

D.A.S.H. Weekly

June 22, 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 15, they are:

GREEN – Victoria Michel
BLUE – Christian Canby
BRONZE – Katelyn Schroeder
SILVER – Ben Colin
GOLD – Ben Loeffelholz

Team Member Injured in Fatal Verona Accident

As I'm sure most of you are aware, two Dubuque residents were killed in an auto accident on Saturday a.m. near Verona, WI. Also a passenger in that vehicle was DASH BLUE Group member, Brandon Sindt. Brandon's injuries were not life threatening.

Please keep the Sindt family, the other surviving victim, and all of their families in your thoughts and prayers.

Noah's Ark Trip



DATE CHANGED – Tuesday, June 30th. See last week's Weekly for other details.

Practice Schedule

NOTE: Due to Loras All-Sports Camp (weeks of June 22, 29, July 13 & 20), on severe weather days, there will be no GOLD or SILVER afternoon practice. Call Coach Doug if you have a question on the weather. In the event of a cancelled afternoon, GOLD swimmers are still expected to attend a minimum of 5 practices that week.

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 Practice Saturday

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

For the week of – June 29

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

Team Caps

All GREEN, BLUE, BRONZE, & SILVER group swimmers were given Team DASH caps in the corresponding color for their group. We'd like to see those caps worn during practice, especially, for GREEN & BRONZE.

Also on the subject of team caps. we still expect to see team members wearing the current navy blue team cap at meets.

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.

The ISI State Q times can be found at the following links;

Short Course Yard pools (25 yd) –

www.isiswim.org/timestandards/ts2009-12scy.pdf

Short Course Meter pools (25 m) –

www.isiswim.org/timestandards/ts2009-12scm.pdf

MEET RESULTS

None to report

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