

# D.A.S.H. Weekly

April 20, 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 April 13, they are:

BLUE – Cole Kearney

SILVER – Morgan Schill

GOLD – Jordan Huff

## GREEN & BRONZE Start Practice!!!

Tonight!!!!

## Practice Schedule

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

For the week of – April 20

GOLD	4:30 – 7 p.m., M - Th 3 – 5 p.m., Friday NO Practice Saturday
SILVER	6:30 – 8:30 p.m., M – Th 4:30 – 6:30 p.m., Friday
BLUE	6:30 – 8:15 p.m., M – Th 4:30 – 6:15 p.m., Friday
BRONZE	6:30 – 8 p.m., M – Th 4:30 – 6 p.m., Friday
GREEN	6 – 7 p.m., M – Th 4:30 – 5:45 p.m., Friday

For the week of – April 27

GOLD	4:30 – 7 p.m., M - Th 3 – 5 p.m., Friday 7 – 9 a.m., Saturday
SILVER	6:30 – 8:30 p.m., M – Th 4:30 – 6:30 p.m., Friday
BLUE	6:30 – 8:15 p.m., M – Th 4:30 – 6:15 p.m., Friday
BRONZE	6:30 – 8 p.m., M – Th 4:30 – 6 p.m., Friday
GREEN	6 – 7 p.m., M – Th 4:30 – 5:45 p.m., Friday

## Summer Fund Raising Notice

Fund-raising: Please note 2 different turn in dates.

## Brax Spirit Cups ~ Due Wednesday, May 13

Make sure form is calculated. Place in Gill Mailbox. Pick up will be 4-6 weeks after turn in. Email will go out when they arrive.

## Little Caesar Pizza Kits ~ Due Wednesday, May 27

Make sure form is calculated. Place in Gill Mailbox. Pick up date is Monday, June 8th between 4:00-6:00, at Brian & Jan Gill's, 9584 Kemp Road. Jan Gill cell 563.543.4014. If you are unable to pick up at this time, please note on form.

## 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 12<sup>th</sup> 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?
Has passed	ICE Spring “Meltdown” (5/2&3) – 50m	Senior Q
Sat., May 16	Team DASH Intra-squad (5/16) – 25 yd.	ALL!!!!
TBA	Pleasant Valley (5/30 & 31) – 25m	Non-Q's
TBA	CRAA at Iowa City (6/6 & 7) – 50m	State Q's
Thurs., May 28	BLST Summer Sizzler (7/16-19) – 50m	State Q's
TBA	Mason City (6/27 & 28) – 50m	State Q's
TBA	Clinton (7/10 – 12) – 50m	ALL
TBA	Vinton Invitational (6/27 & 28) – 25m	Non-Q's

Meet “Codes” –

Q – Qualifying time

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

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](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:NEW!!!! coachtasia@teamdash.org)

### **Contacting Coach Jake**

Cell Phone: (563) 599-8892  
E-mail [NEW!!!! coachjake@teamdash.org](mailto:NEW!!!! 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