

D.A.S.H. Weekly

October 24, 2009

2-week FREE TRIAL is underway!

We've started our 2-week FREE TRIAL for potential new team members. We have over 30 trial members. WELCOME!!!!

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 12, they are:

GREEN – not yet started
BLUE – not yet started
BRONZE – not yet started
SILVER – Melanie Schaefer
GOLD – Lauren Noel

Practice Schedule

For the week of – October 26

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

For the week of – November 2

GOLD	6:30 – 8:30 p.m.	Monday - Thursday
	4:30 – 6:30 p.m.	Friday
	7 – 9 a.m.	Saturday
SILVER	6:30 – 8:30 p.m.	Monday - Thursday
	4:30 – 6:30 p.m.	Friday
	7 – 9 a.m.	Saturday
BRONZE	6:30 – 8 p.m.	Monday – Thursday
	4:30 – 6:00 p.m.	Friday
BLUE	6:30 – 8 p.m.	Monday – Thursday
	4:30 - 6 p.m.	Friday
GREEN	6:30 – 7:45 p.m.	Monday – Thursday
	4:30 – 5:45 p.m.	Friday

Halloween Parade

DASH will be walking / riding in the Halloween Parade on Monday. More details will be coming, when available. For those

who are not attending the parade, practice is still on for the evening.

Winter Season Fund Raising - UPDATE

Poinsettia packets are in the DASH mailboxes.

Also, the “Value Cards” will be available at both registration nights this week. Contact Heidi Schill if you need more – hmsschill@aol.com.

Swim Meet – Entry Deadlines & Info

Deadline	Meet	Who
Date	(Meet Date)	Attends?

Has passed Cedar Falls Pentathlon at Holmes (10/25) Gold

Holmes Jr. High Pool
505 Holmes Dr.
Cedar Falls

a.m. Session (12 & under) – on deck by 7:50 a.m.
p.m. Session (13 & over) – on deck by 12:20 p.m.

Sun., Nov. 8	Team DASH Intra-squad at Loras (11/8)	ALL
Has passe3d	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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Other Swimming Links

USA Swimming www.usaswimming.org

Iowa Swimming www.isiswim.org

DASH website www.teamdash.org

MEET RESULTS

Event # 25 Female 100 Back 11-12

1:17.55Y	F	Schaefer, Melanie	12	6	---	-1.34
1:19.68Y	F	Topping, Taylor	12	9	---	0.83

Event # 26 Male 100 Back 11-12

1:17.49Y	F	Colin, John	11	10	---	0.73
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Event # 27 Female 200 Back 13-14

2:30.26Y	F	Lembezeder, Molly	13	4	---	---
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Event # 28 Male 200 Back 13-14

2:30.80Y	F	Colin, Ben	13	5	---	-0.31
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Event # 31 Female 100 Free 11-12

1:03.17Y	F	Schaefer, Melanie	12	3	---	-5.35
1:09.54Y	F	Topping, Taylor	12	9	---	0.30

Event # 32 Male 100 Free 11-12

1:09.13Y	F	Colin, John	11	12	---	2.66
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Event # 33 Female 100 Free 13-14

1:00.66Y	F	Lembezeder, Molly	13	3	---	0.42
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Event # 34 Male 100 Free 13-14

1:00.82Y	F	Colin, Ben	13	7	---	1.63
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Event # 38 Male 200 IM 11-12

2:55.51Y	F	Colin, John	11	10	---	5.29
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Event # 39 Female 200 IM 13-14

2:32.19Y	DQ	F	Lembezeder, Molly	13	---	---	---
Event # 40 Male 200 IM 13-14							
2:39.55Y		F	Colin, Ben	13	6	---	0.48
Event # 43 Female 50 Breast 11-12							
42.38Y		F	Schaefer, Melanie	12	11	---	-0.76
42.81Y		F	Topping, Taylor	12	12	---	-0.11
Event # 44 Male 50 Breast 11-12							
44.11Y		F	Colin, John	11	11	---	-0.50
Event # 45 Female 100 Breast 13-14							
1:17.24Y		F	Lembezeder, Molly	13	1	---	-1.19
Event # 46 Male 100 Breast 13-14							
1:28.00Y		F	Colin, Ben	13	6	---	-5.05
Event # 49 Female 100 Fly 11-12							
1:23.00Y		F	Schaefer, Melanie	12	3	---	---
Event # 61 Female 100 IM 10 & Under							
1:23.08Y		F	Noel, Carlie	10	6	---	-1.32
NS		F	Thomas, Olivia	9	---	---	---
Event # 65 Female 50 Fly 10 & Under							
NS		F	Thomas, Olivia	9	---	---	---
Event # 69 Female 100 Breast 10 & Under							
1:33.53Y		F	Noel, Carlie	10	3	---	-2.05
NS		F	Thomas, Olivia	9	---	---	---
Event # 73 Female 50 Back 10 & Under							
38.18Y		F	Noel, Carlie	10	5	---	0.40
Event # 77 Female 100 Free 10 & Under							
1:11.20Y		F	Noel, Carlie	10	2	---	-6.58
			Thomas, Olivia				

NS	F		9	---	---	---
Event # 83 Female 100 Breast 11-12						
1:31.86Y	F	Topping, Taylor	12	7	---	-0.39
Event # 85 Female 200 Breast 13-14						
2:58.72Y	F	Noel, Lauren	13	3	---	---
NS	F	Thomas, Madelaine	13	---	---	---
Event # 86 Male 200 Breast 13-14						
2:32.98Y	F	Gill, Josh	14	1	---	18.15
2:50.93Y	F	Rutkowski, Alec	13	3	---	---
Event # 89 Female 50 Free 11-12						
30.78Y	F	Topping, Taylor	12	10	---	0.30
NS	F	Schill, Megan	11	---	---	---
Event # 90 Male 50 Free 11-12						
Event # 90 Male 50 Free 11-12						
29.93Y	F	Colin, John	11	9	---	-0.38
30.08Y DQ	F	Stierman, Drake	12	---	---	---
Event # 91 Female 50 Free 13-14						
29.03Y	F	Noel, Lauren	13	7	---	0.02
NS	F	Thomas, Madelaine	13	---	---	---
Event # 92 Male 50 Free 13-14						
23.34Y	F	Gill, Josh	14	2	---	1.02
26.86Y	F	Rutkowski, Alec	13	5	---	---
27.21Y	F	Colin, Ben	13	7	---	-0.06
Event # 95 Female 50 Back 11-12						
37.05Y	F	Topping, Taylor	12	10	---	0.95
NS	F	Schill, Megan	11	---	---	---
Event # 96 Male 50 Back 11-12						
		Colin, John				

36.25Y	F		11	13	---	1.82
40.38Y	F	Stierman, Drake	12	20	---	1.65
Event #97 Female 100 Back 13-14						
NS	F	Thomas, Madelaine	13	---	---	---
Event #98 Male 100 Back 13-14						
1:11.60Y	F	Rutkowski, Alec	13	5	---	---
1:11.96Y	F	Colin, Ben	13	6	---	-0.02
Event #101 Female 100 IM 11-12						
1:21.47Y	F	Topping, Taylor	12	9	---	1.60
NS	F	Schill, Megan	11	---	---	---
Event #102 Male 100 IM 11-12						
1:19.14Y	F	Colin, John	11	10	---	-0.67
1:26.43Y	F	Stierman, Drake	12	15	---	0.64
Event #103 Female 200 Free 13-14						
2:18.46Y	F	Noel, Lauren	13	3	---	1.88
Event #104 Male 200 Free 13-14						
2:02.03Y	F	Gill, Josh	14	2	---	13.04
2:11.62Y	F	Colin, Ben	13	4	---	-1.45
2:15.35Y	F	Rutkowski, Alec	13	5	---	---
Event #107 Female 50 Fly 11-12						
NS	F	Schill, Megan	11	---	---	---
Event #108 Male 50 Fly 11-12						
36.04Y	F	Stierman, Drake	12	12	---	0.36
37.25Y	F	Colin, John	11	13	---	1.46
Event #109 Female 100 Fly 13-14						
1:10.72Y	F	Noel, Lauren	13	3	---	0.42
NS	F	Thomas, Madelaine	13	---	---	---

Event #110 Male 100 Fly 13-14

1:02.86Y	F	Gill, Josh	14	2	---	5.74
1:14.98Y	F	Colin, Ben	13	6	---	-0.97

Event #117 Female 200 Free Relay Senior - Lead-Off Legs (50 Free)

28.42Y	F	Schaefer, Melanie	12	---	---	-1.52
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Event #118 Male 200 Free Relay Senior - Lead-Off Legs (50 Free)

28.02Y	F	Colin, Ben	13	---	---	0.75
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