

D.A.S.H. Weekly

October 27, 2008

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 20, they are:

GREEN – Megan Kuennen

BRONZE – Sam Montag

BLUE – Madison Kluesner

SILVER – Erin Cram

GOLD – Luke Easter

Practice Schedule

Week of October 27;

OOPS! I forgot to note last week that there is NO practice on Friday, due to Trick or Treat. Boo!

GOLD	6:30 – 8:30 p.m., M-Th Friday – NO Practice 7 – 9 a.m., Saturday
SILVER	6:30 – 8:30 p.m., M-Th Friday – NO Practice
BRONZE	6:30 – 8 p.m., M-Th Friday – NO Practice
BLUE	6:30 – 8 p.m., M-Th Friday – NO Practice
GREEN	6:30- 7:45 p.m., M-Th Friday – NO Practice

Week of November 3;

NOTE – This Friday, we move to our “winter” times, 4:30 for ALL groups, and beginning on Monday, November 10th, we are on the “winter” schedule for the whole week.

GOLD	6:30 – 8:30 p.m., M-Th 4:30 – 6:30 p.m., Friday 7 – 9 a.m., Saturday
SILVER	6:30 – 8:30 p.m., M-Th 4:30 – 6:30 p.m., Friday
BRONZE	6:30 – 8 p.m., M-Th 4:30 - 6 p.m., Friday
BLUE	6:30 – 8 p.m., M-Th 4:30 – 6:30 p.m., Friday
GREEN	6:30- 7:45 p.m., M-Th 4:30 – 5:45 p.m., Friday

Halloween Parade!!!! Float along with the team.

TONIGHT! Meet at Jackson Park at 6 p.m. and look around for the DASH “crew” on the Main Street side of the park. Dress warm!!!!

Team Suits, shirts, sweats, etc...

There are order forms on the table next Coach Doug’s office on the upper balcony. The completed forms can be left in Pape’s (Jan & Terry) mailbox.

Prices:

Team Suits –

Girls \$55

Boys Jammers \$40

Boys Briefs \$35

ORDER DEADLINE for suits – Wednesday, November 5th

Team swim caps \$5

AVAILABLE from coaches, at practice and meets.

T-shirts \$10

Long sleeve t-shirts \$12

Crewneck sweatshirts \$18

Hooded sweatshirts \$26

Sweatpants \$17

Cotton Shorts (ladies) \$14

Dazzle Shorts (men) \$16

Featherlite Polo \$27 (embroidered)

Anvil Ladies fit –T-shirt \$10

Ladies Zip-up Sweatshirt \$26

The clothing items can be personalized with your name for \$3.

ORDER DEADLINE for clothing – Monday, October 20th

Sunday, November 2nd!!!!

Just a reminder, we have our Team Pictures, Team Intra-squad meet, and Team Parent Meeting this Sunday. Watch for a separate email w/details.

Swimmers will be registered, simply by showing up, for the meet when they arrive at the pool.

2-week Trial period & remaining w/team

Just a reminder to those who are doing the two week free trial, if you plan to remain with the team, and we hope you all will, fees are due today – Monday, October 27th, or

Swim Meet Hotel Info

If anyone needs hotel accommodations, please contact;
Ruth Smith at 800-373-1235 or ruth@rrtravel.biz.

Also, as we progress through the season, Ruth will be handling our team reservations for 12 & Under State, Senior State, and Speedo Sectionals.

Swim Meet – Entry Deadlines, & Info

Deadline Date	Meet (Meet Date)	Who Attends?
Sun., Nov. 2	DASH Team Intra-squad (Nov. 2)	ALL!!!
Tues., Nov. 4	Des Moines (Nov. 14 – 16)	State Q's
Thurs., Oct. 30	MN Toyota Grand Prix (Nov. 14 – 16)	Meet Q's
Tues., Nov. 11	Cedar Rapids (Nov. 22 & 23)	NON-Q's

Meet "Codes" –

ALL – means any team member may attend

GO – Gold Group

SI – Silver Group

BL – Blue Group

BR – Bronze Group

GR – Green Group

Q – Qualifying time

ISI – Iowa Swimming Inc.

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

Contacting Coach Doug

Office Phone: (563) 588-7525

Cell Phone: (563) 543-1105

MEET RESULTS

BLST IMX Challenge

Holmes Jr. High Pool, Cedar Falls

Sunday, October, 26, 2008

E-mail Douglas.Colin@loras.edu

Contacting Coach Tasia

Cell Phone: (641) 680-1057

E-mail anatanianicole@gmail.com

Contacting Coach Jake

Cell Phone: (563) 599-8892

E-mail jacob.gantenbein@gmail.com

Other Swimming Links

USA Swimming

www.usaswimming.org

Iowa Swimming

www.isiswim.org

DASH website

www.teamdash.org

Event / Age Group	Place	Time	Name	Age	Time Drop or Add
Event # 21 Female 200 Fly 13-14					
	3	2:41.03Y	Schroeder, Emily	13	2.82
	4	2:41.94Y	Cram, Erin	13	---
Event # 22 Male 200 Fly 13-14					
	1	2:13.72Y	Huff, Connor	14	7.89
Event # 24 Male 200 Fly Senior					
	3	2:05.34Y	Warren, Donny	18	-26.52
	4	2:06.41Y	Huff, Jordan	17	-12.79
Event # 25 Female 200 Back 13-14					
	1	2:27.23Y	Schroeder, Emily	13	8.05
	4	2:35.19Y	Cram, Erin	13	-14.93
Event # 26 Male 200 Back 13-14					
	3	2:18.67Y	Huff, Connor	14	-9.73

Event # 28 Male 200 Back Senior	2	1:58.00Y	Huff, Jordan	17	5.45
	3	1:58.52Y	Warren, Donny	18	4.97
Event # 29 Female 200 Breast 13-14	3	2:53.87Y	Schroeder, Emily	13	-2.14
	5	3:00.48Y	Cram, Erin	13	-4.01
Event # 30 Male 200 Breast 13-14	1	2:29.33Y	Huff, Connor	14	12.62
Event # 32 Male 200 Breast Senior	2	2:17.71Y	Warren, Donny	18	6.56
	5	2:28.64Y	Huff, Jordan	17	-15.74
Event # 33 Female 500 Free 13-14	5	6:17.41Y	Schroeder, Emily	13	29.76
	6	6:18.49Y	Cram, Erin	13	-77.03
Event # 34 Male 500 Free 13-14	3	5:30.72Y	Huff, Connor	14	16.35
Event # 36 Male 500 Free Senior	1	4:46.53Y	Huff, Jordan	17	7.11
	4	5:03.24Y	Warren, Donny	18	3.61
Event # 37 Female 400 IM 13-14	2	5:20.27Y	Schroeder, Emily	13	17.26
	4	5:39.08Y	Cram, Erin	13	0.27
Event # 38 Male 400 IM 13-14	2	4:47.78Y	Huff, Connor	14	24.17
Event # 40 Male 400 IM Senior	2	4:20.30Y	Warren, Donny	18	14.53
	3	4:26.45Y	Huff, Jordan	17	10.14