

# D.A.S.H. Weekly

June 29, 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 22, they are:

GREEN – Luc Topping  
BLUE – AJ Meyer  
BRONZE – Samantha Montag  
SILVER – Molly Lembezeder  
GOLD – Donny Warren

## UPDATE on Team Member Injured in Accident

Brandon is doing better. He was released from the hospital last week and has made a couple of trips to the pool to pick up his brothers. They are hoping he can get back in the water in the next week or so.

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

## 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 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 4:45– 5:15 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

### For the week of – July 6

**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.  
NO Practice 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

## 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

The Braxx Spirit Cups have arrived and have been sorted. I will plan to have them at Loras on Monday, June 29 from 6:00 p.m. - 7:00 p.m. If you are not able to make it at this time, please let me know and I can make other delivery arrangements. Please call my cell at 563.543.4014.

Thanks,  
Jan Gill

## STATE MEET Hotel Rooms

Contact Ruth Smith at R & R Travel ([ruth@rrtravel.biz](mailto:ruth@rrtravel.biz) or 800-373-1235) to reserve your rooms for the State meet in Iowa City. Rooms

are blocked for Thursday, July 30, Friday, July 31, and Saturday, August 1.

[www.isiswim.org/timestandards/ts2009-12lcm.pdf](http://www.isiswim.org/timestandards/ts2009-12lcm.pdf)

### Swim Meet – Entry Deadlines & Info

Deadline Date	Meet (Meet Date)	Who Attends?
Has passed	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

### Contacting Coach Doug

Office Phone: (563) 588-7525  
 Cell Phone: (563) 543-1105  
 E-mail: [coachdoug@teamdash.org](mailto:coachdoug@teamdash.org)

### Contacting Coach Tasia

Cell Phone: (641) 680-1057  
 E-mail: [coachtasia@teamdash.org](mailto:coachtasia@teamdash.org)

### Contacting Coach Jake

Cell Phone: (563) 599-8892  
 E-mail: [coachjake@teamdash.org](mailto:coachjake@teamdash.org)

### Other Swimming Links

USA Swimming [www.usaswimming.org](http://www.usaswimming.org)  
 Iowa Swimming [www.isiswim.org](http://www.isiswim.org)  
 DASH website [www.teamdash.org](http://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/ts2009-12scvy.pdf](http://www.isiswim.org/timestandards/ts2009-12scvy.pdf)

Short Course Meter pools (25 m) –

[www.isiswim.org/timestandards/ts2009-12scm.pdf](http://www.isiswim.org/timestandards/ts2009-12scm.pdf)

Long Course Meter pools (50 m) –

### MEET RESULTS

EVENT / TIME	NAME	AGE	PLACE	ADD/DROP
<b>Event # 5 Female 50 Free 13-14</b>				
34.06S	Schill, Morgan	14	2	---
				-1.89
34.56S	Thomas, Madelaine	13	3	---
				0.08
<b>Event # 6 Male 50 Free 13-14</b>				
33.61S	Warren, Charlie	13	2	---
				-4.63
<b>Event # 10 Female 100 Breast 11-12</b>				
1:49.15S	Schill, Megan	11	2	---
				-9.05
<b>Event # 15 Female 50 Back 11-12</b>				
48.91S	Schill, Megan	11	3	---
				-3.22
<b>Event # 16 Female 100 Back 13-14</b>				

1:23.01S	F	Schill, Morgan	14	1	---	-3.15
1:40.34S	F	Thomas, Madelaine	13	4	---	5.96
<b>Event # 17 Male 100 Back 13-14</b>						
1:15.25S	F	Duster, Alex	14	1	---	---
1:25.79S	F	Warren, Charlie	13	2	---	-12.10
<b>Event # 21 Female 200 Free 11-12</b>						
3:05.22S	F	Schill, Megan	11	2	---	---
<b>Event # 22 Female 200 Free 13-14</b>						
2:38.93S	F	Schill, Morgan	14	1	---	-12.14
2:54.50S	F	Thomas, Madelaine	13	5	---	---
<b>Event # 23 Male 200 Free 13-14</b>						
2:27.54S	F	Duster, Alex	14	1	---	---
2:47.54S	F	Warren, Charlie	13	3	---	---
<b>Event # 26 Female 50 Fly 11-12</b>						
44.99S	F	Schill, Megan	11	2	---	---
<b>Event # 27 Female 100 Fly 13-14</b>						
1:48.49S	F	Thomas, Madelaine	13	1	---	---
<b>Event # 28 Male 100 Fly 13-14</b>						
1:38.23S	F	Warren, Charlie	13	1	---	---
<b>Event # 35 Male 400 Free 13-14</b>						
<b>Event # 35 Male 400 Free 13-14</b>						
5:13.89S	F	Duster, Alex	14	1	---	---
<b>Event # 45 Female 50 Free 10 &amp; Under</b>						
48.99S	F	Stierman, Julia	9	7	---	---
52.01S	F	Peckosh, Emily	10	8	---	---
52.23S	F	Connolly, Ellie	9	9	---	---
54.90S	F	Warren, Olivia	9	10	---	-8.76

55.90S	F	Pfeiffer, Anna	7	11	---	---
56.01S	F	Whitesell, Emellia Sims	10	12	---	---
<b>Event # 46 Male 50 Free 10 &amp; Under</b>						
46.34S	F	Faldet, Noah	9	2	---	---
<b>Event # 47 Male 50 Free 11-12</b>						
35.64S	F	Faldet, Mack	12	2	---	---
<b>Event # 50 Female 25 Free 8 &amp; Under</b>						
24.67S	F	Thomas, Olivia	8	2	---	---
24.91S	F	Pfeiffer, Anna	7	3	---	---
26.12S	F	Michel, Tori	7	4	---	---
32.90S	F	Zorn, Maggie Lou	6	6	---	---
<b>Event # 51 Male 25 Free 8 &amp; Under</b>						
25.49S	F	Whitesell, Kai Sims	8	1	---	---
26.57S	F	Schultheis, Evan	8	3	---	---
30.17S	F	Schultheis, Aidan	6	6	---	---
<b>Event # 54 Male 100 Breast 10 &amp; Under</b>						
2:08.03S	F	Faldet, Noah	9	2	---	---
<b>Event # 55 Female 100 Breast 8 &amp; Under</b>						
2:18.72S	F	Thomas, Olivia	8	1	---	---
<b>Event # 57 Female 50 Breast 8 &amp; Under</b>						
1:21.80S	DQ	F	Michel, Tori	7	---	---
<b>Event # 58 Male 50 Breast 8 &amp; Under</b>						
1:18.69S	DQ	F	Schultheis, Evan	8	---	---
<b>Event # 59 Male 50 Back 11-12</b>						
42.29S	F	Stierman, Drake	12	2	---	---
49.46S	F	Faldet, Mack	12	3	---	---
<b>Event # 60 Female 50 Back 10 &amp; Under</b>						

57.16S	F	Connolly, Ellie	9	7	---	---
1:03.47S	F	Whitesell, Emellia Sims	10	8	---	---
1:05.21S	F	Warren, Olivia	9	10	---	---
1:14.83S	F	Peckosh, Emily	10	12	---	---
1:01.14S DQ	F	Stierman, Julia	9	---	---	---
<b>Event # 61 Male 50 Back 10 &amp; Under</b>						
57.12S	F	Faldet, Noah	9	2	---	---
<b>Event # 65 Female 25 Back 8 &amp; Under</b>						
30.68S	F	Michel, Tori	7	1	---	---
31.64S	F	Pfeiffer, Anna	7	2	---	---
34.91S	F	Zorn, Maggie Lou	6	4	---	---
35.56S	F	Thomas, Olivia	8	5	---	---
<b>Event # 66 Male 25 Back 8 &amp; Under</b>						
35.09S	F	Whitesell, Kai Sims	8	2	---	---
36.19S	F	Schultheis, Aidan	6	4	---	---
36.22S	F	Schultheis, Evan	8	5	---	---
<b>Event # 67 Male 200 Free 11-12</b>						
2:49.96S	F	Stierman, Drake	12	2	---	---
3:07.90S	F	Faldet, Mack	12	4	---	---
<b>Event # 74 Male 50 Fly 11-12</b>						
38.63S	F	Stierman, Drake	12	1	---	---
51.75S	F	Faldet, Mack	12	4	---	---
<b>Event # 75 Female 50 Fly 10 &amp; Under</b>						
1:20.33S	F	Connolly, Ellie	9	5	---	---
1:26.21S	F	Stierman, Julia	9	6	---	---
1:28.62S	F	Warren, Olivia	9	7	---	---
<b>Event # 76 Male 50 Fly 10 &amp; Under</b>						

	1:10.01S	F	Faldet, Noah	9	3	---	---
<b>Event # 79 Female 25 Fly 8 &amp; Under</b>							
	31.70S	F	Pfeiffer, Anna	7	1	---	---
	31.79S	F	Thomas, Olivia	8	2	---	1.04
	40.07S	F	Zorn, Maggie Lou	6	3	---	---
<b>Event # 80 Male 25 Fly 8 &amp; Under</b>							
	40.24S	F	Schultheis, Evan	8	3	---	---
<b>Event # 80 Male 25 Fly 8 &amp; Under</b>							
	46.21S	F	Schultheis, Aidan	6	5	---	---
<b>Event # 81 Male 200 IM 11-12</b>							
	3:21.66S	F	Stierman, Drake	12	1	---	---
<b>Event # 87 Female 200 Breast 11-12</b>							
	3:54.32S	F	Schill, Megan	11	1	---	---
<b>Event # 90 Female 100 Free 11-12</b>							
	1:22.82S	F	Topping, Taylor	12	5	---	-11.88
	1:25.05S	F	Schill, Megan	11	6	---	-4.50
<b>Event # 91 Female 100 Free 13-14</b>							
	1:14.58S	F	Schill, Morgan	14	1	---	-4.04
<b>Event # 95 Female 50 Breast 11-12</b>							
	50.39S	F	Topping, Taylor	12	4	---	-4.20
	53.89S	F	Schill, Megan	11	6	---	-1.80
<b>Event # 96 Female 100 Breast 13-14</b>							
	1:36.37S	F	Schill, Morgan	14	1	---	-4.60
<b>Event #100 Female 100 Back 11-12</b>							
	1:36.03S	F	Topping, Taylor	12	4	---	---
<b>Event #110 Female 100 IM 11-12</b>							
	1:36.21S	F	Topping, Taylor	12	2	---	---

1:36.87S	F	Schill, Megan	11	3	---	-17.45
<b>Event #111 Female 200 IM 13-14</b>						
3:03.34S	F	Schill, Morgan	14	1	---	---
<b>Event #123 Male 100 Free 11-12</b>						
1:16.79S	F	Stierman, Drake	12	1	---	---
1:20.17S	F	Faldet, Mack	12	2	---	---
1:35.29S	F	Topping, Nick	11	4	---	-16.22
<b>Event #124 Female 100 Free 10 &amp; Under</b>						
1:52.82S	F	Stierman, Julia	9	5	---	---
2:11.67S	F	Whitesell, Emellia Sims	10	7	---	---
<b>Event #125 Male 100 Free 10 &amp; Under</b>						
<b>Event #125 Male 100 Free 10 &amp; Under</b>						
1:45.44S	F	Faldet, Noah	9	2	---	---
<b>Event #127 Male 50 Free 8 &amp; Under</b>						
1:05.55S	F	Topping, Luke	7	2	---	---
1:06.04S	F	Whitesell, Kai Sims	8	3	---	---
<b>Event #128 Male 50 Breast 11-12</b>						
49.12S	F	Stierman, Drake	12	2	---	---
51.05S	F	Faldet, Mack	12	3	---	---
1:03.35S	F	Topping, Nick	11	7	---	---
<b>Event #129 Female 50 Breast 10 &amp; Under</b>						
1:28.79S	F	Peckosh, Emily	10	7	---	---
1:09.24S	DQ	Stierman, Julia	9	---	---	---
<b>Event #130 Male 50 Breast 10 &amp; Under</b>						
58.77S	F	Faldet, Noah	9	1	---	---
<b>Event #134 Male 25 Breast 8 &amp; Under</b>						
37.06S	F	Topping, Luke	7	2	---	---
		Whitesell, Kai Sims				

41.74S	F		8	3	---	---
<b>Event #135 Male 100 Back 11-12</b>						
1:39.31S	F	Stierman, Drake	12	1	---	---
1:46.04S	F	Faldet, Mack	12	3	---	---
<b>Event #136 Female 100 Back 10 &amp; Under</b>						
2:18.03S	F	Whitesell, Emellia Sims	10	4	---	---
<b>Event #137 Male 100 Back 10 &amp; Under</b>						
2:07.81S	F	Faldet, Noah	9	3	---	---
<b>Event #141 Male 50 Back 8 &amp; Under</b>						
1:29.50S	F	Topping, Luke	7	5	---	---
<b>Event #149 Male 100 IM 11-12</b>						
1:32.04S	F	Stierman, Drake	12	1	---	---
1:38.66S	F	Faldet, Mack	12	3	---	---
1:51.73S	F	Topping, Nick	11	4	---	---
<b>Event #151 Male 100 IM 10 &amp; Under</b>						
2:04.86S	F	Faldet, Noah	9	2	---	---
<b>Event #156 Male 200 Breast 11-12</b>						
4:52.00S	F	Topping, Nick	11	2	---	---

**Mason City results not yet available.**