

D.A.S.H. Weekly

April 6, 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 30, they are:

BLUE – Jordan Rotz
SILVER – Sean Kalb
GOLD – Jordan Huff

Practice Schedule

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

For the week of – April 6

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

For the week of – April 13

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

Loras Athletic Dept. Golf Outing

For the last several years DASH has had an entry in the Loras College Athletic Department’s Golf Outing. We would like to continue this “tradition”, so if anyone (or everyone) is interested, this year’s event will be held on Friday, June 12th at The Meadows in Asbury. Please contact Coach Doug if you are interested. Fees have not been set as of today, but in the past have ranged between \$90 – 100. This includes green fees, door prizes, and the dinner that follows.

Swim Meet – Entry Deadlines & Info

| Deadline | Meet | Who |
|----------|-------------|----------|
| Date | (Meet Date) | Attends? |

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

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

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 NEW!!!! coachdoug@teamdash.org

Contacting Coach Tasia

Cell Phone: (641) 680-1057

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Contacting Coach Jake

Cell Phone: (563) 599-8892

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Other Swimming Links

USA Swimming www.usaswimming.org

Iowa Swimming www.isiswim.org

DASH website www.teamdash.org

MEET RESULTS

None to report