

D.A.S.H. Weekly

June 1, 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 25, they are:

GREEN – Emily Peckosh
BLUE – Jordan Rotz
BRONZE – Christopher Duehr
SILVER – Drake Stierman
GOLD – Donny Warren

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

For the week of – June 1
“Extended” Stay Fit, refer to either GOLD or BLUE

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

For the week of – June 8

GOLD 4:30 – 7 p.m., M – Th
AND
5:30 – 8 a.m., Tuesday - Friday
7 – 9 a.m., Saturday
SILVER 6:30 – 8:30 p.m., Monday
7:15 – 9:30 a.m., Tuesday – Friday*
4:30 – 6:45 p.m., Tuesday – Thursday*
* Only one practice allowed per day.
BLUE 6:30 – 8:15 p.m., Monday

6 – 8 p.m., Tuesday – Thursday*
7 – 9 a.m., Tuesday – Friday*
* Only one practice allowed per day.
BRONZE 6:30 – 8 p.m., Monday – Thursday*
8 – 9:30 a.m., Tuesday – Friday*
* Only one practice allowed per day.
GREEN 6 – 7 p.m., Monday
6:30 – 7:45 p.m., Tuesday – Thursday*
8 – 9:15 a.m., Tuesday – Friday*
* Only one practice allowed per day.
STAY FIT Monday – refer to BLUE or GOLD
7 – 9 a.m., Tuesday - Friday

For the week of – June 15

GOLD 5:30 – 8** a.m., Tuesday - Friday
AND
4:30** – 7 p.m., M – Th
** Dryland either 7:30 – 8 a.m. OR 4:30 – 5 p.m.
7 – 9 a.m., Saturday
SILVER 7:15 – 9:30 a.m., Monday – Friday*
Make – up: 4:30 – 6:45 p.m., M - Th
* Only one practice allowed per day.
BLUE 7 – 9 a.m., Monday – Friday*
Make – up: 6 – 8 p.m., M – Th*
* Only one practice allowed per day.
BRONZE 8 – 9:30 a.m., Monday – Friday*
Make-up: 6:30 – 8 p.m., M - Th*
* Only one practice allowed per day.
GREEN 8 – 9:15 a.m., Monday – Friday*
Make-up: 6:30 – 7:45 p.m., M - Th*
* Only one practice allowed per day.
STAY FIT 7 – 9 a.m., Monday - 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.

Summer Fund Raising Notice

Brax Spirit Cups ~ Pick up will be 4-6 weeks after turn in. Email will go out when they arrive.

Little Caesar Pizza Kits ~ 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	CRAA at Iowa City (6/6 & 7) – 50m Mercer Park Aquatic Center 2701 Bradford Dr., Iowa City a.m. sessions – 12 & younger / be on deck by 7:20 a.m. p.m. sessions – 13 & older / be on deck by 11:50 a.m.	State Q's
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Has passed	East Moline, IL (6/13 & 14) – 25 yd.	Non-Q's
Has passed	BLST Summer Sizzler (7/16-19) – 50m	State Q's
Thurs., June 4	Mason City (6/27 & 28) – 50m	State Q's
Thurs., June 11	Vinton Invitational (6/27 & 28) – 25m	Non-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) –

MEET RESULTS

Pleasant Valley meet results are not yet available.

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

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Other Swimming Links

USA Swimming

www.usaswimming.org

Iowa Swimming

www.isiswim.org

DASH website

www.teamdash.org