

D.A.S.H. Weekly

“The ability to swim is your gift from God. What you do with that ability is your gift to God.”

- DASH Parent

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

July 19, 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 July 5, they are:

GREEN – Ali Schneider

BLUE – Martin Eyres

BRONZE – Tori Michel

SILVER – Carlie Noel

GOLD – Erin Cram

Regional Finals – it’s HERE!!!!

Remember, we are the host team for the Iowa Swimming Regional Finals on July 24 & 25. Becky Conlon (bconlon@vousq.net) has sent out an email w/work assignments for the meet. 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!!!!

The entries are in, and it’s a big one. Nearly 250 swimmers total, 65 of our own, and time lines pushing 5 hours in for the afternoon sessions (we’re trying to cut that down w/combined heats, etc...). Given the forecast and the numbers, it’ll be a warm one in the pool area. Please plan to “camp” outside the pool area, weather permitting, and just come in to watch races. Plan for heat, plan to crowds, plan TO HAVE FUN!!!!

Practice Schedule

For the week of – July 19

This is the last week of the season, for those not attending the State meet. It’s been fun!!!! See you in the fall.

GOLD	5:30 – 8 a.m.	Monday – Friday
	5:10 – 7 p.m.	Monday – Thursday
	NO Practice	Saturday
SILVER*	7:15 – 9:30 a.m.	Monday - Friday
	5:10 – 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 26

State Qualifiers Only –

13 & Over 7 – 9 a.m. Monday – Thursday

12 & Under 8:30 – 10 a.m. Monday - Thursday

NOTE: As we get closer to the end of the season and the swimmers’ taper meet, they will be getting done earlier than usual. Please check to see when your child will be finishing practice.

Hotel Rooms – Blocks for DASH

We have some rooms blocked for the following meets;
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?

Thurs., 7/15	Regional Finals @ Loras (July 24 & 25)	Non-Q’s
Loras College – San Jose Pool		
Morning Sessions (10 & Younger) – be on deck by 7:20 a.m.		
Afternoon Sessions (11 & Older) – be at the pool by;		
Saturday – 11 a.m.		
Sunday – 11:15 a.m.		

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
E-mail: coachtasia@teamdash.org

Contacting Coach Jake

Cell Phone: (563) 599-8892

MEET RESULTS

RCA Stars of Tomorrow
Riverview Pool, Clinton, IA
July 16 – 18, 2010

Results not available at this time. They can be found on the ISI website.

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