

D.A.S.H. Weekly

November 17, 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 November 10, they are:

GREEN – Lauren Fogel
 BRONZE – Adrianna Schroeder
 BLUE – Logan Manders
 SILVER – Lauren Noel
 GOLD – Emily Schroeder

Practice Schedule

Week of November 17;

GOLD 4:30 - 7 p.m., M-Th
 Friday – NO Practice, due to Loras swim meet
 7 – 9 a.m., Saturday

SILVER 6:30 – 8:30 p.m., M-Th
 Friday – NO Practice, due to Loras swim meet

BRONZE 6:30 – 8 p.m., M-Th
 Friday – NO Practice, due to Loras swim meet

BLUE 4:30 – 6:15 p.m., M-Th
 Friday – NO Practice, due to Loras swim meet

GREEN 6 - 7 p.m., M-Th
 Friday – NO Practice, due to Loras swim meet

Week of November 24;

NOTE – Tuesday time for all groups will be the “Friday” schedule. Friday practice is during the a.m.

GOLD 4:30 - 7 p.m., Monday
 4:30 – 6:30 p.m., Tuesday
 NO Practice – Wednesday & Thursday
 9 – 11 a.m., Friday & Saturday

SILVER 6:30 - 7 p.m., Monday
 4:30 – 6:30 p.m., Tuesday
 NO Practice – Wednesday & Thursday
 9 – 11 a.m., Friday & Saturday

BRONZE 6:30 - 8 p.m., Monday
 4:30 – 6 p.m., Tuesday
 NO Practice – Wednesday & Thursday
 10:30 - Noon, Friday

BLUE 4:30 – 6:15 p.m., Monday & Tuesday
 NO Practice – Wednesday & Thursday
 10:30 - Noon, Friday

GREEN 6 - 7 p.m., Monday
 4:30 – 5:45 p.m., Tuesday
 NO Practice – Wednesday & Thursday
 10:30 – 11:45 a.m., Friday

Poinsettia Fund Raiser Order Turn-in Nights

This Wednesday night is the last night to turn in your poinsettia orders;

6:30 – 8 p.m. in the DASH Room on Wednesday, November 19th.

When ordering this year, please note that our two delivery dates are on consecutive days, Friday, November 28th and the next day, Saturday, November 29th. We will do all that we can to have your plants here on the day you request, but ask that you be flexible. When the truck coming Friday is full, we will have to move the rest of the orders to Saturday. We will let you know if that will effect your orders in any way.

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?
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Has passed	CRAA - Cedar Rapids (Nov. 22 & 23)	NON-Q's
	Kennedy H.S. 4545 Wenig Rd. Cedar Rapids	
	Morning Sessions – 10 & Younger Be on deck by 7:20 a.m.	
	Afternoon Sessions – 11 & Older Be on deck by 11:50 a.m.	

Tues., Nov. 25	BLST - Cedar Falls (Dec. 5 – 7)	ALL
Tues., Nov. 25	ICE – Iowa City (Dec. 13 & 14)	State 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

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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Contacting Coach Tasia

MEET RESULTS

Des Moines Fall Invitational

Valley H.S. Pool

November 14 – 16, 2008

Event / Time	Name	Age	Place	Add / Drop
Event # 10 Male 500 Free 11-12 5:59.47Y	Colin, Ben	12	3	-16.23
Event # 18 Male 50 Fly 8 & Under 51.10Y	Colin, Will	7	4	---
Event # 20 Male 50 Fly 10 & Under 36.87Y	Colin, John	10	7	-2.89
Event # 22 Male 50 Fly 11-12 33.68Y	Colin, Ben	12	5	0.24
Event # 24 Male 100 Back 10 & Under 1:23.04Y	Colin, John	10	6	-1.86
Event # 26 Male 100 Back 11-12 1:14.54Y	Colin, Ben	12	6	-2.84
Event # 28 Male 100 IM 8 & Under 2:05.27Y	Colin, Will	7	---	---
Event # 30 Male 100 IM 10 & Under 1:24.65Y	Colin, John	10	6	-2.81
Event # 32 Male 100 IM 11-12				

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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

	1:15.55Y	Colin, Ben	12	9	-3.23
Event # 34	Male 50 Breast 8 & Under				
	1:17.65Y	Colin, Will	7	6	---
Event # 40	Male 200 Free 10 & Under				
	2:35.13Y	Colin, John	10	6	-6.20
Event # 42	Male 200 Free 11-12				
	2:17.97Y	Colin, Ben	12	5	-1.67
Event # 49	Female 200 Back 13-14				
	2:24.53Y	Schroeder, Emily	14	3	5.35
Event # 52	Male 200 Back Senior				
	2:27.77Y	Gill, Mitchel	15	6	-4.18
Event # 53	Female 50 Free 13-14				
	NS	Schroeder, Emily	14	---	---
Event # 54	Male 50 Free 13-14				
	24.30Y	Gill, Josh	13	4	-0.18
Event # 56	Male 50 Free Senior				
	28.83Y	Gill, Mitchel	15	12	1.07
Event # 58	Male 200 Breast 13-14				
	2:26.52Y	Gill, Josh	13	2	3.90
Event # 60	Male 200 Breast Senior				
	2:48.11Y	Gill, Mitchel	15	5	11.22
Event # 61	Female 100 Fly 13-14				
	1:09.34Y	Schroeder, Emily	14	6	2.02
Event # 62	Male 100 Fly 13-14				
	1:07.43Y	Gill, Josh	13	---	---
Event # 65	Female 200 Free 13-14				
	2:11.29Y	Schroeder, Emily	14	6	3.86
Event # 66	Male 200 Free 13-14				
	NS	Gill, Josh	13	---	---
Event # 68	Male 200 Free Senior				
	2:15.39Y	Gill, Mitchel	15	13	3.55
Event # 73	Female 50 Free 8 & Under				
	47.07Y	Schroeder, Adrianna	8	7	1.26
Event # 74	Male 50 Free 8 & Under				
	41.57Y	Colin, Will	7	7	-10.44
Event # 75	Female 50 Free 10 & Under				
	39.95Y	Schroeder, Katelynn	10	22	0.87
Event # 76	Male 50 Free 10 & Under				
	30.72Y	Colin, John	10	3	-0.57
Event # 78	Male 50 Free 11-12				
	28.93Y	Colin, Ben	12	7	-0.06
Event # 80	Male 100 Fly 10 & Under				
	1:34.23Y	Colin, John	10	6	0.39
Event # 82	Male 100 Fly 11-12				
	1:16.31Y	Colin, Ben	12	3	0.19
Event # 83	Female 50 Back 8 & Under				
	54.41Y	Schroeder, Adrianna	8	9	-0.72

Event # 84	Male 50 Back 8 & Under	53.96Y	Colin, Will	7	6	2.06
Event # 85	Female 50 Back 10 & Under	47.43Y	Schroeder, Katelynn	10	19	0.13
Event # 86	Male 50 Back 10 & Under	38.30Y	Colin, John	10	5	-0.13
Event # 88	Male 50 Back 11-12	35.52Y	Colin, Ben	12	9	0.38
Event # 89	Female 100 Breast 10 & Under	1:58.69Y	Schroeder, Katelynn	10	20	0.92
Event # 93	Female 100 Free 8 & Under	1:46.47Y	Schroeder, Adrianna	8	8	2.81
Event # 94	Male 100 Free 8 & Under	1:45.55Y	Colin, Will	7	10	---
Event # 95	Female 100 Free 10 & Under	1:32.53Y	Schroeder, Katelynn	10	22	3.76
Event # 96	Male 100 Free 10 & Under	1:09.99Y	Colin, John	10	4	-0.96
Event # 98	Male 100 Free 11-12	1:01.85Y	Colin, Ben	12	5	-0.31
Event #105	Female 200 IM 13-14	2:26.39Y	Schroeder, Emily	14	5	5.35
		2:26.51Y	Roepsch, Autumn	14	---	---
Event #106	Male 200 IM 13-14	2:13.12Y	Gill, Josh	13	6	-3.24
Event #108	Male 200 IM Senior	2:31.06Y	Gill, Mitchel	15	9	3.42
Event #109	Female 100 Breast 13-14	1:17.85Y	Roepsch, Autumn	14	5	0.52
Event #110	Male 100 Breast 13-14	1:06.44Y	Gill, Josh	13	2	0.91
Event #112	Male 100 Breast Senior	1:15.90Y	Gill, Mitchel	15	6	2.64
Event #113	Female 200 Fly 13-14	2:37.94Y	Schroeder, Emily	14	3	-0.27
Event #117	Female 100 Free 13-14	58.71Y	Roepsch, Autumn	14	6	-0.70
		1:01.51Y	Schroeder, Emily	14	10	2.75
Event #118	Male 100 Free 13-14	53.21Y	Gill, Josh	13	2	0.27
Event #120	Male 100 Free Senior	1:02.22Y	Gill, Mitchel	15	12	1.26
Event #121	Female 100 Back 13-14	1:08.01Y	Schroeder, Emily	14	5	4.59
		1:09.42Y	Roepsch, Autumn	14	8	1.38
Event #122	Male 100 Back 13-14	1:03.49Y	Gill, Josh	13	6	-2.61
Event #124	Male 100 Back Senior					

1:10.02Y

Gill, Mitchel

15

8

0.78

Results are not available for the Minnesota Grand Prix at this time.