

# D.A.S.H. Weekly

March 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 March 2, they are:

GOLD – Mark Ross

For the week of March 9, they are:

GOLD – Donny Warren

## Practice Schedule

Practices are done for the season. Check out the team website for info on Summer season.

## Team Awards Banquet & Fun Night

The season awards and fun night (open pool) is this Thursday, March 19<sup>th</sup>, 6 – 8 p.m., here at the Loras College – San Jose Pool. You should have received an email last week requesting an RSVP to Jan Gill. See you Thursday!!!!

## Sectional Meet – Men’s Division CHAMPS!!!!

The DASH men came home with the Men’s Division championship, and fifth place overall, from this past weekend’s SPEEDO Sectional meet at Brown Deer, WI. Only teams scoring in both genders are eligible for the overall awards.

Jordan Huff was Men’s Overall runner-up, falling four points short of Matt Elliot of Peoria. Both Jordan and Donny Warren were finalists in several individual events, and, two men’s relays were top 3 finishers. Full results can be found at the meet host’s website -

<http://www.teamunify.com/TabGeneric.jsp?tabid=6800&team=wslcst>

Participants in the meet were; Hannah Maher, Mary Kathryn Maher, Allie Orvis, Alyx Nugent, Jordan Huff, Connor Huff, Josh Gill, Ben Loeffelholz, Andy Peter, Nathan Maloney, Ryan Hosier, Mark Ross, & Donny Warren.

## Connor Huff – Selected to Zone Select Camp

Connor Huff has been selected to attend USA Swimming’s Zone Select Camp. The camp will be held at Miami University (Ohio) in Oxford, OH on May 21 – 24. Congratulations!

## Swim Meet – Entry Deadlines & Info

Deadline Meet Who

Date (Meet Date) Attends?

No meets currently scheduled.

Check out the team website for the summer meet schedule.

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](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

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## 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)

**MEET RESULTS**

SPEEDO Sectional

Schroeder Aquatic Center, Brown Deer, WI

March 12 - 15, 2009

Full meet results available at - <http://www.teamunify.com/TabGeneric.jsp?tabid=6800&team=wslcst>