

D.A.S.H. Weekly

April 27, 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 20, they are:

GREEN – Maggie Rooney
BRONZE – Jenna Willer
BLUE – Kayla Klein
SILVER – Drake Stierman
GOLD – Mitchell Schroeder

Practice Schedule

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

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

For the week of – May 4

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

GREEN (and actually, ALL) Groups

Please remember to come to practice with shoes and clothing for your “dry land” portion of practice, EVERYDAY. We will potentially be doing running and playing exercises, either outside or in the gym. So, bare feet are unacceptable!!!!

Team Intra-squad Meet & Team Meeting

We will have our season intra-squad meet on Saturday, May 16th.

The time has been CHANGED from what was on the “pink” hand-out at registration. Swimmers will need to arrive at the pool by 2:45 p.m. We should be all finished by 5:30.

ALL team members are invited (& encouraged) to participate.

Deb Schroeder Benefit

Deb Schroeder, wife of our current Team President, was diagnosed with brain cancer in January. She had surgery to remove the tumor and suffered a stroke as a result of the surgery. Following a 9 day stay in Iowa City she spent 31 days in rehab at The Finley Hospital. Deb underwent radiation and chemotherapy treatments and is scheduled for further treatments. She is home with her husband, Al, and daughters Emily (14 – GOLD), Katelynn (11 – BRONZE), and Adrianna (8 – BRONZE).

There will be a family friendly event held this Sunday, May 3rd at The Eagles Club (on Century Drive), from Noon – 6 p.m. For more information, contact Kim Wetter at 563-581-5731 or Kwet@mchsi.com. There is also a “flyer” posted in the DASH Room at the Loras Pool.

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 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.

NOTE – I've had a couple of interested parties, but, more would be GREAT!!!!

There are also opportunities for businesses to advertise. Please contact Loras Golf coach, Denise Udelhofen at 588-7742 or denise.udelhofen@loras.edu.

Swim Meet – Entry Deadlines & Info

Deadline Date	Meet (Meet Date)	Who Attends?
Has passed	ICE Spring "Meltdown" (5/2&3) – 50m	Senior Q
Thurs., May 7	CRAA at Iowa City (6/6 & 7) – 50m	State Q's
Sat., May 16	Team DASH Intra-squad (5/16) – 25 yd.	ALL!!!!
Tues., May 19	Pleasant Valley (5/30 & 31) – 25m	Non-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
Thurs., June 11	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;

MEET RESULTS

None to report

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

E-mail NEW!!!! coachtasia@teamdash.org

Contacting Coach Jake

Cell Phone: (563) 599-8892

E-mail NEW!!!! coachjake@teamdash.org

Other Swimming Links

USA Swimming www.usaswimming.org

Iowa Swimming www.isiswim.org

DASH website www.teamdash.org