

D.A.S.H. Weekly

July 6, 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 29, they are:

GREEN – Kai Sims-Whitesell

BLUE – Kayla Klein

BRONZE – Carlie Noel

SILVER – Drake Stierman

GOLD – Mitchell Schroeder

Practice Schedule

NOTE: Due to Loras All-Sports Camp (weeks of 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 – 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– 6:30 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 13

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

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.

STATE MEET Hotel Rooms

Contact Ruth Smith at R & R Travel (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.

Swim Meet – Entry Deadlines & Info

Deadline	Meet	Who
Date	(Meet Date)	Attends?
Has passed	Clinton (7/10 – 12) – 50m	ALL

Riverview Pool
Riverview Drive, Clinton, IA 52732

Friday session – be on deck by 1:50 p.m.
Both a.m. sessions (13 & over) – be on deck by 6:50 a.m.
Both p.m. sessions (12 & under) – be on deck by 11:50 a.m.

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.

Cell Phone: (641) 680-1057
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Contacting Coach Jake

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 E-mail: coachjake@teamdash.org

Other Swimming Links

USA Swimming www.usaswimming.org
 Iowa Swimming www.isiswim.org
 DASH website www.teamdash.org

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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 E-mail: coachdoug@teamdash.org

Contacting Coach Tasia

MEET RESULTS

Mason City
 June 27 & 28, 2009

<u>Event / Time</u>	<u>Name</u>	<u>Age</u>	<u>Place</u>	<u>Add/Drop</u>
Event # 3 Female 100 Free 10 & Under 1:32.70L	Maher, Kelsey	9	10	-4.20
Event # 8 Male 100 Free 11-12 1:22.89L	Nugent, Brendan	11	9	-4.11
Event # 21 Female 200 IM 10 & Under 3:58.80L	Maher, Kelsey	9	9	10.20
Event # 25 Female 100 Breast 10 & Under 2:06.95L	Maher, Kelsey	9	8	2.39
Event # 28 Male 100 Breast 11-12 1:58.31L	Nugent, Brendan	11	6	-4.77
Event # 29 Female 50 Back 10 & Under 49.87L	Maher, Kelsey	9	7	-0.61
Event # 32 Male 50 Back 11-12 45.51L	Nugent, Brendan	11	8	0.15
Event # 41 Female 400 IM Senior 5:38.76L 6:02.55L	Maher, Hannah Maher, Mary Kathryn	16 16	4 10	17.64 19.03
Event # 42 Male 400 IM Senior 4:52.04L 5:10.33L	Warren, Donny Huff, Connor	18 15	1 ---	10.07 ---
NS	Maloney, Nathan	17	---	---
NS	Roberson, Chandler	16	---	---

Event # 44	Male 100 Free 13-14				
	1:12.31L	Nugent, Brien	14	12	-6.61
Event # 45	Female 100 Free Senior				
	1:05.35L	Maher, Hannah	16	14	3.04
	1:07.32L	Nugent, Alyx	17	19	2.12
	1:10.93L	Maher, Mary Kathryn	16	29	4.55
Event # 46	Male 100 Free Senior				
	53.91L	Huff, Jordan	17	2	3.48
	58.72L	Loeffelholz, Ben	16	10	1.81
	1:00.85L	Griffin, Cameron	16	21	-1.66
	1:01.14L	Huff, Connor	15	22	3.28
Event # 49	Female 100 Fly Senior				
	1:14.79L	Maher, Hannah	16	12	-1.00
	1:23.22L	Nugent, Alyx	17	20	---
Event # 50	Male 100 Fly Senior				
	1:01.82L	Huff, Jordan	17	3	1.26
	1:07.31L	Loeffelholz, Ben	16	13	2.15
	1:09.64L	Huff, Connor	15	17	5.83
	NS	Maloney, Nathan	17	---	---
	NS	Roberson, Chandler	16	---	---
Event # 52	Male 200 Back 13-14				
	3:09.82L	Nugent, Brien	14	10	-11.96
Event # 53	Female 200 Back Senior				
	2:43.95L	Maher, Mary Kathryn	16	8	4.34
Event # 54	Male 200 Back Senior				
	2:18.73L	Huff, Jordan	17	1	9.85
	2:20.34L	Warren, Donny	18	2	8.53
	NS	Maloney, Nathan	17	---	---
Event # 58	Male 400 Medley Relay Senior - Lead-Off Legs (100 Back)				
	1:03.58L	Huff, Jordan	17	---	4.60
Event # 60	Male 100 Breast 13-14				
	1:35.29L	Nugent, Brien	14	7	3.44
Event # 61	Female 100 Breast Senior				
	1:21.79L	Maher, Hannah	16	3	4.23
	1:27.93L	Nugent, Alyx	17	8	---
Event # 62	Male 100 Breast Senior				
	1:14.81L	Warren, Donny	18	5	4.19
	1:20.68L	Huff, Connor	15	---	---
	NS	Maloney, Nathan	17	---	---
	NS	Roberson, Chandler	16	---	---
Event # 64	Male 400 Free 13-14				
	5:47.28L	Nugent, Brien	14	8	-42.13
Event # 65	Female 400 Free Senior				
	5:08.97L	Nugent, Alyx	17	9	17.09
	5:09.01L	Maher, Mary Kathryn	16	10	12.85
Event # 66	Male 400 Free Senior				
	4:27.27L	Huff, Jordan	17	1	22.70
	4:29.80L	Warren, Donny	18	2	-10.46
	4:46.21L	Griffin, Cameron	16	6	-9.25
	4:50.07L	Loeffelholz, Ben	16	8	15.99
	NS	Roberson, Chandler	16	---	---
Event # 75	Female 50 Free 10 & Under				
	41.71L	Maher, Kelsey	9	13	1.05

Event # 78	Male 50 Free	11-12			
37.63L	Nugent, Brendan	11	9	-1.06	
Event # 89	Female 200 Free	10 & Under			
3:16.15L	Maher, Kelsey	9	9	---	
Event # 92	Male 200 Free	11-12			
3:00.91L	Nugent, Brendan	11	5	-20.15	
Event # 93	Female 100 Back	10 & Under			
1:50.26L	Maher, Kelsey	9	10	5.25	
Event # 96	Male 100 Back	11-12			
1:37.02L	Nugent, Brendan	11	8	-0.66	
Event # 97	Female 50 Breast	10 & Under			
54.96L	Maher, Kelsey	9	9	-0.68	
Event #100	Male 50 Breast	11-12			
52.38L	Nugent, Brendan	11	8	-15.61	
Event #107	Female 200 IM	Senior			
2:38.29L	Maher, Hannah	16	6	7.91	
2:50.64L	Nugent, Alyx	17	15	2.38	
2:54.93L	Maher, Mary Kathryn	16	19	5.83	
Event #108	Male 200 IM	Senior			
2:17.38L	Huff, Jordan	17	1	1.22	
2:18.36L	Warren, Donny	18	2	5.04	
2:28.74L	Huff, Connor	15	8	8.01	
NS	Maloney, Nathan	17	---	---	
NS	Roberson, Chandler	16	---	---	
Event #110	Male 50 Free	13-14			
31.93L	Nugent, Brien	14	13	-5.12	
Event #111	Female 50 Free	Senior			
29.24L	Maher, Hannah	16	3	0.95	
31.76L	Nugent, Alyx	17	11	2.50	
32.88L	Maher, Mary Kathryn	16	15	1.79	
Event #112	Male 50 Free	Senior			
28.41L	Griffin, Cameron	16	18	0.03	
NS	Roberson, Chandler	16	---	---	
Event #116	Male 200 Fly	Senior			
2:21.99L	Warren, Donny	18	3	-17.40	
2:26.61L	Huff, Jordan	17	5	-4.70	
2:31.52L	Huff, Connor	15	7	10.52	
NS	Maloney, Nathan	17	---	---	
Event #118	Male 100 Back	13-14			
1:23.46L	Nugent, Brien	14	6	-10.38	
Event #119	Female 100 Back	Senior			
1:17.90L	Maher, Hannah	16	6	6.09	
1:19.72L	Maher, Mary Kathryn	16	10	1.35	
Event #120	Male 100 Back	Senior			
1:04.44L	Huff, Jordan	17	1	5.46	
1:04.58L	Warren, Donny	18	2	4.67	
1:13.08L	Huff, Connor	15	11	5.47	
NS	Maloney, Nathan	17	---	---	
NS	Roberson, Chandler	16	---	---	
Event #122	Male 200 Free	13-14			
2:43.33L	Nugent, Brien	14	9	-16.73	
Event #123	Female 200 Free	Senior			
2:27.27L	Nugent, Alyx	17	12	10.79	

2:31.36L	Maher, Mary Kathryn	16	16	9.58
Event #124	Male 200 Free Senior			
2:00.98L	Huff, Jordan	17	2	9.24
2:15.60L	Griffin, Cameron	16	8	0.62
Event #128	Male 400 Free Relay Senior - Lead-Off Legs (100 Free)			
58.30L	Warren, Donny	18	---	2.00
Event #130	Male 200 Breast 13-14			
3:26.62L	Nugent, Brien	14	4	-6.85
Event #131	Female 200 Breast Senior			
2:53.74L	Maher, Hannah	16	1	4.21
Event #132	Male 200 Breast Senior			
2:41.19L	Warren, Donny	18	4	11.86
2:50.52L	Huff, Connor	15	5	12.13
NS	Maloney, Nathan	17	---	---
Event #135	Female 800 Free Senior			
10:43.29L	Nugent, Alyx	17	3	28.52
Event #136	Male 800 Free Senior			
10:02.43L	Griffin, Cameron	16	1	-14.03