

# D.A.S.H. Weekly

## September 21, 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 September 14, they are:

- GREEN – not yet started
- BLUE – not yet started
- BRONZE – not yet started
- SILVER – Jenna Willer
- GOLD – Connor Huff

### GREEN, BLUE, & BRONZE Reminder!!!

Just a reminder, your Fall/Winter season registration is on Monday, October 12 & Wednesday, October 14, 6 – 8 p.m., here at the pool. See you then, and bring a friend!!!!

### Summer Season Awards

#### GREEN Group

- Most Improved – Anna Pfeiffer & Becky Meissen
- Hardest Worker – Tori Michel
- Most Spirit – Abbie Montag & Olivia Thomas

#### BLUE Group

- Most Improved – Taylor Topping & Jordan Rotz
- Hardest Worker - A.J. Meyer & Erin Hunt
- Most Spirit – Jacob Rotz

#### BRONZE Group

- Most Improved – Jenna Willer
- Most Improved – Megan Schill
- Hardest Worker – Katelynn Schroeder

#### SILVER Group

- Most Improved – Melanie Schaefer
- Hardest Worker – Lauren Noel
- Most Spirit – Molly Lembezeder

#### GOLD Group

- Most Improved – Mitchell Schroeder
- Hardest Worker – Ben Loeffelholz
- Most Spirit – Autumn Roespsch

### Practice Schedule

#### For the week of – September 21

- |      |                                 |  |
|------|---------------------------------|--|
| GOLD | 6:30 – 8:30 p.m.<br>NO Practice | Monday & Thursday<br>Tuesday & Wednesday |
|------|---------------------------------|--|

- |        |   |  |
|--------|---|--|
| SILVER | 5:30 – 7:30 p.m.<br>7 – 9 a.m.<br>6:30 – 8:30 p.m.<br>NO Practice<br>5:30 – 7:30 p.m.<br>7 – 9 a.m. | Friday<br>Saturday<br>Monday & Thursday<br>Tuesday & Wednesday<br>Friday<br>Saturday |
|--------|---|--|

#### For the week of – September 28

- |        |   |   |
|--------|---|---|
| GOLD   | 6:30 – 8:30 p.m.<br>NO Practice<br>7 – 9 a.m. | Monday - Thursday<br>Friday<br>Saturday |
| SILVER | 6:30 – 8:30 p.m.<br>NO Practice<br>7 – 9 a.m. | Monday - Thursday<br>Friday<br>Saturday |

### Helping at Schuster's Pumpkin Patch

In case you've missed the other emails on this, DASH is helping out at Schuster's Pumpkin Patch on the weekends of October 3 & 4 and 10 & 11. Schuster's is donating a portion of their profits for those two weekends to the team!!!! If you'd like to help out, carrying pumpkins to cars, selling "goodies", etc..., please contact Jan Gill at [briangill4@msn.com](mailto:briangill4@msn.com).

### Winter Season Fund Raising

Keep an eye out for the fund raising packets. Poinsettia packets should be available by the first week in October. Candle order forms are available from Coach Doug.

### Swim Meet – Entry Deadlines & Info

Deadline Date	Meet (Meet Date)	Who Attends?
Thurs., Oct. 1	DMET at Dav. West HS (10/17 & 18)	SI&GO
Tues., Oct. 13	BLAST IMX Pentathlon (10/25)	Gold

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](http://www.isiswim.org/timestandards/ts2009-12scv.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) –

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

None to report