

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 21, they are:

GREEN – not yet started

BLUE – not yet started

BRONZE – not yet started

SILVER – Alec Rutkowski

GOLD – Lauren Noel

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!!!!

Practice Schedule

For the week of – September 28

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

For the week of – October 5

GOLD	6:30 – 8:30 p.m.	Mon., Wed., & Thurs.
	NO Practice	Tuesday
	5:30 – 7:30 p.m.	Friday
	7 – 9 a.m.	Saturday
SILVER	6:30 – 8:30 p.m.	Mon., Wed., & Thurs.
	NO Practice	Tuesday
	5:30 – 7:30 p.m.	Friday
	7 – 9 a.m.	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.

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	Davenport at West HS (10/17 & 18)	SI&GO
Tues., Oct. 13	Cedar Falls Pentathlon at Holmes (10/25)	Gold
Sun., Nov. 8	Team DASH Intra-squad at Loras (11/8)	ALL
TBA	Des Moines at WDM Valley HS (11/13-15)	Q +
TBA	Cedar Rapids at Kennedy HS (11/22&23)	Q-
TBA	Cedar Falls at Holmes (12/4 – 6)	ALL
TBA	Iowa City at Mercer (12/12 & 13)	Q+

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

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Other Swimming Links

USA Swimming www.usaswimming.org

Iowa Swimming www.isiswin.org

DASH website www.teamdash.org

MEET RESULTS

None to report