

D.A.S.H. Weekly

November 2, 2009

2-week FREE TRIAL is concluded

The 2-week FREE Trial period concluded with last Friday's practice. Those team members who were signed up for the Trial now have the opportunity to join the team for the rest of the season!!!! If you are planning to stay with the team, you'll need to complete your registration by paying the fees at your earliest possible convenience, this week.

If you will not be staying on, please notify me, so I can remove you from our "active" list.

We look forward to seeing **everyone** at practice this week and for the rest of the season.

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 26, they are:

GREEN – Samantha Erickson

BLUE – Kayla Klein

BRONZE – Trenton Tittle

SILVER – John Colin

GOLD – Chance Morgan

Practice Schedule

For the week of – November 2

GOLD	6:30 – 8:30 p.m.	Monday - Thursday
	4:30 – 6:30 p.m.	Friday
	CHANGE!!! 6 - 8 a.m.	Saturday
SILVER	6:30 – 8:30 p.m.	Monday - Thursday
	4:30 – 6:30 p.m.	Friday
	CHANGE!!! 6 - 8 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

For the week of – November 9

GOLD	4:30 – 7 p.m.	Monday - Thursday
	4:30 – 6:30 p.m.	Friday
	NO Practice	Saturday

SILVER	6:30 – 8:30 p.m.	Monday - Thursday
	4:30 – 6:30 p.m.	Friday
	NO Practice	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 - 7 p.m.	Monday – Thursday
	4:30 – 5:45 p.m.	Friday

Winter Season Fund Raising - UPDATE

Poinsettia packets are in the DASH mailboxes.

There are Spirit Cup order forms in the DASH Room. For Spirit Cup info, contact Jan Gill at jan.gill@prudential.com.

Also, if you need additional "Value Card", contact Heidi Schill at – hmsschill@aol.com.

Team Pictures, Parent Mtg., & Intrasquad Meet

Sunday, November 8th –

Team Pictures, Parent Meeting and Team Intra-squad Meet

Team Pictures will be taken prior to the Fall Intra-squad Meet. We would like ALL team members in the team pictures, and also, to participate in the fun, intra-squad meet.

Picture Schedule, be here at:

GOLD	3:50 p.m.
SILVER	4:00 p.m.
BLUE	4:00 p.m.
BRONZE	4:15 p.m.
GREEN	4:30 p.m.

During pictures and warm-ups for the meet, the team's Board of Directors will hold a brief parent meeting. ALL families are encouraged to attend, but especially new families. The meeting will begin at 4:30.

The meet will begin at approximately 5:10 p.m. and end around 6:15 p.m.

Parent volunteers will be needed for timing during the meet. This counts as one work session.

Girls HS State Qualifiers – Congrats!!!!

The Iowa HS Girls Regional meet, one of six around the state, was held at Hempstead HS on Saturday. DASH swimmers, current & former, from four different high schools qualified for next Saturday's State meet in Marshalltown.

Decorah HS –

200 Medley Relay – Allie Orvis (Back) & Hannah Maher (Breast)

200 Free – Allie Orvis & Mary Kathryn Maher
 200 IM – Hannah Maher
 500 Free – Allie Orvis & Mary Kathryn Maher
 200 Free Relay – Allie Orvis, Samantha Cuvelier, & Hannah Maher
 100 Breast – Hannah Maher

Hempstead –
 200 Medley Relay – Clare Slagel (Back), Lauren Slagel (Breast), Erin Cram (Fly) & Katie Pape (Free)
 200 Free – Clare Slagel
 100 Back – Clare Slagel
 400 Free Relay – Clare Slagel, Lauren Slagel, Erin Cram & Katie Pape

Senior –
 200 IM – Autumn Roepsch
 100 Free – Autumn Roepsch
 200 Free Relay – Autumn Roepsch, Jordan Stecklein, & Emily Weig
 400 Free Relay – Autumn Roepsch & Emily Weig

Wahlert –
 200 Medley Relay – Emily Schroeder (Back), Celia Morton (Breast), Jaclyn Trannel (Fly) & Alyx Nugent (Free)
 200 Free – Alyx Nugent
 200 IM – Emily Schroeder
 500 Free – Alyx Nugent
 100 Breast – Celia Morton
 400 Free Relay – Alyx Nugent, Claire Morton, Ellie Kalb, & Emily Schroeder

Great job, ladies!!!! Best wishes this Saturday.

Swim Meet – Entry Deadlines & Info

Deadline Date	Meet (Meet Date)	Who Attends?
Sun., Nov. 8	Team DASH Intra-squad at Loras (11/8)	ALL
Has passed	Des Moines at Johnston (11/13-15)	Q +
Has passed	Cedar Rapids at Kennedy HS (11/22&23)	Q -
Tues., Nov. 17	Cedar Falls at Holmes (12/4 – 6)	ALL
Tues., Nov. 24	Iowa City at Mercer (12/12 & 13)	Q +
Thurs., Dec. 17	Bettendorf (1/8 – 10)	Q +
To ISI, early Dec.	All-Stars at Lawrence, KS (1/16 & 17)	ISI selects
Tues., Jan. 5	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 at www.iowagames.org website, on their own.		
Tues., Jan. 19	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

Office Phone: (563) 588-7525
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 E-mail: coachdoug@teamdash.org

Contacting Coach Tasia

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Contacting Coach Jake

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Other Swimming Links

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

MEET RESULTS

None to report