

D.A.S.H. Weekly

November 23, 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 November 16, they are:

GREEN – Anna Pfeiffer
 BLUE – Cameron Shultz
 BRONZE – Nick Topping
 SILVER – Carlie Noel
 GOLD – Morgan Schill

DASH Apparel items have arrived!
 Jan Pape will be at the pool this evening with

Practice Schedule

For the week of – November 23 – Happy Thanksgiving!!!!

| | | |
|--------|-------------------|----------------------|
| GOLD | 4:30 – 7 p.m. | Monday & Tuesday |
| | NO Practice | Wednesday & Thursday |
| | 9 - 11 a.m. | Friday |
| SILVER | 9 – 11 a.m. | Saturday |
| | 6:30 – 8:30 p.m. | Monday & Tuesday |
| | NO Practice | Wednesday & Thursday |
| BRONZE | 9 - 11 a.m. | Friday |
| | 9 – 11 a.m. | Saturday |
| | 6:30 – 8 p.m. | Monday & Tuesday |
| BLUE | NO Practice | Wednesday & Thursday |
| | 10:30 a.m. - Noon | Friday |
| | 4:30 – 6:15 p.m. | Monday & Tuesday |
| GREEN | NO Practice | Wednesday & Thursday |
| | 10:30 a.m. - Noon | Friday |
| | 6 - 7 p.m. | Monday & Tuesday |
| GREEN | NO Practice | Wednesday & Thursday |
| | 10:30 a.m. - Noon | Friday |

For the week of – November 30

| | | |
|---------------|------------------|-------------------|
| 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 | 4:30 – 6:15 p.m. |
| 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

DUE TODAY - MONDAY, NOVEMBER 9

Ø Gold Canyon Candles

§ ARE HERE!!!!!!

Jan Gill will have them at practice on Tuesday, November 24, from 5 – 6 p.m. If anyone needs to set up a different time, please call her at 563.543.4014.

Ø BRAX Spirit Cups

Should arrive the 2nd week of December. A notice will be sent at that time.

Thanks, JAN GILL

Poinsettia Orders

GREAT response with poinsettia sales! 37 families selling over 900 items = about \$21,000 in sales. The order grids made it VERY easy to process.

We will need help unloading the trucks this Friday and Saturday at 8 a.m. at Conlon Construction, 1100 Rockdale Rd.

Money for all orders should have been turned in w/the orders last week, or on Thursday, December 17th. Please do not turn in money at multiple times.

Thanks, Heidi Schill

Swim Meet – Entry Deadlines & Info

| Deadline | Meet | Who |
|-----------------|----------------------------------|----------|
| Date | (Meet Date) | Attends? |
| Has passed | Cedar Falls at Holmes (12/4 – 6) | ALL |
| Tues., Nov. 24 | Iowa City at Mercer (12/12 & 13) | State Q |
| Thurs., Dec. 17 | Bettendorf (1/8 – 10) | State 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
 TBA Iowa Swimming Regional Finals Non-Q
 Bettendorf HS (2/20 & 21)
 TBA Iowa Swimming 12 & Under State State Q
 Mercer Park, Iowa City (2/26 - 28)
 TBA Iowa Swimming 13 & Over State State Q
 UofI Field House, Iowa City (3/5 - 7)
 TBA Speedo Sectional Championships Meet cuts
 UofMN, Minneapolis (3/10-13)

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
 Cell Phone: (563) 543-1105
 E-mail coachdoug@teamdash.org

Contacting Coach Tasia

Cell Phone: (641) 680-1057
 E-mail coachtasia@teamdash.org

Contacting Coach Jake

Cell Phone: (563) 599-8892
 E-mail coachjake@teamdash.org

Other Swimming Links

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

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

MEET RESULTS

CRAA Harvest Meet results are not available at this time.

DMSF Meet

Johnston Summit Middle School Pool

Nov. 13 – 15, 2009

| <u>Event / Time</u> | <u>Name</u> | <u>Age</u> | <u>Place</u> | <u>Time Add or Drop</u> |
|---------------------------------|-------------------------------------|------------|--------------|-------------------------|
| Event # 5B Male 500 Free Senior | | | | |
| 4:55.04Y | F Huff, Connor | 15 | 1 | 0.25 |
| 26.69 | 29.72 29.96 30.18 29.56 29.55 30.08 | 30.02 | | |
| 30.36 | 28.92 | | | |

| | | | | | | | |
|------------|---|----------|-------|---------------------|----|-----|--------|
| Event # 63 | Female 100 Fly Senior | 1:04.29Y | F | Roopsch, Autumn | 15 | 3 | -6.71 |
| 28.73 | | 35.56 | | | | | |
| Event # 64 | Male 100 Fly Senior | 56.67Y | F | Huff, Connor | 15 | 1 | 2.58 |
| 27.18 | | 29.49 | | | | | |
| | | 58.32Y | F | Gill, Josh | 14 | 2 | 1.20 |
| 27.34 | | 30.98 | | | | | |
| Event # 66 | Male 200 Free 13-14 | 2:01.90Y | F | Schroeder, Mitchell | 14 | 4 | -2.73 |
| 28.54 | | 31.41 | 31.82 | 30.13 | | | |
| | | 2:13.60Y | F | Colin, Ben | 13 | 9 | 2.04 |
| 29.52 | | 34.23 | 35.54 | 34.31 | | | |
| Event # 67 | Female 200 Free Senior | 1:58.81Y | F | Roopsch, Autumn | 15 | 1 | -5.24 |
| 26.93 | | 29.58 | 30.59 | 31.71 | | | |
| Event # 68 | Male 200 Free Senior | 1:48.72Y | F | Huff, Connor | 15 | 2 | -1.13 |
| 25.95 | | 27.79 | 27.94 | 27.04 | | | |
| | | 1:54.55Y | F | Gill, Josh | 14 | 3 | 5.56 |
| 26.73 | | 28.59 | 29.48 | 29.75 | | | |
| | | NS | F | Griffin, Cameron | 17 | --- | --- |
| Event # 72 | Male 400 Medley Relay Senior - Lead-Off Legs (100 Back) | 1:07.73Y | F | Schroeder, Mitchell | 14 | --- | -1.87 |
| Event # 74 | Male 50 Free 8 & Under | 36.83Y | F | Colin, Will | 8 | 3 | -1.42 |
| Event # 77 | Female 50 Free 11-12 | 31.54Y | F | Willer, Jenna | 11 | 31 | -1.89 |
| | | NS | F | Schaefer, Melanie | 12 | --- | --- |
| Event # 78 | Male 50 Free 11-12 | 30.64Y | F | Colin, John | 11 | 13 | 0.71 |
| Event # 81 | Female 100 Fly 11-12 | 1:25.25Y | F | Willer, Jenna | 11 | 16 | 2.74 |
| 38.24 | | 47.01 | | | | | |
| Event # 84 | Male 50 Back 8 & Under | 46.33Y | F | Colin, Will | 8 | 3 | -5.57 |
| Event # 87 | Female 50 Back 11-12 | 35.41Y | F | Willer, Jenna | 11 | 14 | -0.61 |
| | | NS | F | Schaefer, Melanie | 12 | --- | --- |
| Event # 88 | Male 50 Back 11-12 | 34.71Y | F | Colin, John | 11 | 6 | 0.28 |
| Event # 92 | Male 100 Breast 11-12 | 1:32.64Y | F | Colin, John | 11 | 9 | -2.60 |
| 43.83 | | 48.81 | | | | | |
| Event # 94 | Male 100 Free 8 & Under | 1:20.46Y | F | Colin, Will | 8 | 3 | -15.36 |
| 39.18 | | 41.28 | | | | | |
| Event # 97 | Female 100 Free 11-12 | 1:07.47Y | F | Willer, Jenna | 11 | 24 | -1.89 |
| 32.52 | | 34.95 | | | | | |
| | | NS | F | Schaefer, Melanie | 12 | --- | --- |
| Event # 98 | Male 100 Free 11-12 | 1:05.06Y | F | Colin, John | 11 | 6 | -1.41 |
| 31.27 | | 33.79 | | | | | |
| Event #106 | Male 200 IM 13-14 | 2:20.05Y | F | Schroeder, Mitchell | 14 | 4 | -5.86 |
| 31.91 | | 34.48 | 42.31 | 31.35 | | | |
| | | 2:31.95Y | F | Colin, Ben | 13 | 11 | -7.12 |
| 32.83 | | 37.85 | 48.03 | 33.24 | | | |
| Event #108 | Male 200 IM Senior | 2:02.92Y | F | Huff, Connor | 15 | 1 | 3.65 |

| | | | | | | | | |
|-------------------------|---|------------------|-------------------------|--------------------------------|---------|-----|-----------|--|
| 26.64 | 31.41 | 36.94 | 27.93 | | | | | |
| | 2:06.82Y | | F | Gill, Josh | 14 | 4 | 3.37 | |
| 27.59 | 33.64 | 36.72 | 28.87 | | | | | |
| | NS | | F | Griffin, Cameron | 17 | --- | --- | |
| Event #110 | Male 100 Breast 13-14 | | | | | | | |
| | 1:17.31Y | | F | Schroeder, Mitchell | 14 | 3 | -1.84 | |
| 36.72 | 40.59 | | | | | | | |
| | 1:32.05Y | | F | Colin, Ben | 13 | 14 | 4.83 | |
| 42.49 | 49.56 | | | | | | | |
| Event #111 | Female 100 Breast Senior | | | | | | | |
| | 1:09.80Y | | F | Roepsch, Autumn | 15 | 1 | -6.62 | |
| 32.34 | 37.46 | | | | | | | |
| Event #112 | Male 100 Breast Senior | | | | | | | |
| | 1:03.55Y | | F | Gill, Josh | 14 | 2 | 2.95 | |
| 30.39 | 33.16 | | | | | | | |
| | 1:04.00Y | | F | Huff, Connor | 15 | 3 | 1.86 | |
| 29.92 | 34.08 | | | | | | | |
| Event #115B | Male 200 Fly Senior | | | | | | | |
| | 2:10.83Y | | F | Huff, Connor | 15 | 1 | 11.90 | |
| 30.22 | 32.94 | 34.56 | 33.11 | | | | | |
| Event #118 | Male 100 Free 13-14 | | | | | | | |
| | 56.94Y | | F | Schroeder, Mitchell | 14 | 4 | -0.40 | |
| 27.60 | 29.34 | | | | | | | |
| | 59.64Y | | F | Colin, Ben | 13 | 9 | 0.45 | |
| 28.65 | 30.99 | | | | | | | |
| Event #119 | Female 100 Free Senior | | | | | | | |
| | 54.22Y | | F | Roepsch, Autumn | 15 | 2 | --- | |
| 25.86 | 28.36 | | | | | | | |
| Event #120 | Male 100 Free Senior | | | | | | | |
| | 50.71Y | | F | Gill, Josh | 14 | 2 | 1.31 | |
| 25.17 | 25.54 | | | | | | | |
| | 51.03Y | | F | Huff, Connor | 15 | 3 | 0.66 | |
| 24.95 | 26.08 | | | | | | | |
| | NS | | F | Griffin, Cameron | 17 | --- | --- | |
| Event #122 | Male 100 Back 13-14 | | | | | | | |
| | 1:07.17Y | | F | Schroeder, Mitchell | 14 | 5 | -2.43 | |
| 32.94 | 34.23 | | | | | | | |
| | 1:13.80Y | | F | Colin, Ben | 13 | 12 | 1.84 | |
| 35.90 | 37.90 | | | | | | | |
| Event #123 | Female 100 Back Senior | | | | | | | |
| | 1:02.30Y | | F | Roepsch, Autumn | 15 | 2 | -2.47 | |
| 30.30 | 32.00 | | | | | | | |
| Event #124 | Mixed 100 Back Senior | | | | | | | |
| | 1:01.32Y | | F | Gill, Josh | 14 | 4 | -1.02 | |
| 29.61 | 31.71 | | | | | | | |
| Event #126 | Male 400 Free Relay Senior - Lead-Off Legs (100 Free) | | | | | | | |
| | 50.43Y | | F | Huff, Connor | 15 | --- | 0.06 | |
| Event # 72 | Male Senior 400 Medley | | | | | | | |
| | 4:07.18 | Y | F | Dubuque Area Swimmin' Hurrigan | | | DASH | |
| Mitchell Schroeder (14) | Josh Gill (14) | Connor Huff (15) | Ben Colin (13) | | | | | |
| 32.85 | (32.85) | 1:07.73 | (1:07.73) | (30.06) | 2:12.30 | | (1:04.57) | |
| 2:38.48 | (26.18) | 3:08.45 | (56.15) | 1:37.79 (27.93) | 4:07.18 | | (58.73) | |
| | | | | 3:36.38 | | | | |
| Event #126 | Male Senior 400 Free | | | | | | | |
| | 3:36.49 | Y | F | Dubuque Area Swimmin' Hurrigan | | | DASH | |
| Connor Huff (15) | Josh Gill (14) | Ben Colin (13) | Mitchell Schroeder (14) | | | | | |
| 24.22 | (24.22) | 50.43 | (50.43) | (24.36) | 1:41.07 | | (50.64) | |
| 2:09.05 | (27.98) | 2:40.47 | (59.40) | 1:14.79 (27.10) | 3:36.49 | | (56.02) | |
| | | | | 3:07.57 | | | | |

