

D.A.S.H. Weekly

May 11, 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 May 4, they are:

GREEN – Olivia Thomas
BLUE – Cole Kearney
BRONZE – Charlotte Rodewald
SILVER – Taylor Tittle
GOLD – Cole Fuerste

2-week Free Trial Period

All active team members should have their season fees paid.

Practice Schedule

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

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

For the week of – May 18

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

Loras Parking Pass

Each family will be issued a Loras College Parking Pass, to be placed on the driver’s side dashboard. With this you will be allowed to park in the San Jose lot (directly north of the pool) during practice times. The pass will be in your family mailbox in the DASH room.

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.

Event “registration” takes place when you walk in the door. Just make sure the coaches know you’re here.

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	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) –

MEET RESULTS

None to report

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

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Contacting Coach Tasia

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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