

D.A.S.H. Weekly

May 4, 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 27, they are:

GREEN – Kadel Coakley
BRONZE – Grace Tsui
BLUE – Jordan Rotz
SILVER – Sean Kalb
GOLD – Emily Schroeder

2-week Free Trial Period

New team members who have been attending our 2-week free trial period need to complete their registration at the next practice attended, if you have not already done so. Fees are due at that time.

Practice Schedule

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

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

For the week of – May 11

GOLD 4:30 – 7 p.m., M - Th
3 – 5 p.m., Friday
2:45 – 5 p.m., Saturday, Intra-squad Meet
SILVER 6:30 – 8:30 p.m., M – Th
4:30 – 6:30 p.m., Friday
2:45 – 5 p.m., Saturday,
BLUE 6:30 – 8:15 p.m., M – Th
4:30 – 6:15 p.m., Friday
2:45 – 5 p.m., Saturday, Intra-squad Meet
BRONZE 6:30 – 8 p.m., M – Th
4:30 – 6 p.m., Friday
2:45 – 5 p.m., Saturday, Intra-squad Meet

GREEN 6 – 7 p.m., M – Th
4:30 – 5:45 p.m., Friday
2:45 – 5 p.m., Saturday, Intra-squad Meet

ISI Awards Banquet

These DASH members were honored at last weekend’s Iowa Swimming Awards banquet in Amana.

2008 Long Course Season Top 5 Rankings –
13 & 14 Girls #1 – Allison Orvis
13 & 14 Boys #1 – Connor Huff
13 & 14 Boys #4 – Josh Gill
15 & Over Boys #1 – Jordan Huff
15 & Over Boys #2 – Donny Warren
15 & Over Boys #5 – Nathan Maloney

2008 Long Course State Records –
Jordan Huff –
50 m Free – 23.59 on 8/4/2008
100 m Free – 50.43 on 6/28/2008
100 m Back – 58.96 on 6/28/2008

2008-09 Short Course Season Top 5 Rankings –
15 & Over Girls #4 – Allison Orvis
13 & 14 Boys #4 – Josh Gill
15 & Over Boys #2 – Jordan Huff
15 & Over Boys #3 – Donny Warren

National Top 10 Rankings (9/1/2007-8/31/2008)
9th - Josh Gill – 12 Yr. old boys 100 yd. Breaststroke – 1:05.53
4th - Jordan Huff – 16 yr. old boys 50 yd. Freestyle – 20.75
2nd - Jordan Huff – 16 yr. old boys 100 yd. Free – 44.98
5th - Jordan Huff – 16 yr. old boys 50 m Free – 23.59
2nd - Jordan Huff – 16 yr. old boys 100 m Free – 50.43
3rd - Jordan Huff – 16 yr. old boys 200 m Free – 1:51.74

USA Olympic Team Selection Meet Participant –
Jordan Huff

Outstanding Senior Swimmer – Jordan Huff
Outstanding Senior Coach – Doug Colin

Team Suits and Equipments Orders

Jan Pape will be at the pool this evening, and tomorrow, from 5:45 – 7:30, taking orders and sizing suits.

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.

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?
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
Thurs., June 11	Vinton Invitational (6/27 & 28) – 25m	Non-Q’s
TBA	Mason City (6/27 & 28) – 50m	State Q’s
TBA	Clinton (7/10 – 12) – 50m	ALL
TBA	Regional Finals at Loras Pool (7/25 & 26)	Non-Q’s
TBA	State at Iowa City (7/30 – 8/2)	State Q’s

TBA	Zones at Grand Forks, ND (8/7 – 9)	AAA
TBA	Jr. Nationals at Federal Way, WA	Meet cuts

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/ts2009-12scy.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: coachdoug@teamdash.org

Contacting Coach Tasia

Cell Phone: (641) 680-1057
E-mail: coachtasia@teamdash.org

Contacting Coach Jake

Cell Phone: (563) 599-8892
E-mail: coachjake@teamdash.org

Other Swimming Links

USA Swimming	www.usaswimming.org
Iowa Swimming	www.isiswim.org
DASH website	www.teamdash.org

MEET RESULTS

ICE Spring Meltdown
Mercer Park Aquatic Center
May 2 & 3, 2009

Here's the link to the Meltdown meet results –

<http://www.iceels.org/meet%20info%20pages/documents/finalresults.pdf>