

D.A.S.H. Weekly

June 14, 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 June 7, they are:

GREEN – Anna McDermott
 BLUE – Martin Eyres
 BRONZE – Charlotte Rodewald
 SILVER – Jenna Willer
 GOLD – Emily Schroeder

DASH-A-THON

Thank you, DASH families who participated and helped with the DASH-A-THON!!!!

Practice Schedule

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 – 6:30 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 on Monday – Thursday, they may not attend both in the same day.

For the week of – June 21

GOLD	5:30 – 8 a.m.	Monday – Friday
	4:50 – 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
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	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

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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	Pleasant Valley (June 19 & 20)	Non-Q's
	NOTE: ISI website lists this meet as "CANCELLED". That is NOT the case. It is now sanctioned in Illinois, because of moving it to Augustana College. All info posted at the pool is correct.	
	Augustana College 639 38 th Street, Rock Island, IL a.m. Session – 9 – 12 yr. olds / be on deck at 6:45 a.m. p.m. Session – 8 & under and 13 & over / be on deck by 11:50	

Tues., 6/15	Vinton (June 26 & 27)	Non-Q's
Has passed	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

MEET RESULTS

None to report

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