11.36
47.15L	Pfeiffer, Anna	8	7	---
Event # 46 Male 50 Free 8 & Under				
56.30L	Topping, Luke	8	9	---
Event # 47 Female 100 Back 11-12				
1:29.18L	Schill, Megan	12	19	-18.02
Event # 48 Male 100 Back 11-12				
1:24.76L	Colin, John	12	9	-1.87
Event # 49 Female 100 Back 9-10				
2:13.83L	Warren, Olivia	9	50	---
Event # 51 Female 50 Back 8 & Under				
48.42L	Michel, Tori	8	1	-16.10
53.55L	Pfeiffer, Anna	8	6	-5.45
Event # 52 Male 50 Back 8 & Under				
1:11.02L	Topping, Luke	8	10	---
Event # 53 Mixed 200 Back 12 & Under				
3:04.72L	Willer, Jenna	11	18	---
3:08.52L	Noel, Carlie	11	21	---
3:12.54L	Schill, Megan	12	25	---
Event # 54 Female 100 Breast 11-12				
1:39.28L	Schill, Megan	12	7	-10.71
1:40.58L	Noel, Carlie	11	10	-7.12
Event # 58 Female 200 Free 11-12				
2:44.25L	Willer, Jenna	11	11	-13.55
2:50.18L	Noel, Carlie	11	18	-12.63
Event # 59 Male 200 Free 11-12				
2:37.89L	Colin, John	12	11	-11.92
Event # 60 Female 200 Free 10 & Under				
3:42.82L	Pfeiffer, Anna	8	29	---
Event # 61 Male 200 Free 10 & Under				
3:15.38L	Colin, Will	9	9	---
Event # 62 Female 200 Free Senior				
2:29.71L	Schaefer, Melanie	13	20	-8.77
2:44.67L	Topping, Taylor	13	48	---
NS	Schill, Morgan	14	---	---
Event # 63 Male 200 Free Senior				
2:00.87L	Huff, Jordan	18	1	9.13
2:16.05L	Schroeder, Mitchell	15	17	0.90
2:25.95L	Rutkowski, Alec	13	30	---
2:27.10L	Colin, Ben	13	34	3.34
NS	Warren, Charlie	13	---	---
Event # 64 Female 100 Fly Senior				
1:17.63L	Noel, Lauren	13	11	-0.69
1:29.58L	Schaefer,	13	26	---

		Melanie			
Event # 65	Male 100 Fly	Senior			
1:01.64L		Huff, Jordan	18	1	1.90
1:08.52L		Huff, Connor	16	11	7.60
Event # 66	Mixed 200 Back	Senior			
2:55.31L		Noel, Lauren	13	50	-13.80
3:03.65L		Schaefer, Melanie	13	55	---
3:12.85L		Topping, Taylor	13	64	---
NS		Schill, Morgan	14	---	---
2:16.86L		Huff, Jordan	18	1	9.13
2:18.43L		Warren, Donny	19	2	6.62
2:40.80L		Schroeder, Mitchell	15	26	-8.69
2:50.00L		Colin, Ben	13	41	-2.77
NS		Warren, Charlie	13	---	---
Event # 67	Female 50 Free	Senior			
31.85L		Schaefer, Melanie	13	22	-1.24
33.80L		Topping, Taylor	13	50	-0.80
32.03L	DQ	Noel, Lauren	13	---	---
NS		Schill, Morgan	14	---	---
Event # 68	Male 50 Free	Senior			
25.22L		Huff, Jordan	18	1	1.63
28.15L		Huff, Connor	16	20	1.56
29.23L		Rutkowski, Alec	13	29	---
30.75L		Colin, Ben	13	38	0.74
NS		Warren, Charlie	13	---	---
Event # 69	Female 100 Breast	Senior			
1:37.25L		Noel, Lauren	13	27	-26.65
1:48.70L		Topping, Taylor	13	41	---
NS		Schill, Morgan	14	---	---
Event # 70	Male 100 Breast	Senior			
1:14.31L		Warren, Donny	19	2	3.69
1:21.29L		Huff, Connor	16	11	9.45
1:29.13L		Rutkowski, Alec	13	21	---
NS		Warren, Charlie	13	---	---
Event # 71	Mixed 400 IM	Senior			
4:54.27L		Warren, Donny	19	1	17.41
5:29.86L		Huff, Connor	16	15	41.72
5:37.87L		Schroeder, Mitchell	15	19	-3.08

2010 SNOW Long Course Invitational  
 Claude Moore Recreation Center, Sterling, VA  
 June 5 & 6, 2010

<u>Event / Time</u>	<u>Name</u>	<u>Age</u>	<u>Place</u>	<u>Time Add or Drop</u>
Event # 19 Female 50 Breast 10 & Under 52.89L	Yaunches, Rebecca	9	18	---
Event # 23 Female 100 Back 10 & Under 1:43.09L	Yaunches, Rebecca	9	18	---
Event # 31 Female 50 Free 10 & Under 41.10L	Yaunches,	9	34	---

Event # 57	Female 50 Back 10 & Under	Rebecca			
47.31L		Yaunches,	9	29	---
		Rebecca			
Event # 61	Female 100 Breast 10 & Under				
1:57.79L		Yaunches,	9	22	---
		Rebecca			
Event # 75	Female 100 Free 10 & Under				
1:30.97L		Yaunches,	9	24	---
		Rebecca			