

D.A.S.H. Weekly

July 13, 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 July 6, they are:

GREEN – Abbie Montag
BLUE – AJ Meyer
BRONZE – Samantha Montag
SILVER – John Colin
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 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.

This is the last week of doubles!!!!!!

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 20

NOTE – This is the last week of practice. Unless, you are participating in the State Championship meet.

Also, due to nearing the end of the season and our “tapering”, some practices will be concluding earlier than listed.

GOLD 5:30 – 8** a.m., Monday - Friday

OR

4:45** – 7 p.m., M – Th

** Dryland either 7:30 – 8 a.m. OR 4:45– 5:15 p.m.

Saturday – for those swimmers who will be participating in the State meet, and are not swimming at Regionals, you will do a short workout following the p.m. session at Regionals (approximately 4:30 p.m.)

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 27

State meet participants only.

13 & older – 7 – 9 a.m.

12 & under – 8:30 – 10 a.m.

Regional Finals – NOTE from Concession Stand

The concession stand could use your help! If you would be willing to make or bake a snack to be sold at the concession stand during the upcoming Regionals swim meet, we would greatly appreciate it! We are looking for individually wrapped items to sell to swimmers and their family members at the concession stand. Keep in mind that it will be late July, and is likely to be very warm at the concession stand. Items which sell well are baggies of chex mix, cookies, bars, puppy chow, etc. If you are willing to donate items, you may do one of the following: 1) Send them with your child to practice on Friday, July 24th. 2) Bring them to the meet on Saturday, July 25th or

Sunday, July 26th (the earlier the better) or 3)
 Send a note to Karen Noel
 (noelonbirchwood@aol.com) if you would like
 more details. Just keep in mind individually
 wrapped items, and the heat of July.

Thank you in advance to all who provide treats!
 Karen Noel

Team DASH State T-shirts

DASH Swimmers and Families:

We will be ordering State T-shirts again this season. The cost this season is \$9 per shirt. This season the shirts are royal blue with white lettering. The front design and possible back design for the shirts are attached to the newsletter. You have a choice this season of ordering one of two different back designs (or no design on the back). The first choice is on the attachment, the second choice will be a list of all the names of the DASH swimmers who qualified for state. I will get a copy of the designs in the DASH room early this week along with a sign-up sheet for you to place your orders on. Please indicate which back design you want when ordering. You need to pay for your shirt when you order, so please put your money (with you name on it) in the HUFF mailbox. Orders are due by morning practice on Monday, July 20 so that the shirts will be ready for pick-up before the State meet. If you would rather email your order to me, my address is vickiehuff@yahoo.com. If your swimmer hasn't qualified for State yet and hopes to qualify at Regionals, you may want to consider ordering a shirt now, just in case. There is no time to place an add-on order after Regionals, as the shirts wouldn't be ready in time - so all orders must be received by the due date. I will order a couple extras for people who don't get their order in on time, but I will only order a couple. The available extra sizes I have will be on a list at the concession stand at Regionals, so if your child qualifies there, you can go up and request one of the extras (if there are any left).

If you have any questions, please call me at 580-8163 or send me an email.

Thanks,
 Vickie Huff

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 Date	Meet (Meet Date)	Who Attends?
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Has passed BLST Summer Sizzler (7/16-19) – 50m State Q's

The Falls Aquatic Center
 3025 S. Main St., Cedar Falls

On deck times –

- Thursday night – 4:45 p.m.
- Friday a.m. prelims (13 & older) – 7 a.m.
- Friday afternoon (12 & under) – 1:15 p.m.
- Friday p.m. finals (13 & older) – 5:45 p.m.
- Saturday a.m. prelims (13 & older) – 6:20 a.m.
- Saturday afternoon (12 & under) – 12:50 p.m.
- Saturday p.m. finals (13 & older) – 5:45 p.m.
- Sunday a.m. (12 & under) – 6:50 a.m.

- 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
- ** Anyone who already has AAA times must submit those entries to ISI Age Group Chair, Eric Follmuth, by Monday, July 27th.
- 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/ts2009-12scv.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

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

Contacting Coach Tasia

Cell Phone: (641) 680-1057

E-mail: coachtasia@teamdash.org

Contacting Coach Jake

Cell Phone: (563) 599-8892

E-mail: coachjake@teamdash.org

Other Swimming Links

USA Swimming www.usaswimming.org

Iowa Swimming www.isiswim.org

DASH website www.teamdash.org

MEET RESULTS

Clinton Results not available at this time.