

D.A.S.H. Weekly

“A Coach is someone who tells you what you don’t want to hear, who has you see what you don’t want to see, so you can be who you have always known you could be. “ – Tom Landry

If anyone has a quote you would like to share w/the team, please email it to me. – Coach Doug

June 28, 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 21, they are:

GREEN – Evan Schultheis

BLUE – Brandon Sindt

BRONZE – Collin Sindt

SILVER – Jenna Willer

GOLD – Brian Fuchs

NOTICE: Work on steps outside Loras Pool

Please be careful when entering and exiting the building at Loras. There is construction work being done at the top of the stairs.

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.

Note the entry deadline in the meet info section. Please get your entries in BY that deadline.

Practice Schedule

For the week of – June 28

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

GOLD	5:30 – 8 a.m.	Monday – Friday
	4:30 – 7 p.m.	Monday – Thursday
	NO Practice	Saturday
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
	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
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	Meet	Who
Date	(Meet Date)	Attends?
Has passed	Cedar Falls BLAST Sizzler (July 8 – 11)	State Q’s
Has passed	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

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Contacting Coach Tasia

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MEET RESULTS

Vinton Summer Invitational

City Pool, Vinton, IA

June 26 & 27, 2010

<u>Event / Time</u>	<u>Name</u>	<u>Age</u>	<u>Place</u>	<u>Time Add or Drop</u>
Event # 6 Male 50 Free 13-14				
31.90S	Forsyth, Karl	14	1	---
32.51S	Forsyth, TJ	13	2	-3.27
Event # 12 Male 200 Breast 13-14				
3:36.66S	Forsyth, TJ	13	1	---
Event # 17 Male 100 Back 13-14				
1:29.52S	Forsyth, TJ	13	1	---
Event # 23 Male 200 Free 13-14				
2:47.45S	Forsyth, Karl	14	1	---
Event # 28 Male 100 Fly 13-14				
1:23.41S	Forsyth, Karl	14	1	---
Event # 45 Female 50 Free 10 & Under				
47.77S	Warren, Olivia	10	11	-7.13
54.91S	Schneider, Ali	10	15	---
57.86S	Oberman, Chloe	9	16	---
Event # 46 Male 50 Free 10 & Under				
45.91S	Sindt, Jacob	9	2	---
46.17S	Schultheis, Evan	9	3	---
50.53S	Sindt, Connor	9	8	---
NS	Hermiston, Ben	9	---	---
Event # 47 Male 50 Free 11-12				
36.07S	Sindt, Brandon	12	2	---
41.91S	Sindt, Collin	11	7	---
Event # 48 Female 50 Free 8 & Under				
54.57S	Walters, Jacie	8	2	---
Event # 51 Male 25 Free 8 & Under				
51.65S	Oberman, Cross	7	2	---
Event # 59 Male 50 Back 11-12				
51.00S	Sindt, Brandon	12	5	---
1:03.73S	Sindt, Collin	11	6	---
Event # 60 Female 50 Back 10 & Under				
59.52S	Warren, Olivia	10	10	-5.69

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Contacting Coach Jake

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Contacting Team President

Heidi Schill

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Other Swimming Links

USA Swimming

www.usaswimming.org

Iowa Swimming

www.isiswim.org

DASH website

www.teamdash.org

1:04.46S		Schneider, Ali	10	13	---
1:04.91S	DQ	Oberman, Chloe	9	---	---
Event # 61 Male 50 Back 10 & Under					
1:00.30S		Sindt, Jacob	9	3	---
1:02.61S		Sindt, Connor	9	6	---
1:06.78S		Schultheis, Evan	9	9	---
NS		Hermiston, Ben	9	---	---
Event # 65 Female 25 Back 8 & Under					
31.27S		Walters, Jacie	8	2	---
Event # 66 Male 25 Back 8 & Under					
50.32S	DQ	Oberman, Cross	7	---	---
Event # 68 Female 200 Free 10 & Under					
4:18.08S		Schneider, Ali	10	2	---
Event # 74 Male 50 Fly 11-12					
46.96S	DQ	Sindt, Brandon	12	---	---
Event # 75 Female 50 Fly 10 & Under					
1:27.87S	DQ	Schneider, Ali	10	---	---
1:06.12S	DQ	Warren, Olivia	10	---	---
Event # 76 Male 50 Fly 10 & Under					
1:02.35S		Schultheis, Evan	9	4	---
Event # 77 Female 50 Fly 8 & Under					
1:28.82S	DQ	Walters, Jacie	8	---	---
Event # 82 Female 200 IM 10 & Under					
5:11.22S		Warren, Olivia	10	2	---
Event # 90 Female 100 Free 11-12					
1:19.89S		Tsui, Grace	11	3	---
Event # 95 Female 50 Breast 11-12					
47.12S		Tsui, Grace	11	1	---
Event #100 Female 100 Back 11-12					
1:28.49S		Tsui, Alice	12	2	---
1:31.88S		Tsui, Grace	11	3	---
Event #105 Female 100 Fly 11-12					
1:35.68S		Tsui, Alice	12	2	---
Event #110 Female 100 IM 11-12					
1:26.48S		Tsui, Alice	12	1	---
1:31.79S		Tsui, Grace	11	2	---
Event #123 Male 100 Free 11-12					
1:15.54S		Sindt, Brandon	12	1	---
Event #124 Female 100 Free 10 & Under					
2:01.53S		Schneider, Ali	10	14	---
Event #126 Female 50 Free 8 & Under					
54.00S		Walters, Jacie	8	2	---
Event #128 Male 50 Breast 11-12					
49.19S		Sindt, Brandon	12	5	---
57.37S		Sindt, Collin	11	8	---
Event #129 Female 50 Breast 10 & Under					
1:37.13S		Schneider, Ali	10	16	---
Event #130 Male 50 Breast 10 & Under					
1:01.25S		Schultheis, Evan	9	1	---
1:05.14S		Sindt, Connor	9	4	---
1:09.94S		Sindt, Jacob	9	7	---
Event #131 Female 50 Breast 8 & Under					
1:17.59S		Walters, Jacie	8	2	---
Event #136 Female 100 Back 10 & Under					
2:16.82S		Schneider, Ali	10	7	---
Event #140 Female 50 Back 8 & Under					

1:14.76S	Walters, Jacie	8	2	---
Event #150	Female 100 IM 10 & Under			
2:44.47S	Schneider, Ali	10	15	---
Event #151	Male 100 IM 10 & Under			
2:10.55S	Schultheis, Evan	9	3	---

MCSC River City Invitational
Mason City Municipal Pool, Mason City, IA
June 26 & 27, 2010

<u>Event / Time</u>	<u>Name</u>	<u>Age</u>	<u>Place</u>	<u>Time Add or Drop</u>
Event # 3	Female 100 Free 10 & Under			
1:25.59L	Maher, Kelsey	10	3	-7.11
1:25.85L	McDermott, Becca	10	4	---
1:33.41L	Schroeder, Adrianna	10	11	-10.21
Event # 7	Female 100 Free 11-12			
1:12.24L	Willer, Jenna	11	5	-6.62
1:26.70L	Schroeder, Katelynn	12	13	-32.02
Event # 15	Female 50 Fly 10 & Under			
47.89L	Maher, Kelsey	10	3	-4.23
48.57L	McDermott, Becca	10	5	---
49.73L	Schroeder, Adrianna	10	6	-3.13
Event # 17	Female 50 Fly 11-12			
35.91L	Willer, Jenna	11	2	-5.25
48.10L	Schroeder, Katelynn	12	10	-15.72
Event # 21	Female 200 IM 10 & Under			
3:42.44L	Maher, Kelsey	10	4	-6.16
3:46.33L	Schroeder, Adrianna	10	5	---
Event # 23	Female 200 IM 11-12			
3:46.20L	Schroeder, Katelynn	12	9	-5.52
Event # 25	Female 100 Breast 10 & Under			
1:44.78L	McDermott, Becca	10	3	---
Event # 29	Female 50 Back 10 & Under			
48.26L	Maher, Kelsey	10	8	-0.46
55.91L	Schroeder, Adrianna	10	11	-5.63
Event # 31	Female 50 Back 11-12			
39.54L	Willer, Jenna	11	4	-1.65
52.41L	Schroeder, Katelynn	12	13	-14.81
Event # 37	Female 400 Free 11-12			
5:51.47L	Willer, Jenna	11	4	---
Event # 41	Female 400 IM Senior			
5:28.07L	Maher, Hannah	17	1	6.95
5:56.48L	Schroeder, Emily	15	7	-8.72
Event # 42	Male 400 IM Senior			
5:11.88L	Huff, Connor	16	1	23.74
Event # 44	Male 100 Free 13-14			
1:06.27L	Colin, Ben	13	3	-0.39
Event # 45	Female 100 Free Senior			
1:04.72L	Roepsch, Autumn	15	5	2.69

1:07.25L	Maher, Mary Kathryn	17	13	0.91
1:11.96L	Schroeder, Emily	15	21	5.75
Event # 46	Male 100 Free Senior			
58.78L	Loeffelholz, Ben	17	9	3.70
Event # 49	Female 100 Fly Senior			
1:13.41L	Maher, Hannah	17	3	-1.38
Event # 50	Male 100 Fly Senior			
1:04.77L	Liaboe, Chase	20	4	---
1:08.66L	Loeffelholz, Ben	17	10	6.80
1:10.88L	Huff, Connor	16	11	9.96
Event # 52	Male 200 Back 13-14			
2:47.96L	Colin, Ben	13	2	-2.04
Event # 53	Female 200 Back Senior			
2:39.45L	Roepsch, Autumn	15	4	9.50
2:40.81L	Maher, Mary Kathryn	17	6	1.20
Event # 60	Male 100 Breast 13-14			
1:34.66L	Colin, Ben	13	2	-27.18
Event # 61	Female 100 Breast Senior			
1:22.89L	Maher, Hannah	17	4	5.33
1:30.05L	Schroeder, Emily	15	11	4.00
1:33.62L	Maher, Mary Kathryn	17	15	6.05
DQ	Roepsch, Autumn	15	---	---
Event # 62	Male 100 Breast Senior			
1:16.56L	Huff, Connor	16	4	4.72
1:27.74L	Loeffelholz, Ben	17	13	-23.22
Event # 65	Female 400 Free Senior			
4:54.18L	Maher, Hannah	17	2	11.27
5:00.00L	Maher, Mary Kathryn	17	3	3.84
5:04.58L	Roepsch, Autumn	15	4	---
5:26.36L	Schroeder, Emily	15	8	2.99
Event # 66	Male 400 Free Senior			
4:42.31L	Huff, Connor	16	8	12.17
4:46.13L	Liaboe, Chase	20	11	---
4:59.37L	Loeffelholz, Ben	17	14	25.29
Event # 69	Female 100 Fly 10 & Under			
2:01.36L	Maher, Kelsey	10	1	---
Event # 71	Female 100 Fly 11-12			
1:30.30L	Willer, Jenna	11	2	-0.19
Event # 75	Female 50 Free 10 & Under			
36.80L	McDermott, Becca	10	2	---
38.70L	Maher, Kelsey	10	3	-1.62
Event # 77	Female 50 Free 11-12			
33.37L	Willer, Jenna	11	4	-0.61
Event # 91	Female 200 Free 11-12			
2:42.52L	Willer, Jenna	11	4	-1.73
Event # 93	Female 100 Back 10 & Under			
1:41.75L	Maher, Kelsey	10	2	-3.26
Event # 95	Female 100 Back 11-12			
1:26.74L	Willer, Jenna	11	4	-9.42
Event # 97	Female 50 Breast 10 & Under			
48.22L	McDermott, Becca	10	1	---
49.37L	Maher, Kelsey	10	2	-5.59

Event #106	Male 200 IM 13-14				
	2:50.04L	Colin, Ben	13	5	-5.98
	2:55.28L	Warren, Charlie	14	8	-59.95
Event #107	Female 200 IM Senior				
	2:35.39L	Maher, Hannah	17	1	5.01
	2:41.31L	Roepsch, Autumn	15	4	9.67
	2:46.84L	Maher, Mary Kathryn	17	9	-2.26
Event #108	Male 200 IM Senior				
	2:27.27L	Huff, Connor	16	2	9.84
Event #110	Male 50 Free 13-14				
	30.54L	Colin, Ben	13	3	0.53
	32.18L	Warren, Charlie	14	8	-2.75
Event #111	Female 50 Free Senior				
	29.54L	Maher, Hannah	17	2	1.25
	30.49L	Roepsch, Autumn	15	4	2.42
	31.82L	Maher, Mary Kathryn	17	11	0.73
Event #112	Male 50 Free Senior				
	26.79L	Loeffelholz, Ben	17	3	1.97
Event #116	Male 200 Fly Senior				
	2:25.19L	Liaboe, Chase	20	1	---
	2:37.13L	Huff, Connor	16	3	21.30
Event #118	Male 100 Back 13-14				
	1:21.89L	Warren, Charlie	14	3	-6.16
Event #119	Female 100 Back Senior				
	1:17.05L	Roepsch, Autumn	15	6	6.01
	1:17.56L	Maher, Mary Kathryn	17	7	1.72
Event #120	Male 100 Back Senior				
	1:14.64L	Loeffelholz, Ben	17	8	-2.02
Event #122	Male 200 Free 13-14				
	2:24.23L	Colin, Ben	13	1	0.47
	2:38.15L	Warren, Charlie	14	5	-14.65
Event #123	Female 200 Free Senior				
	2:19.23L	Maher, Hannah	17	1	3.41
	2:23.23L	Roepsch, Autumn	15	3	7.30
Event #124	Male 200 Free Senior				
	2:12.88L	Liaboe, Chase	20	7	---
	2:17.07L	Loeffelholz, Ben	17	9	9.65
Event #131	Female 200 Breast Senior				
	2:53.33L	Maher, Hannah	17	1	3.80
Event #132	Male 200 Breast Senior				
	2:52.05L	Huff, Connor	16	2	17.48
Event #134	Male 800 Free 13-14				
	10:20.77L	Colin, Ben	13	2	-16.54
Event #135	Female 800 Free Senior				
	NS	Maher, Mary Kathryn	17	---	---
Event #136	Male 800 Free Senior				
	9:49.30L	Huff, Connor	16	3	-41.46
	9:59.99L	Liaboe, Chase	20	5	---
Event #4134	Male 400 Free 13-14				
	5:08.07L	Colin, Ben	13		-1.11