

D.A.S.H. Weekly

May 25, 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 18, they are:

GREEN – Victoria Francois

BLUE – Kayla Klein

BRONZE – Jenna Willer

SILVER – Sean Kalb

GOLD – Autumn Roesch

Practice Attendance

Please do your best to achieve the recommended (or required, for GOLD, beginning June 9th) number of practices each week. The team member will fall behind if they are not attending at least this number of practices.

Also, please be on time. If you know you'll be late, please try to inform the coach(es) in advance.

Practice Schedule

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

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

For the week of – June 1

GOLD	4:30 – 7 p.m., M - Th 3 – 5 p.m., Friday NO Saturday a.m. practice
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

REMEMBER!!!! Beginning TUESDAY, June 9th, we go to our “summer” schedule.

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.

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.

Swim Meet – Entry Deadlines & Info

Deadline	Meet	Who
Date	(Meet Date)	Attends?

Has passed	Pleasant Valley (5/30 & 31) – 25m	Non-Q's
Pleasant Valley H.S. pool 604 Belmont Rd., Bettendorf Schedule for both days: a.m. Sessions (9 – 12 yr. olds) – be on deck by 6:50 a.m. p.m. Sessions (8 & under and 13 & over) – be on deck by 11:50		

Has passed	CRAA at Iowa City (6/6 & 7) – 50m	State Q's
Has passed	East Moline, IL (6/13 & 14) – 25 yd.	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
Mon., July 13	Regional Finals at Loras Pool (7/25 & 26)	Non-Q's
Mon., July 20*	State at Iowa City (7/30 – 8/2)	State Q's
	* for those who already have Q times	
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/ts2009-12scv.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

MEET RESULTS

None to report

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