

D.A.S.H. Weekly

June 21, 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 14, they are:

GREEN – Luc Topping
 BLUE – Delaney Bounds
 BRONZE – Adrianna Schroeder
 SILVER – Nick Topping
 GOLD – Lauren Noel

Regional Finals – it's coming SOON!!!!

Remember, we are the host team for the Iowa Swimming Regional Finals on July 24 & 25. Becky Conlon (bconlon@yousq.net) will have meet worker sign-ups posted sometime by the middle of July. Also, we'll need some workers for the day before (2 – 5 p.m.), cleaning the pool area and setting up for the meet. Plan to get in some of your work assignments!!!!

Swimmers, if you don't have a State Q time in an event, you may swim that event at this meet.

Practice Schedule

For the week of – June 21

GOLD	5:30 – 8 a.m.	Monday – Friday
	4:50 – 7 p.m.	Monday – Thursday
	NO Practice	Saturday
SILVER*	7:15 – 9:30 a.m.	Monday - Friday
	4:50 – 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 28

GOLD	5:30 – 8 a.m.	Monday – Friday
	4:50 – 7 p.m.	Monday – Thursday
	7 – 9 a.m.	Saturday
SILVER*	7:15 – 9:30 a.m.	Monday - Friday
	4:50 – 6:30 p.m.	Monday – Thursday
	7 – 9 a.m.	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.

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?
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Has passed	Vinton (June 26 & 27) Vinton Community Pool North 8 th Ave., Vinton, IA	Non-Q's
	a.m. sessions (11&12 girls, all 13 & over – be on deck by 7:20 a.m.	
	p.m. sessions (11&12 boys, all 10 & younger – be on deck by 11:20 a.m.	

Has passed	Mason City (June 26 & 27) Mason City Municipal Pool 843 Birch Drive, Mason City, IA	State Q's
	a.m. sessions (all 12 & younger) – be on deck by 7:20 a.m.	
	p.m. sessions (all 13 & older) – be on deck by 11:20 a.m.	

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.

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

Contacting Coach Doug

Cell Phone: (563) 543-1105
 E-mail: coachdoug@teamdash.org

MEET RESULTS

Pleasant Valley Summer Invite
 Augustana College Pool, Rock Island, IL
 June 19 & 20, 2010

<u>Event</u>	<u>Time</u>	<u>Name</u>	<u>Place</u>	<u>Time Add or Drop</u>
Event # 1 Female 200 IM 10 & Under	3:46.45Y	DQ Thomas, Olivia	---	---
Event # 5 Female 50 Back 10 & Under	46.37Y	Montag, Abbie	17	0.65
	52.92Y	Thomas, Olivia	28	-0.57
	49.29Y	DQ Montag, Madeline	---	---
Event # 7 Female 50 Back 11-12	44.87Y	Montag, Sam	30	-3.03
Event # 13 Female 50 Breast 10 & Under	48.38Y	Thomas, Olivia	8	-7.66
	57.52Y	Montag, Abbie	21	0.97
	1:07.52Y	Montag, Madeline	27	---
Event # 15 Female 50 Breast 11-12	48.83Y	Montag, Sam	24	-0.90
Event # 17 Female 100 Free 10 & Under	1:33.79Y	Thomas, Olivia	23	-6.65
Event # 25 Female 25 Free 8 & Under	22.03Y	Walters, Jacie	6	-5.08
Event # 26 Male 25 Free 8 & Under	20.21Y	Billmeyer, Tate	6	-0.29
	20.88Y	Topping, Luke	8	-0.59
Event # 27 Female 200 Free 13-14	2:11.96Y	Noel, Lauren	3	2.10
	2:25.01Y	Topping, Taylor	10	-2.02
	2:25.85Y	Thomas, Madelaine	11	1.79
Event # 29 Female 200 Free Senior	2:21.48Y	Noel, Carlie	10	-3.40
Event # 30 Male 200 Free Senior	2:29.74Y	Topping, Nick	6	-19.72

Event # 33	Female 100 Fly 13-14					
	1:06.29Y		Noel, Lauren	1		1.40
	1:23.94Y		Thomas, Madelaine	12		-3.84
Event # 35	Female 100 Fly Senior					
	1:08.72Y		Cram, Erin	5		2.22
Event # 36	Male 100 Fly Senior					
	1:22.90Y		Topping, Nick	6		-26.11
Event # 37	Female 50 Breast 8 & Under					
	1:04.72Y	DQ	Walters, Jacie	---		---
Event # 38	Male 50 Breast 8 & Under					
	1:14.01Y		Topping, Luke	7		-7.49
Event # 39	Female 200 Breast 13-14					
	2:44.56Y		Thomas, Madelaine	1		4.57
	3:14.47Y		Topping, Taylor	9		-0.61
Event # 41	Female 200 Breast Senior					
	3:09.21Y		Noel, Carlie	6		---
Event # 44	Male 100 Free 8 & Under					
	1:48.71Y		Topping, Luke	5		-4.57
	1:51.67Y		Billmeyer, Tate	6		---
Event # 45	Female 100 Free 13-14					
	1:01.06Y		Noel, Lauren	4		0.96
	1:04.30Y		Topping, Taylor	8		-0.99
Event # 47	Female 100 Free Senior					
	1:02.28Y		Cram, Erin	10		1.38
	1:06.73Y		Noel, Carlie	13		1.80
Event # 48	Male 100 Free Senior					
	1:09.83Y		Topping, Nick	10		-1.68
Event # 49	Female 25 Back 8 & Under					
	27.70Y		Walters, Jacie	6		-1.48
Event # 50	Male 25 Back 8 & Under					
	24.82Y		Topping, Luke	4		0.29
	25.67Y		Billmeyer, Tate	5		-0.65
Event # 51	Female 200 Back 13-14					
	2:30.26Y		Noel, Lauren	3		-1.88
	2:45.08Y		Topping, Taylor	7		-0.59
Event # 53	Female 200 Back Senior					
	2:30.30Y		Cram, Erin	4		6.87
	2:44.40Y		Noel, Carlie	8		---
Event # 59	Female 200 Medley Relay Senior					
	2:33.96	Y				
					Dubuque Area Swimmin'	
					Hurricane	
					5	
Erin Cram (15)	Carlie Noel (11)					
Lauren Noel (13)	Taylor Topping (13)					
Event # 59	Female 200 Medley Relay Senior - Lead-Off Legs (50 Back)					
	31.62Y		Cram, Erin	---		1.03
Event # 63	Female 200 Free 11-12					
	2:25.79Y		Tsui, Alice	5		-0.58
	2:26.76Y		Willer, Jenna	6		3.80
	2:39.28Y		Tsui, Grace	14		-2.29
Event # 65	Female 50 Fly 10 & Under					
	55.35Y	DQ	Montag, Abbie	---		---
	1:17.61Y	DQ	Montag, Madeline	---		---
Event # 67	Female 50 Fly 11-12					
	33.10Y		Willer, Jenna	4		1.52
	36.81Y		Tsui, Grace	13		0.56

	37.43Y		Tsui, Alice	15	1.14
	47.85Y		Montag, Sam	23	-2.18
Event # 71	Female 100 Back 11-12				
	1:15.46Y		Willer, Jenna	4	2.27
	1:20.74Y		Tsui, Grace	13	-0.94
Event # 73	Female 50 Free 10 & Under				
	38.95Y		Montag, Abbie	21	-11.81
	46.30Y		Montag, Madeline	27	-6.66
Event # 75	Female 50 Free 11-12				
	30.63Y		Tsui, Alice	6	1.38
	33.11Y		Tsui, Grace	17	1.74
	37.28Y		Montag, Sam	25	-0.83
Event # 79	Female 100 Breast 11-12				
	1:25.27Y		Tsui, Alice	3	0.26
	1:34.89Y		Willer, Jenna	12	---
Event # 83	Female 200 Free Relay 11-12				
	2:07.99	Y			
				Dubuque Area Swimmin'	
				Hurrican	
Alice Tsui (12)	Sam Montag (11)			2	
Grace Tsui (11)	Jenna Willer (11)				
Event # 83	Female 200 Free Relay 11-12 - Lead-Off Legs (50 Free)				
	31.02Y		Tsui, Alice	---	1.77
Event # 85	Female 25 Breast 8 & Under				
	24.49Y		Pfeiffer, Anna	2	0.41
Event # 86	Male 25 Breast 8 & Under				
	29.79Y		Topping, Luke	8	-3.07
Event # 87	Female 100 Breast 13-14				
	1:20.81Y		Noel, Lauren	3	-1.34
	1:28.32Y		Topping, Taylor	11	-3.54
	1:29.78Y		Kieler, Maddie	13	-1.31
Event # 88	Male 100 Breast 13-14				
	1:14.14Y		Rutkowski, Alec	5	-1.73
Event # 89	Female 100 Breast Senior				
	1:29.69Y		Noel, Carlie	10	0.98
Event # 90	Male 100 Breast Senior				
	1:36.01Y		Topping, Nick	5	-19.38
Event # 91	Female 50 Free 8 & Under				
	39.69Y		Pfeiffer, Anna	2	-1.73
Event # 92	Male 50 Free 8 & Under				
	48.54Y		Topping, Luke	10	2.27
Event # 93	Female 50 Free 13-14				
	28.02Y		Noel, Lauren	4	-0.19
	28.74Y		Topping, Taylor	8	-0.46
	29.17Y		Kieler, Maddie	11	-0.72
Event # 94	Male 50 Free 13-14				
	26.06Y		Rutkowski, Alec	2	0.05
Event # 95	Female 50 Free Senior				
	30.78Y		Noel, Carlie	8	1.27
	NS		Cram, Erin	---	---
Event # 96	Male 50 Free Senior				
	29.92Y		Topping, Nick	9	-1.82
Event # 97	Female 100 IM 8 & Under				
	1:43.16Y		Pfeiffer, Anna	1	-5.89
Event # 98	Male 100 IM 8 & Under				
	2:09.16Y		Topping, Luke	7	---

Event # 99	Female 200 IM 13-14				
	2:29.29Y	Noel, Lauren	1		3.96
	2:50.19Y	Topping, Taylor	10		-5.87
	2:54.38Y	Kieler, Maddie	12		-4.92
Event #100	Male 200 IM 13-14				
	2:25.27Y	Rutkowski, Alec	6		-3.20
Event #101	Female 200 IM Senior				
	2:48.10Y	Noel, Carlie	8		3.70
	NS	Cram, Erin	---		---
Event #102	Male 200 IM Senior				
	2:54.82Y	Topping, Nick	4		---
Event #103	Female 50 Back 8 & Under				
	44.74Y	Pfeiffer, Anna	1		-2.61
Event #104	Male 50 Back 8 & Under				
	54.84Y	Topping, Luke	7		1.54
Event #105	Female 100 Back 13-14				
	1:16.84Y	Topping, Taylor	7		0.83
	1:24.30Y	Kieler, Maddie	11		2.08
Event #106	Male 100 Back 13-14				
	1:08.70Y	Rutkowski, Alec	5		1.53
Event #107	Female 100 Back Senior				
	1:17.27Y	Noel, Carlie	9		2.65
	NS	Cram, Erin	---		---
Event #108	Male 100 Back Senior				
	1:25.50Y	Topping, Nick	3		-1.94
Event #119	Female 200 Free Relay Senior				
	1:57.77				
				Dubuque Area Swimmin'	
				Hurricane	
				3	
Lauren Noel (13)	Maddie Kieler (13)				
Taylor Topping (13)	Carlie Noel (11)				
Event #119	Female 200 Free Relay Senior - Lead-Off Legs (50 Free)				
	28.17Y	Noel, Lauren	---		-0.04
Event #121	Female 500 Free Senior				
	5:53.45Y	Noel, Lauren	3		-1.46