

D.A.S.H. Weekly

October 12, 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 October 5, they are:

GREEN – not yet started

BLUE – not yet started

BRONZE – not yet started

SILVER – Jenna Willer

GOLD – Tim Temperley

REGISTRATION Reminder!!!

Just a reminder, your Fall/Winter season registration is TONIGHT, 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 – October 12

GOLD	6:30 – 8:30 p.m.	Monday & Wednesday
	NO Practice	Tuesday & Thursday
	Cancelled	Friday
SILVER	6:30 – 8:30 p.m.	Monday & Wednesday
	NO Practice	Tuesday & Thursday
	Cancelled	Friday
	Cancelled	Saturday

For the week of – October 19

GOLD	6:30 – 8:30 p.m.	Monday - Thursday
	5:30 – 7:30 p.m.	Friday
	7 – 9 a.m.	Saturday
SILVER	6:30 – 8:30 p.m.	Monday - Thursday
	5:30 – 7:30 p.m.	Friday
	7 – 9 a.m.	Saturday
BRONZE	6:30 – 8 p.m.	Monday – Friday
BLUE	6:30 – 8 p.m.	Monday – Thursday
	5:30 – 7:30 p.m.	Friday
GREEN	6:30 – 7:45 p.m.	Monday - Friday

Winter Season Fund Raising - UPDATE

Poinsettia packets will be available at registration and SILVER & GOLD groups will have their packets placed in the DASH mailboxes.

Also, the “Value Cards” will be available at both registration nights this week.

Swim Meet – Entry Deadlines & Info

Deadline Date	Meet (Meet Date)	Who Attends?
Has passed	Davenport at West HS (10/17 & 18) Davenport (IA) West HS, 3505 W. Locust St a.m. session – 10 & younger - on deck at 6:50 a.m. / NO coach at Sat. a.m. session p.m. session – 11 & older - on deck at 11:15 a.m.	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
Thurs., Oct. 22	Des Moines at Johnston (11/13-15)	Q +
Thurs., Oct. 29	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+
Thurs., Dec. 17	Bettendorf (1/8 – 10)	Q+
TBA	All-Stars at Lawrence, KS (1/16 & 17)	ISI selects
TBA	DASH home meet at Loras (1/17)	ALL*
	* ALL 8 & under and 13 & up may swim, 9–12 are Q- events only	
TBA	Iowa Games at Loras (1/23 & 24)	ALL**
	** Athletes must sign-up through IA Games website, on their own.	
TBA	DASH Valentines at Loras (2/5 – 7)	ALL

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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MEET RESULTS

None to report

Other Swimming Links

USA Swimming

www.usaswimming.org

Iowa Swimming

www.isiswim.org

DASH website

www.teamdash.org