

D.A.S.H. Weekly

May 18, 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 11, they are:

GREEN – Kameryn Bounds

BLUE – Jordan Rotz

BRONZE – Katelynn Schroeder

SILVER – Ben Colin

GOLD – Ty Bailey

Practice Schedule

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

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

For the week of – May 25

NO Practice, any group, on Monday, Memorial Day

GOLD 4:30 – 7 p.m., Tu - Th
3 – 5 p.m., Friday
Sat. - TBA, select group to BLAST in a.m.

SILVER 6:30 – 8:30 p.m., Tu – Th
4:30 – 6:30 p.m., Friday

BLUE 6:30 – 8:15 p.m., Tu – Th
4:30 – 6:15 p.m., Friday

BRONZE 6:30 – 8 p.m., Tu – Th
4:30 – 6 p.m., Friday

GREEN 6 – 7 p.m., Tu – 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

We had a GREAT turn-out, probably our biggest ever, for a team intra-squad meet. There were 66 team members here, and we had some outstanding swims, especially for the beginners. GREAT JOB!!!

Summer Fund Raising Notice

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

Brax Spirit Cups ~ DATE HAS PASSED (last Wednesday) 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

I am still in need of some raffle gifts, in the range of \$30 – 50. These will be raffled off during the dinner following golf. If any one would like to donate, from their business, please let me know ASAP. Thanks, Coach Doug

Swim Meet – Entry Deadlines & Info

Deadline	Meet	Who
Date	(Meet Date)	Attends?
Has passed	CRAA at Iowa City (6/6 & 7) – 50m	State Q's
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

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 "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

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

MEET RESULTS

2009 DASH Spring Intra-squad Meet
 Loras College – San Jose Pool
 Saturday, May 16, 2009

8	Rooney, Maggie J	9 DASH-IA	25.97
9	Bounds, Kameryn	9 DASH-IA	26.01
10	Leeser, Camryn N	9 DASH-IA	26.06
11	Pfeiffer, Anna F	7 DASH-IA	26.34
12	Michel, Tori R	7 DASH-IA	27.21
13	Montag, Madeline	9 DASH-IA	27.36
14	Peter, Jaycie L	9 DASH-IA	27.50
15	Zorn, Maggie Lou	6 DASH-IA	28.65
16	Duehr, Molly E	6 DASH-IA	29.19
17	Kalb, Christine M	7 DASH-IA	29.73
18	Rodewald, Julia B	10 DASH-IA	30.83
19	Thomas, Olivia L	8 DASH-IA	31.02
20	Sims, Emellia S	9 DASH-IA	31.78

Girls 12&U 25 Yard Free GREEN

Name	Age	Team	Finals Time
1	Bounds, Kameryn	9 DASH-IA	20.79
2	Sass, Emma M	9 DASH-IA	22.06
3	Leeser, Camryn N	9 DASH-IA	22.64
4	Pfeiffer, Anna F	7 DASH-IA	22.98
5	Meissen, Becky L	9 DASH-IA	24.17
6	Kalb, Christine M	7 DASH-IA	24.58
7	Montag, Madeline	9 DASH-IA	25.53
8	Michel, Tori R	7 DASH-IA	28.21
9	Duehr, Molly E	6 DASH-IA	28.84
10	Zorn, Maggie Lou	6 DASH-IA	32.41

Girls 12&U 25 Yard Back GREEN

Name	Age	Team	Finals Time
1	Inzenhofer, France	9 DASH-IA	23.17
2	Connolly, Ellie M	9 DASH-IA	23.27
3	Stierman, Julia F	9 DASH-IA	23.46
4	Schmitt, Katelyn J	9 DASH-IA	25.49
5	Meissen, Becky L	9 DASH-IA	25.54
6	Sass, Emma M	9 DASH-IA	25.71
7	Jungblut, Riley M	9 DASH-IA	25.79

Girls 14&U 50 Yard Free BLUE / BRONZE

Name	Age	Team	Finals Time
1	Topping, Taylor E	12 DASH-IA	32.52
2	Willer, Jenna A	10 DASH-IA	33.43
3	Schill, Megan M	11 DASH-IA	33.64
4	Tsui, Grace	10 DASH-IA	33.72
5	Noel, Carlie R	10 DASH-IA	34.28
6	Schroeder, Katelyn	11 DASH-IA	36.97
7	Burns, Ellie L	12 DASH-IA	38.55
8	Rodewald, Charlot	11 DASH-IA	40.62
9	Schroeder, Adrian	8 DASH-IA	43.67
10	Rooney, Maggie J	9 DASH-IA	43.69
11	Inzenhofer, France	9 DASH-IA	44.73
12	Jungblut, Riley M	9 DASH-IA	46.10
13	Connolly, Ellie M	9 DASH-IA	47.67
14	Schmitt, Katelyn J	9 DASH-IA	48.12
15	Stierman, Julia F	9 DASH-IA	48.91
16	Rodewald, Julia B	10 DASH-IA	52.01
17	Montag, Abbie M	8 DASH-IA	53.37
18	Thomas, Olivia L	8 DASH-IA	54.07

19 Peter, Jaycie L	9 DASH-IA	55.83
20 Sims, Emellia S	9 DASH-IA	56.25

Girls 14&U 25 Yard Back BLUE / BRONZE

Name	Age	Team	Finals Time
1 Schroeder, Adrian	8 DASH-IA	22.92	
2 Rodewald, Charlot	11 DASH-IA	23.21	
3 Montag, Abbie M	8 DASH-IA	23.81	

Girls 14&U 25 Yard Breast GREEN / BLUE /

Name	Age	Team	Finals Time
1 Schroeder, Adrian	8 DASH-IA	23.74	
2 Thomas, Olivia L	8 DASH-IA	26.97	
3 Schmitt, Katelyn J	9 DASH-IA	27.33	
4 Bounds, Kameryn	9 DASH-IA	28.44	
5 Rooney, Maggie J	9 DASH-IA	30.31	
6 Jungblut, Riley M	9 DASH-IA	30.92	
7 Meissen, Becky L	9 DASH-IA	33.30	
8 Stierman, Julia F	9 DASH-IA	33.32	
9 Montag, Abbie M	8 DASH-IA	34.23	
10 Peter, Jaycie L	9 DASH-IA	34.82	
11 Rodewald, Charlot	11 DASH-IA	34.83	
12 Connolly, Ellie M	9 DASH-IA	35.58	
13 Pfeiffer, Anna F	7 DASH-IA	38.54	
14 Rodewald, Julia B	10 DASH-IA	41.36	
15 Kalb, Christine M	7 DASH-IA	43.87	

Girls 14&U 25 Yard Fly GREEN / BLUE / BR

Name	Age	Team	Finals Time
1 Schroeder, Adrian	8 DASH-IA	20.77	
2 Rooney, Maggie J	9 DASH-IA	25.09	
3 Montag, Abbie M	8 DASH-IA	25.45	
4 Jungblut, Riley M	9 DASH-IA	27.98	
5 Thomas, Olivia L	8 DASH-IA	30.22	
6 Schmitt, Katelyn J	9 DASH-IA	30.48	
7 Pfeiffer, Anna F	7 DASH-IA	30.60	
8 Rodewald, Charlot	11 DASH-IA	31.22	
9 Rodewald, Julia B	10 DASH-IA	31.30	
10 Stierman, Julia F	9 DASH-IA	32.38	
11 Connolly, Ellie M	9 DASH-IA	34.07	
12 Zorn, Maggie Lou	6 DASH-IA	38.67	

Girls 9-25 100 Yard Free SILVER

Name	Age	Team	Finals Time
1 Lembezeder, Moll	12 DASH-IA	1:02.59	
	30.21	32.38	
2 Kalb, Sean S	12 DASH-IA	1:04.24	
	30.84	33.40	
3 Noel, Lauren A	12 DASH-IA	1:05.29	
	31.11	34.18	
4 Schill, Morgan E	13 DASH-IA	1:06.80	
	31.92	34.88	
5 Hunt, Erin L	15 DASH-IA	1:09.56	
	32.64	36.92	
6 Tittle, Taylor N	14 DASH-IA	1:09.69	
	33.32	36.37	
7 Schaefer, Melanie	12 DASH-IA	1:10.25	
	33.82	36.43	
8 Tsui, Alice	11 DASH-IA	1:13.29	
	34.64	38.65	
9 Cram, Ellen R	17 DASH-IA	1:14.80	
	35.20	39.60	

Girls 9-25 50 Yard Back SILVER

Name	Age	Team	Finals Time
1 Kalb, Sean S	12 DASH-IA	35.30	
2 Topping, Taylor E	12 DASH-IA	38.00	

3 Thomas, Madelain	13 DASH-IA	38.85
4 Noel, Carlie R	10 DASH-IA	39.19
5 Tsui, Alice	11 DASH-IA	39.20
6 Willer, Jenna A	10 DASH-IA	40.07
7 Tsui, Grace	10 DASH-IA	40.32
8 Schaefer, Melanie	12 DASH-IA	40.76
9 Hunt, Erin L	15 DASH-IA	41.09
10 Schill, Megan M	11 DASH-IA	46.66
11 Burns, Ellie L	12 DASH-IA	47.83
12 Schroeder, Kately	11 DASH-IA	48.44

Girls 9-25 50 Yard Breast SILVER

Name	Age	Team	Finals Time
1 Kalb, Sean S	12 DASH-IA	38.76	
2 Tsui, Alice	11 DASH-IA	43.22	
3 Noel, Carlie R	10 DASH-IA	43.62	
4 Schaefer, Melanie	12 DASH-IA	44.02	
5 Cram, Ellen R	17 DASH-IA	45.39	
6 Topping, Taylor E	12 DASH-IA	45.90	
7 Hunt, Erin L	15 DASH-IA	46.47	
8 Tsui, Grace	10 DASH-IA	46.95	
9 Schill, Megan M	11 DASH-IA	47.86	
10 Schroeder, Kately	11 DASH-IA	51.87	
11 Willer, Jenna A	10 DASH-IA	55.84	
12 Burns, Ellie L	12 DASH-IA	1:03.22	

Girls 9-25 50 Yard Fly SILVER

Name	Age	Team	Finals Time
1 Lembezeder, Moll	12 DASH-IA	31.43	
2 Guiter, Tasia N	23 DASH-IA	32.06	
3 Kalb, Sean S	12 DASH-IA	33.41	
4 Schill, Morgan E	13 DASH-IA	34.26	
5 Tittle, Taylor N	14 DASH-IA	35.09	
6 Willer, Jenna A	10 DASH-IA	36.66	
7 Schaefer, Melanie	12 DASH-IA	38.71	
8 Hunt, Erin L	15 DASH-IA	39.23	
9 Tsui, Grace	10 DASH-IA	40.06	
10 Tsui, Alice	11 DASH-IA	40.37	
11 Schill, Megan M	11 DASH-IA	41.63	
12 Noel, Carlie R	10 DASH-IA	43.65	
13 Thomas, Madelain	13 DASH-IA	45.44	
14 Topping, Taylor E	12 DASH-IA	45.79	
15 Burns, Ellie L	12 DASH-IA	46.28	
16 Schroeder, Kately	11 DASH-IA	47.80	

Girls 200 Yard Free GOLD

Name	Age	Team	Finals Time
1 Roepsch, Autumn	14 DASH-IA	2:08.05	
	29.58	32.49	33.11
2 Schroeder, Emily	14 DASH-IA	2:08.08	
	29.57	32.20	32.71
3 Cram, Erin E	14 DASH-IA	2:21.38	
	33.51	36.76	34.58

Girls 500 Yard Free GOLD

Name	Age	Team	Finals Time
1 Roepsch, Autumn	14 DASH-IA	5:59.82	
	31.06	35.24	36.68
	37.90	36.96	37.55
	37.17	34.69	

Girls 100 Yard Back GOLD

Name	Age	Team	Finals Time
1 Guiter, Tasia N	23 DASH-IA	1:06.08	
	31.58	34.50	
2 Schroeder, Emily	14 DASH-IA	1:06.75	
	32.64	34.11	

3	Roepsch, Autumn	14 DASH-IA	1:07.22
	32.64	34.58	
4	Cram, Erin E	14 DASH-IA	1:10.61
	34.10	36.51	
5	Lembezeder, Moll	12 DASH-IA	1:12.81
	34.51	38.30	
6	Schill, Morgan E	13 DASH-IA	1:14.10
	36.07	38.03	
7	Noel, Lauren A	12 DASH-IA	1:15.07
	36.41	38.66	
8	Cram, Ellen R	17 DASH-IA	1:21.94
	39.97	41.97	
9	Tittle, Taylor N	14 DASH-IA	1:22.06
	39.91	42.15	

1 Colin, Will W 8 DASH-IA 24.78

Boys 14&U 25 Yard Breast GREEN / BLUE /

Name	Age	Team	Finals Time
1 Schultheis, Evan C	7 DASH-IA	29.67	
2 Colin, Will W	8 DASH-IA	30.15	
3 Topping, Luke C	7 DASH-IA	41.11	

Boys 14&U 25 Yard Fly GREEN / BLUE / BRO

Name	Age	Team	Finals Time
1 Colin, Will W	8 DASH-IA	22.26	
2 Topping, Luke C	7 DASH-IA	41.37	

Girls 100 Yard Breast GOLD

Name	Age	Team	Finals Time
1 Schroeder, Emily	14 DASH-IA	1:18.77	
	37.60	41.17	
2 Roepsch, Autumn	14 DASH-IA	1:19.12	
	37.24	41.88	
3 Lembezeder, Moll	12 DASH-IA	1:22.55	
	38.47	44.08	
4 Cram, Erin E	14 DASH-IA	1:22.99	
	39.16	43.83	
5 Schill, Morgan E	13 DASH-IA	1:24.20	
	39.91	44.29	
6 Thomas, Madelain	13 DASH-IA	1:25.52	
	40.13	45.39	
7 Tittle, Taylor N	14 DASH-IA	1:30.28	
	42.31	47.97	

Boys 9-25 100 Yard Free SILVER

Name	Age	Team	Finals Time
1 Fuerste, Cole H	16 DASH-IA	55.02	
	25.96	29.06	
2 Bailey, Ty J	16 DASH-IA	55.67	
	26.08	29.59	
3 Yuan, Justin	14 DASH-IA	56.87	
	27.38	29.49	
4 Duster, Alex T	14 DASH-IA	58.85	
	27.81	31.04	
5 Colin, Ben D	12 DASH-IA	1:00.55	
	28.65	31.90	
6 Rotz, Jordan N	15 DASH-IA	1:02.30	
	29.49	32.81	
7 Kearney, Cole A	15 DASH-IA	1:03.68	
	29.69	33.99	
8 Stierman, Drake C	12 DASH-IA	1:09.91	
	33.50	36.41	

Girls 100 Yard Fly GOLD

Name	Age	Team	Finals Time
1 Schroeder, Emily	14 DASH-IA	1:08.92	
	32.47	36.45	
2 Cram, Erin E	14 DASH-IA	1:12.41	
	33.45	38.96	
3 Cram, Ellen R	17 DASH-IA	1:17.96	
	35.83	42.13	

Boys 9-25 50 Yard Back SILVER

Name	Age	Team	Finals Time
1 Rotz, Jordan N	15 DASH-IA	37.69	
2 Stierman, Drake C	12 DASH-IA	38.73	
3 Duehr, Christopher	10 DASH-IA	43.77	
4 Yuan, Brandon L	9 DASH-IA	50.55	
5 Tittle, Trenton M	10 DASH-IA	58.73	

Boys 12&U 25 Yard Free GREEN

Name	Age	Team	Finals Time
1 Topping, Luke C	7 DASH-IA	25.21	
2 Schultheis, Evan C	7 DASH-IA	25.94	
3 Sims-Whitesell, Ka	8 DASH-IA	30.45	
4 Schultheis, Aidan	6 DASH-IA	34.05	

Boys 9-25 50 Yard Breast SILVER

Name	Age	Team	Finals Time
1 Rotz, Jordan N	15 DASH-IA	38.99	
2 Duster, Alex T	14 DASH-IA	40.52	
3 Colin, Ben D	12 DASH-IA	42.13	
4 Kearney, Cole A	15 DASH-IA	42.36	
5 Stierman, Drake C	12 DASH-IA	46.68	
6 Duehr, Christopher	10 DASH-IA	47.83	
7 Tittle, Trenton M	10 DASH-IA	51.86	
8 Yuan, Brandon L	9 DASH-IA	52.34	

Boys 12&U 25 Yard Back GREEN

Name	Age	Team	Finals Time
1 Frambach, Andres	10 DASH-IA	27.32	
2 Sims-Whitesell, Ka	8 DASH-IA	31.90	
3 Schultheis, Evan C	7 DASH-IA	34.65	
4 Schultheis, Aidan	6 DASH-IA	35.99	
5 Topping, Luke C	7 DASH-IA	37.94	

Boys 9-25 50 Yard Fly SILVER

Name	Age	Team	Finals Time
1 Duster, Alex T	14 DASH-IA	29.57	
2 Rotz, Jordan N	15 DASH-IA	33.87	
3 Kearney, Cole A	15 DASH-IA	35.59	
4 Stierman, Drake C	12 DASH-IA	36.99	
5 Duehr, Christopher	10 DASH-IA	43.43	
6 Yuan, Brandon L	9 DASH-IA	51.08	
7 Tittle, Trenton M	10 DASH-IA	56.71	

Boys 14&U 25 Yard Back BLUE / BRONZE

Name	Age	Team	Finals Time
1 Duehr, Christopher	10 DASH-IA	34.51	
2 Yuan, Brandon L	9 DASH-IA	38.65	
3 Tittle, Trenton M	10 DASH-IA	39.12	
4 Colin, Will W	8 DASH-IA	39.99	
5 Frambach, Andres	10 DASH-IA	48.63	

Boys 200 Yard Free GOLD

Name	Age	Team	Finals Time
------	-----	------	-------------

1	Huff, Jordan M	17DASH-IA	1:43.94	
	24.57	27.15	25.96	26.26
2	Huff, Connor W	15DASH-IA	1:56.64	
	27.96	29.86	30.21	28.61
3	Forsyth, Christian	16DASH-IA	1:58.35	
	27.28	30.05	30.53	30.49
4	O'Keefe, Danny W	19DASH-IA	1:58.57	
	27.69	31.04	30.23	29.61
5	Schroeder, Mitchel	14DASH-IA	2:06.04	
	28.62	32.07	33.38	31.97

Boys 500 Yard Free GOLD

	Name	Age	Team	Finals Time
1	Schroeder, Mitchel	14DASH-IA	5:37.87	
	29.67	33.15	34.24	33.91
	34.40	34.48	34.80	34.96
	35.01	33.25		
2	Colin, Ben D	12DASH-IA	5:48.34	
	29.52	33.61	34.51	36.04
	35.95	35.58	36.16	36.67
	36.57	33.73		

Boys 100 Yard Back GOLD

	Name	Age	Team	Finals Time
1	Huff, Jordan M	17DASH-IA	54.55	
	26.78	27.77		
2	Huff, Connor W	15DASH-IA	1:02.85	
	30.48	32.37		
3	Forsyth, Christian	16DASH-IA	1:06.74	
	33.08	33.66		
4	O'Keefe, Danny W	19DASH-IA	1:08.53	
	33.90	34.63		
5	Yuan, Justin	14DASH-IA	1:08.86	
	33.79	35.07		
6	Bailey, Ty J	16DASH-IA	1:09.46	
	33.49	35.97		
7	Schroeder, Mitchel	14DASH-IA	1:09.60	
	33.97	35.63		
8	Kearney, Cole A	15DASH-IA	1:11.28	
	34.73	36.55		

9	Duster, Alex T	14DASH-IA	1:13.78	
	34.93	38.85		
10	Colin, Ben D	12DASH-IA	1:13.87	
	35.40	38.47		
11	Fuerste, Cole H	16DASH-IA	1:14.15	
	35.50	38.65		

Boys 100 Yard Breast GOLD

	Name	Age	Team	Finals Time
1	Huff, Jordan M	17DASH-IA	1:05.69	
	30.80	34.89		
2	Huff, Connor W	15DASH-IA	1:07.33	
	31.77	35.56		
3	Bailey, Ty J	16DASH-IA	1:10.68	
	32.88	37.80		
4	Yuan, Justin	14DASH-IA	1:14.42	
	35.95	38.47		
5	Forsyth, Christian	16DASH-IA	1:15.45	
	35.49	39.96		
6	O'Keefe, Danny W	19DASH-IA	1:19.53	
	36.96	42.57		
7	Schroeder, Mitchel	14DASH-IA	1:20.42	
	38.33	42.09		
8	Fuerste, Cole H	16DASH-IA	1:24.14	
	38.76	45.38		

Boys 100 Yard Fly GOLD

	Name	Age	Team	Finals Time
1	Huff, Jordan M	17DASH-IA	54.08	
	24.90	29.18		
2	Huff, Connor W	15DASH-IA	1:00.83	
	28.78	32.05		
3	O'Keefe, Danny W	19DASH-IA	1:04.60	
	29.99	34.61		
4	Forsyth, Christian	16DASH-IA	1:04.92	
	29.63	35.29		
5	Yuan, Justin	14DASH-IA	1:08.87	
	31.98	36.89		
6	Fuerste, Cole H	16DASH-IA	1:10.68	
	31.78	38.90		