

# D.A.S.H. Weekly

If anyone has a quote you would like to share w/the team, please email it to me. – Coach Doug  
July 5, 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 28, they are:

GREEN – Olivia Warren  
BLUE – Martin Eyres  
BRONZE – Katelyn Schroeder  
SILVER – Christopher Duehr  
GOLD – Cole Fuerste

## 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@vousq.net](mailto:bconlon@vousq.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 – 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
	NO Practice	Saturday
BLUE*	7 – 9 a.m.	Monday – Friday
	6 – 8 p.m.	Monday – Thursday
	NO Practice	Saturday
GREEN*	8 – 9:15 a.m.	Monday – Friday
	6:30 – 7:45 p.m.	Monday – Thursday
	NO Practice	Saturday
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 12

GOLD	5:30 – 8 a.m.	Monday – Friday
	4:50 – 7 p.m.	Monday – Thursday
	NO Practice	Saturday

This is the last week of doubles for GOLD.

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
	NO Practice	Saturday
BLUE*	7 – 9 a.m.	Monday – Friday
	6 – 8 p.m.	Monday – Thursday
	NO Practice	Saturday
GREEN*	8 – 9:15 a.m.	Monday – Friday
	6:30 – 7:45 p.m.	Monday – Thursday
	NO Practice	Saturday
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](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 Date	Meet (Meet Date)	Who 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](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

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

### **Contacting Coach Jake**

## **MEET RESULTS**

None to report

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)