

# D.A.S.H. Weekly

March 30, 2009

## Welcome Back – GOLD, SILVER, BLUE & “Extended” Stay Fit!!!!

## 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 30, they are: to be announced next Monday.

## Practice Schedule

For the week of – March 30

<b>GOLD</b>	4:30 – 7 p.m., M - Th 3 – 5 p.m., Friday 7 – 9 a.m., Saturday
<b>SILVER</b>	6:30 – 8:30 p.m., M – Th 4:30 – 6:30 p.m., Friday
<b>BLUE</b>	6:30 – 8:15 p.m., M – Th 4:30 – 6:15 p.m., Friday

“Extended” Stay Fit, refer to either GOLD or BLUE

For the week of – April 6

<b>GOLD</b>	4:30 – 7 p.m., Tu - Th NO Practice Monday, Friday, or Saturday
<b>SILVER</b>	6:30 – 8:30 p.m., Tu – Th NO Practice Monday or Friday
<b>BLUE</b>	6:30 – 8:15 p.m., M – Th NO Practice Monday or Friday

## Team Awards Banquet & Fun Night

Congratulations to our Winter Season award winners.

**GREEN Group –**

Most Improved – Ali Schneider & Olivia Thomas  
Hardest Worker – Riley Jungblut & Will Colin  
Most Spirit – Abbie Montag & Anna Pfeiffer

**BLUE Group –**

Most Improved – Rachel Kuhl  
Hardest Worker – Logan Manders  
Most Spirit – Claire Castaneda & Emily Domeyer

**BRONZE Group –**

Most Improved – Brandon Yuan  
Hardest Worker – Jenna Willer  
Most Spirit – Katelynn Schroeder

**SILVER Group –**

Most Improved – Brendan Nugent  
Hardest Worker – Alice Tsui  
Most Spirit – Melanie Schaefer

**GOLD Group –**

Most Improved – Mitchell Schroeder  
Hardest Worker – Alyx Nugent  
Most Spirit – Emily Schroeder

## Swim Meet – Entry Deadlines & Info

Deadline	Meet	Who
Date	(Meet Date)	Attends?

Mon., April 13	ICE Spring “Meltdown” (5/2&3) – 50m	Senior Q
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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

Office Phone: (563) 588-7525

Cell Phone: (563) 543-1105

E-mail [NEW!!!! coachdoug@teamdash.org](mailto:NEW!!!! coachdoug@teamdash.org)

### **Contacting Coach Tasia**

Cell Phone: (641) 680-1057

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

### **Contacting Coach Jake**

Cell Phone: (563) 599-8892

E-mail [NEW!!!! coachjake@teamdash.org](mailto:coachjake@teamdash.org)

### **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**

None to report