

D.A.S.H. Weekly

October 5, 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 28, they are:

GREEN – not yet started

BLUE – not yet started

BRONZE – not yet started

SILVER – Alice Tsui

GOLD – Molly Lembezeder

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!!!!

Congratulations!!!!!!

We've got a few things to note –

- 1) Janet Warren has been selected as the new Secretary for Iowa Swimming, Inc.
- 2) Welcome new DASH Board of Director members – Jody Pfeiffer, Lori Schmitt & Mike Montag. Heidi Schill was selected as our new President and Don Duehr as our new Vice President. Perry Schroeder will continue as Treasurer and Jan Pape will continue as Secretary. Many thanks to departing board member Jan Gill!!!!
- 3) Four Iowa Swimming members were selected as USA Swimming Scholastic All-Americans. TWO are from DASH, Nathan Maloney and Hannah Maher!!!!

Practice Schedule

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

For the week of – October 12

GOLD	6:30 – 8:30 p.m.	Monday & Wednesday
	NO Practice	Tuesday & Thursday
	5:30 – 7:30 p.m.	Friday

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

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 and Sport Cup order forms are available in the DASH Room.

Swim Meet – Entry Deadlines & Info

Deadline	Meet	Who
Date	(Meet Date)	Attends?

Has passed	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/ts2009-12scy.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

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MEET RESULTS

None to report

Other Swimming Links

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