

D.A.S.H. Weekly

June 15, 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 June 8, they are:

GREEN – Emellia Whitesell

BLUE – Jordan Rotz

BRONZE – Carlie Noel

SILVER – Madelaine Thomas

GOLD – Ben Loeffelholz

Noah's Ark Trip



Our annual Noah's Ark Trip is coming up. It is Tuesday June 23. We leave right after morning practice (about 8 a.m. or a little after.) The people who can go are those who are going into High School and older. So if you just finished 8th grade you can go. The cost is \$26.50. Give your money to Alyx Nugent or Connor Huff. Make checks payable to Alyx Nugent. We will be purchasing tickets at Leisure Services on Monday, June 22 so we need your money by then or you will have to pick up your own ticket. We need parent drivers for this trip, so if you can drive please sign up at Loras in the DASH room and write down how many

people you can take below. If you have any questions talk to Alyx or Connor.

There will not be any team coaches on this trip, so it is cannot be an "official" team activity. However, you are encouraged to go, and have fun!!!!

Practice Schedule

For the week of – June 15

- GOLD** 5:30 – 8** a.m., Monday - 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

For the week of – June 22

- GOLD** 5:30 – 8** a.m., Monday - Friday
AND
4:45** – 7 p.m., M - Th
** Dryland either 7:30 – 8 a.m. OR 4:30 – 5 p.m.
NO Saturday practice
- SILVER** 7:15 – 9:30 a.m., Monday – Friday*
Make – up: 4:45 – 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 ~ Email will go out when they arrive.

Swim Meet – Entry Deadlines & Info

Deadline Date	Meet (Meet Date)	Who Attends?
Has passed	Mason City (6/27 & 28) – 50m	State Q's
Has passed	Vinton Invitational (6/27 & 28) – 25m	Non-Q's
Tues., June 23	Clinton (7/10 – 12) – 50m	ALL
Has passed	BLST Summer Sizzler (7/16-19) – 50m	State Q's
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.

MEET RESULTS

East Moline Trophy Meet

June 13 & 14, 2009

United Township H.S. Pool, East Moline, IL

Event / Time	Name	Age	Place	Drop/Add
Event # 27 Female 100 Free 13-14				
1:01.56Y	F Cram, Erin	14	6	1 0.66

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

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Contacting Coach Tasia

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Contacting Coach Jake

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Other Swimming Links

USA Swimming

www.usaswimming.org

Iowa Swimming

www.isiswim.org

DASH website

www.teamdash.org

Event # 30 Male 100 Free Senior

1:01.14Y	F	Colin, Ben	12	2	---	1.95
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Event # 32 Female 100 Breast 13-14

1:20.72Y	F	Cram, Erin	14	4	---	1.60
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Event # 35 Male 100 Breast Senior

1:33.05Y	F	Colin, Ben	12	4	---	-9.43
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Event # 37 Female 100 Fly 13-14

1:09.59Y	F	Cram, Erin	14	2	---	2.18
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Event # 41 Female 500 Free 13-14

6:03.15Y	F	Cram, Erin	14	2	---	-15.34
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Event # 44 Male 500 Free Senior

5:45.68Y	F	Colin, Ben	12	1	---	-1.90
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Event # 52 Male 25 Free 8 & Under

28.83Y	F	Whitesell, Kai Sims	8	12	---	-1.62
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Event # 53 Female 50 Free 10 & Under

33.16Y	F	Noel, Carlie	10	1	---	-1.12
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47.25Y	F	Whitesell, Emellia Sims	9	32	---	-9.00
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48.35Y	F	Thomas, Olivia	8	35	---	-5.72
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Event # 57 Male 25 Back 8 & Under

29.91Y	F	Whitesell, Kai Sims	8	9	---	-1.99
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Event # 58 Female 50 Back 10 & Under

37.78Y	F	Noel, Carlie	10	1	7	-1.41
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1:02.47Y	F	Thomas, Olivia	8	37	---	-7.09
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1:01.23Y DQ	F	Whitesell, Emellia Sims	9	---	---	---
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Event # 61 Female 100 IM 8 & Under

2:03.94Y	F	Thomas, Olivia	8	13	---	---
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Event # 63 Female 100 IM 10 & Under

1:24.40Y	F	Noel, Carlie	10	1	---	-2.06
Event # 71 Female 50 Free 11-12						
29.38Y	F	Noel, Lauren	12	3	4	0.37
29.94Y	F	Schaefer, Melanie	12	1	---	-0.15
Event # 72 Female 50 Free 13-14						
30.19Y	F	Thomas, Madelaine	13	4	---	-1.94
Event # 76 Female 200 Free 11-12						
2:17.32Y	F	Noel, Lauren	12	2	5	0.74
2:25.24Y	F	Schaefer, Melanie	12	1	---	-3.99
Event # 77 Female 200 Free 13-14						
2:32.13Y	F	Thomas, Madelaine	13	10	---	---
Event # 81 Female 100 Back 11-12						
1:14.90Y	F	Noel, Lauren	12	1	---	0.86
1:24.63Y	F	Schaefer, Melanie	12	11	---	---
Event # 82 Female 100 Back 13-14						
1:24.35Y	F	Thomas, Madelaine	13	11	---	-6.75
Event # 86 Female 200 IM 11-12						
2:36.62Y	F	Noel, Lauren	12	1	7	3.43
3:00.07Y	F	Schaefer, Melanie	12	8	---	---
Event # 87 Female 200 IM 13-14						
2:57.08Y	F	Thomas, Madelaine	13	11	---	-0.77