

D.A.S.H. Weekly

February 16, 2009

Swimmer of the Week

Swimmer of the Week selections are determined by practice & meet attendance, practice & meet performance, and attitude. For the week of February 9, they are:

GREEN – Abbie Montag
BRONZE – Samantha Montag
BLUE – Ellie Burns
SILVER – Taylor Tittle
GOLD – Our HS Boys at the State HS meet

Practice Schedule

Week of Feb. 16 – REMINDER: Only team members attending the State meets or Speedo Sectional will be practicing.

GREEN 6 – 7 p.m., M – Th
BRONZE 6:30 – 8 p.m., M – Th
SILVER 6:30 – 8:30 p.m., M – Th
GOLD 4:30 – 7 p.m., M – Th
3:30 – 5:30 p.m., Friday
NO practice Saturday

Week of Feb. 23 – State & Sectional attendees only

ALL 4:30 – 6:30 p.m., M – Th

Week of March 2 – Sectionals only 3:30 – 5:30 p.m., M – F
7:30 – 9 a.m., Saturday

Week of March 9 – Sectionals only 3:30 – 5:30 p.m., M – W

Regional Finals – bunches of new Q Times!!!!

We had 12 new, first time Q times achieved at the Regional Finals meet this weekend in Davenport. GREAT JOB!!!!

HS Boys State – What a day for DASH!!!

Congratulations to the Senior High Rams on their 1st State Swimming team title, on their three event wins, to coaches Dan Duclos and Pete Ross on being name Coaching Staff of the Year, and to Jordan Huff for being named Swimmer of the Meet.

Congratulations to the Hempstead Mustangs on their best ever team finish, 6th, and Donny Warren's individual title.

Here are the DASH highlights from the meet;

All of these swimmers are either current or former members of DASH!!!!

200 Medley Relay –

4th – Hempstead (Donny Warren, Ryan Hosier, Ben Loeffelholz, Brian Fuchs) – 1:37.91 School Record / All-American
6th – Senior (Mark Ross, Connor Huff, Eric Ferring, Tate Forsyth) – 1:38.45 All-American

200 Free –

1st – Jordan Huff (Senior) 1:40.74 All-American
7th – Andrew Peter (Senior) 1:45.35
20th – Tim Temperley (Hempstead) 1:49.17
22nd – Tate Forsyth (Senior) 1:50.13

200 IM –

1st – Donny Warren (Hempstead) 1:53.94 School Record / All-American
2nd – Nathan Maloney (Decorah) 1:54.97 All-American
6th – Mark Ross (Senior) 1:58.39
7th – Connor Huff (Senior) 1:59.27

50 Free –

5th – Ben Loeffelholz (Hempstead) 21.84

100 Fly –

13th – Eric Ferring (Senior) 53.75

100 Free –

1st – Jordan Huff (Senior) 45.07 School Record / All-American
5th – Andrew Peter (Senior) 47.63
7th – Ben Loeffelholz (Hempstead) 48.10 School Record

500 Free –

8th – Eric Ferring (Senior) 4:49.48
17th – Tim Temperley (Hempstead) 5:00.65
23rd – Cameron Griffith (Hempstead) 5:07.70

200 Free Relay –

2nd – Senior (J. Huff, C. Huff, T.Forsyth, A.Peter) 1:25.98 School Record / All-American
17th – Hempstead (R.Hosier, C.Griffith, T.Temperley, B.Fuchs) 1:31.93

100 Back –

2nd – Donny Warren (Hempstead) 51.66 School Record / All-American
7th – Mark Ross (Senior) 54.16
21st – Nate Guetzko (Senior) 56.90

100 Breast –

4th – Nathan Maloney (Decorah) 59.24 All-American

9th – Ryan Hosier (Hempstead) 1:00.43

13th – Connor Huff (Senior) 1:02.14

23rd – Ty Bailey (Senior) 1:05.50

400 Free Relay –

1st – Senior (A.Peter, E.Ferring, M.Ross, J.Huff) 3:08.44 School Record / All-American

5th – Hempstead (T.Temperley, D.Warren, R.Hosier, B.Loeffelholz) 3:13.83 School Record / All-American

Team Standings –

1st – Senior 152

2nd – Ames 147

3rd – Cedar Falls 133

4th – CR Wash 124

5th – Johnston 100

6th – Hempstead 92

14th – Decorah 24

WOW!!!!!!!!!!

State Swim Meet Hotel Info

If anyone needs hotel accommodations, please contact; Ruth Smith at 800-373-1235 or ruth@rrtravel.biz.

12 & Under State – Baymont Inn – Cedar Rapids

12 rooms / 2 Queen beds

\$69 + tax

For the nights of Friday, February 20 & Saturday, February 21
RESERVATION DEADLINE – February 6th

13 & Over State – Baymont Inn - Iowa City / Coralville

15 rooms / 2 Queen beds

\$67.99 + tax

For the nights of Friday, February 27 & Saturday, February 28
RESERVATION DEADLINE – February 13th

Sectionals – Courtyard by Marriott, Brown Deer, WI

(for details, check w/Ruth)

For these meets, please go through Ruth at R & R Travel. DASH receives a team benefit when rooms are reserved through her!

STATE MEET – Timers and Officials needed

We will be asked to provide volunteers to time and officiate at the upcoming State meets. These are opportunities to meet your required number of sessions worked.

Swim Meet – Entry Deadlines & Info

Deadline	Meet	Who
Date	(Meet Date)	Attends?

Tues., Feb. 10	Iowa Swimming 12 & Under State (Feb. 20 – 22 – Coe College Natatorium)	State Q's
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Coe College Natatorium

From 1st Ave, turn right on College Dr. Pool is about 3 blocks on left-hand side, attached to Eby Fieldhouse

Friday afternoon – be on deck by 3:50 p.m.
Saturday morning – be on deck by 7:20 a.m.
Saturday afternoon – be on deck by 4:25 p.m.
Sunday morning – be on deck by 8:55 a.m.

Mon., Feb. 16 Iowa Swimming Senior Championships State Q's
(Feb. 27 – March 1 – Univ. of Iowa Field House)

Mon., Feb. 16 SPEEDO Sectional Championships Q
(March 12 – 15 – Brown Deer, WI)

Meet “Codes” –

ALL – means any team member may attend

GO – Gold Group

SI – Silver Group

BL – Blue Group

BR – Bronze Group

GR – Green Group

Q – Qualifying time

ISI – Iowa Swimming Inc.

State Q's – must have a State Q time to enter

NON-Q's – may NOT have a State Q to enter a particular event

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

Office Phone: (563) 588-7525

Cell Phone: (563) 543-1105

E-mail: Douglas.Colin@loras.edu

Contacting Coach Tasia

Cell Phone: (641) 680-1057

E-mail: anatanianicole@gmail.com

Contacting Coach Jake

Cell Phone: (563) 599-8892

E-mail: jacob.gantenbein@gmail.com

Other Swimming Links

USA Swimming www.usaswimming.org

Iowa Swimming www.isiswim.org

DASH website www.teamdash.org

MEET RESULTS

ISI East Regional Finals
Davenport West H.S. Pool
February 14 & 15, 2009

Time / Event	Name	Age	Place	Time Drop or Add
Event # 1 Female 50 Free 10 & Under				
38.83Y	Montag, Sam	10	12	-2.88
48.35Y	Schmitt, Katelyn	9	29	-2.45
Event # 2 Male 50 Free 10 & Under				
NEW "Q"				
34.15Y	Duehr, Christopher	9	2	-1.18
36.26Y	Tittle, Trenton	10	5	-0.47
Event # 3 Female 25 Free 8 & Under				
23.73Y	Thomas, Olivia	8	5	-0.20
29.13Y	Duehr, Molly	6	11	-3.81
Event # 5 Female 25 Free 8 & Under				
20.94Y	Montag, Abbie	8	5	0.03
Event # 7 Female 100 Back 10 & Under				
1:39.28Y	Montag, Sam	10	7	-25.91
2:09.17Y	Schmitt, Katelyn	9	29	---
Event # 8 Male 100 Back 10 & Under				
1:36.51Y	Duehr, Christopher	9	2	2.35
Event # 9 Female 50 Back 8 & Under				
NEW "Q"				
57.00Y	Montag, Abbie	8	2	-3.79
1:10.09Y	Thomas, Olivia	8	---	---
Event # 11 Female 50 Fly 10 & Under				
50.03Y	Montag, Sam	10	11	-8.73
Event # 13 Female 25 Fly 8 & Under				
29.61Y	Thomas, Olivia	8	5	---
24.72Y	Montag, Abbie	8	---	---
Event # 18 Male 100 Breast 10 & Under				
1:52.29Y	Tittle, Trenton	10	4	-2.83
Event # 22 Male 200 Free 10 & Under				
NEW "Q"				
2:45.70Y	Duehr, Christopher	9	5	-13.67
Event # 23 Female 100 Free 8 & Under				
1:59.63Y	Thomas, Olivia	8	6	---
Event # 25 Female 100 IM 10 & Under				
1:41.31Y	Montag, Sam	10	11	-6.69

	2:06.87Y	Schmitt, Katelyn	9	26	---
Event # 26	Male 100 IM 10 & Under				
	1:34.51Y	Duehr, Christopher	9	3	3.01
	1:45.32Y	Tittle, Trenton	10	6	-0.32
Event # 32	Male 200 Back 11-12				
NEW "Q"	2:40.19Y	Forsyth, TJ	11	1	-9.49
Event # 33	Female 200 Back 13-14				
	2:59.09Y	Thomas, Madelaine	13	---	---
Event # 34	Male 200 Back 13-14				
NEW "Q"	2:28.34Y	Nugent, Brien	13	1	-3.59
Event # 37	Female 100 Breast 11-12				
	1:44.09Y	Schill, Megan	11	14	3.04
Event # 39	Female 100 Breast 13-14				
NEW "Q"	1:19.63Y	Thomas, Madelaine	13	3	-2.38
	1:25.82Y	Tittle, Taylor	14	8	-4.49
Event # 40	Male 100 Breast 13-14				
NEW "Q"	1:15.08Y	Nugent, Brien	13	1	-3.12
Event # 41	Female 50 Back 11-12				
	39.14Y	Schaefer, Melanie	12	7	-0.32
	43.77Y	Schill, Megan	11	15	2.50
Event # 42	Male 50 Back 11-12				
NEW "Q"	34.11Y	Forsyth, TJ	11	1	-2.41
	37.31Y	Nugent, Brendan	11	7	-3.03
Event # 53	Female 200 IM 13-14				
	2:51.78Y	Tittle, Taylor	14	5	-1.69
	2:57.85Y	Thomas, Madelaine	13	8	-1.59
Event # 54	Male 200 IM 13-14				
	2:25.91Y	Schroeder, Mitchell	14	2	-3.50
Event # 57	Female 100 Free 11-12				
	1:08.52Y	Schaefer, Melanie	12	9	-1.05
	1:20.15Y	Schill, Megan	11	15	0.44
Event # 58	Male 100 Free 11-12				
NEW "Q"	1:04.85Y	Forsyth, TJ	11	1	-1.60
	1:11.45Y	Nugent, Brendan	11	7	-3.12
Event # 59	Female 100 Free 13-14				
	1:08.59Y	Tittle, Taylor	14	11	-1.91
	1:12.74Y	Thomas, Madelaine	13	14	2.49
Event # 60	Male 100 Free 13-14				
	58.50Y	Schroeder, Mitchell	14	1	-0.33
	1:00.85Y	Nugent, Brien	13	4	0.56
Event # 61	Female 50 Breast 11-12				
	43.14Y	Schaefer, Melanie	12	10	-0.62
	48.70Y	Schill, Megan	11	18	1.09
Event # 62	Male 50 Breast 11-12				
	40.61Y	Forsyth, TJ	11	6	-0.16

Event # 64	Male 100 Free 15 & Over	1:01.22Y	Schemmel, Jake	16	3	---
Event # 72	Male 500 Free 11-12	6:48.10Y	Nugent, Brendan	11	7	-4.67
Event # 74	Male 500 Free 13-14	5:36.28Y	Schroeder, Mitchell	14	1	-0.73
Event # 80	Male 100 IM 8 & Under	1:52.22Y	Colin, Will	8	2	---
Event # 82	Male 50 Back 10 & Under	50.21Y	Yuan, Brandon	9	10	0.38
		52.51Y	Tittle, Trenton	10	12	-0.46
Event # 86	Male 25 Back 8 & Under	25.97Y	Colin, Will	8	2	2.47
Event # 92	Male 50 Breast 10 & Under	50.58Y	Yuan, Brandon	9	5	-4.19
		52.51Y	Tittle, Trenton	10	7	-1.50
Event # 94	Male 25 Breast 8 & Under	29.68Y	Colin, Will	8	2	-0.61
Event # 98	Male 100 Free 10 & Under	1:21.72Y	Yuan, Brandon	9	5	-3.43
		1:25.69Y	Tittle, Trenton	10	7	-6.11
Event #1022	Male 100 Free 10 & Under					
NEW						
"Q"		1:16.68Y	Duehr, Christopher	9		-3.62
Event #107	Female 50 Free 11-12	32.20Y	Tsui, Alice	11	5	-0.25
		38.13Y	Burns, Ellie	12	20	1.61
Event #108	Male 50 Free 11-12	32.32Y	Nugent, Brendan	11	11	-1.72
Event #109	Female 50 Free 13-14	30.47Y	Tittle, Taylor	14	9	-0.86
Event #110	Male 50 Free 13-14	28.29Y	Nugent, Brien	13	4	0.32
Event #112	Male 50 Free 15 & Over	25.55Y	Gill, Mitchel	15	2	-1.11
Event #118	Male 400 IM 15 & Over					
NEW						
"Q"		4:45.70Y	Gill, Mitchel	15	1	-24.06
Event #119	Female 100 Back 11-12	1:38.65Y	Burns, Ellie	12	15	-0.36
Event #120	Male 100 Back 11-12					
NEW						
"Q"		1:14.32Y	Forsyth, TJ	11	1	-5.47
		1:21.69Y	Nugent, Brendan	11	7	-5.40
Event #121	Female 100 Back 13-14	1:21.53Y	Tittle, Taylor	14	9	-1.24
Event #122	Male 100 Back 13-14	1:09.91Y	Nugent, Brien	13	3	-1.05
Event #123	Female 50 Fly 11-12	36.93Y	Schaefer, Melanie	12	9	-0.18
		40.03Y	Tsui, Alice	11	13	1.16

	46.01Y	Burns, Ellie	12	17	-3.66
Event #127	Female 200 Free 11-12				
	2:31.03Y	Schaefer, Melanie	12	6	1.80
	2:49.63Y	Tsui, Alice	11	10	1.85
	3:03.48Y	Burns, Ellie	12	14	3.49
Event #128	Male 200 Free 11-12				
	DQ	Forsyth, TJ	11	---	---
Event #130	Male 200 Free 13-14				
	2:17.88Y	Nugent, Brien	13	5	-5.55
Event #132	Male 200 Free 15 & Over				
NEW "Q"	1:59.69Y	Gill, Mitchel	15	1	-12.15
Event #141	Female 200 Breast 13-14				
	3:09.38Y	Tittle, Taylor	14	3	-2.00
Event #143	Female 100 IM 11-12				
	1:22.65Y	Schaefer, Melanie	12	10	0.92
	1:26.39Y	Tsui, Alice	11	---	---
Event #144	Male 100 IM 11-12				
	1:17.30Y	Forsyth, TJ	11	6	-2.90
	1:21.14Y	Nugent, Brendan	11	9	-6.81
Event #151	Female 200 Free Relay Senior - Lead-Off Legs (50 Free)				
	33.38Y	Tsui, Alice	11	---	0.93
Event #158	Male 1000 Free 15 & Over				
NEW "Q"	11:28.20Y	Gill, Mitchel	15	1	-49.74