

D.A.S.H. Weekly

December 7, 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 30, they are:

GREEN – Hannah Schiesl
 BLUE – Brittanie Nolan
 BRONZE – Adrianna Schroeder
 SILVER – Jenna Willer
 GOLD – Emily Schroeder

Practice Schedule

For the week of – December 7

GOLD	4:30 – 7 p.m.	Monday - Thursday
	3 – 5 p.m.	Friday
	NO Practice	Saturday
SILVER	6:30 – 8:30 p.m.	Monday - Thursday
	3 – 5 p.m.	Friday
	NO Practice	Saturday
BRONZE	6:30 – 8 p.m.	Monday – Thursday
	NO Practice	Friday
	NO Practice	Friday
BLUE	4:30 – 6:15 p.m.	Monday – Thursday
	NO Practice	Friday
	NO Practice	Friday
GREEN	6 - 7 p.m.	Monday – Thursday
	NO Practice	Friday
	NO Practice	Friday

For the week of – December 14

GOLD	4:30 – 7 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
	NO Practice	Friday
BLUE	4:30 – 6:15 p.m.	Monday – Thursday
	4:30 - 6 p.m.	Friday
	NO Practice	Friday
GREEN	6 - 7 p.m.	Monday – Thursday
	4:30 – 5:45 p.m.	Friday
	NO Practice	Friday

For the week of – December 21

GOLD	9 – 11 a.m.*	Monday – Wednesday
	<u>AND</u> 4:30 – 7 p.m.	Monday – Wednesday

9 – 11 a.m.	Thursday
NO Practice	Friday / Merry Christmas!!
9 - 11 a.m.	Saturday

* Depending SNOW DAYS!!!!!!

SILVER	6:30 – 8:30 p.m.	Monday – Wednesday
	9 – 11 a.m.	Thursday
	NO Practice	Friday / Merry Christmas!!
BRONZE	9 - 11 a.m.	Saturday
	6:30 – 8 p.m.	Monday – Wednesday
	10:30 a.m. – Noon	Thursday
BLUE	NO Practice	Friday / Merry Christmas!!
	4:30 – 6:15 p.m.	Monday – Wednesday
	9 – 11 a.m.	Thursday
GREEN	NO Practice	Friday / Merry Christmas!!
	6 - 7 p.m.	Monday – Wednesday
	10:30 a.m. – Noon	Thursday
NO Practice	Friday / Merry Christmas!!	

Winter Season Fund Raising - UPDATE

BRAX Spirit Cups

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

Thanks,
 JAN GILL
 563.543.4014

Swim Meet – Entry Deadlines & Info

Deadline	Meet	Who
Date	(Meet Date)	Attends?
Has Passed	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 Bettendorf HS (2/20 & 21)	Non-Q
TBA	Iowa Swimming 12 & Under State Mercer Park, Iowa City (2/26 – 28)	State Q
TBA	Iowa Swimming 13 & Over State UofI Field House, Iowa City (3/5 – 7)	State Q
TBA	Speedo Sectional Championships UofMN, Minneapolis (3/10-13)	Meet cuts

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.

Contacting Coach Doug

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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

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

MEET RESULTS

BLAST Holiday Invitational
 Holmes Jr. High Pool, Cedar Falls
 December 4 – 6, 2009

<u>Event / Time</u>	<u>Name</u>	<u>Age</u>	<u>Place</u>	<u>Time Drop or Add</u>
Event # 1 Female 100 Fly 10 & Under 1:40.08Y	Maher, Kelsey	10	4	---
Event # 3 Female 50 Free 11-12 36.43Y	White, Madelyn	12	27	-1.63
39.11Y	Kuhl, Rachel	12	30	1.65
41.49Y	Smith, Ali	11	32	-2.00
42.07Y	Mueller, Rachel	11	34	-1.57
Event # 5 Female 50 Free Senior 25.63Y	Maher, Hannah	17	1	0.17
26.10Y	Orvis, Allison	16	2	0.96
27.86Y	Maher, Mary Kathryn	17	14	1.07
29.24Y	Joyce, Sam	15	20	---
Event # 6 Male 50 Free Senior 34.21Y	Meus, Joey	14	11	-1.34
Event # 7 Female 50 Fly 11-12 53.33Y	Smith, Ali	11	28	---
1:01.69Y DQ	Kuhl, Rachel	12	---	---
Event # 9 Female 50 Fly Senior 28.48Y	Orvis, Allison	16	2	-0.09
36.32Y	Joyce, Sam	15	13	-0.39
Event # 11 Female 100 IM 10 & Under 1:27.87Y	Maher, Kelsey	10	4	-0.92
Event # 15 Female 400 IM Senior 4:48.34Y	Maher, Hannah	17	1	7.36
4:59.02Y	Orvis, Allison	16	3	21.70
5:17.97Y	Maher, Mary Kathryn	17	8	18.82
Event # 17 Female 50 Back 11-12				

48.96Y	White, Madelyn	12	30	-3.40
49.43Y	Kuhl, Rachel	12	31	4.15
55.05Y	Mueller, Rachel	11	35	-1.88
50.30Y	DQ Smith, Ali	11	---	---
Event # 19 Female 50 Back Senior				
35.11Y	Joyce, Sam	15	9	-0.72
Event # 20 Male 50 Back Senior				
40.06Y	Meus, Joey	14	7	-5.99
Event # 21 Female 200 Free 10 & Under				
NS	Maher, Kelsey	10	---	---
Event # 23 Female 50 Breast 11-12				
56.02Y	White, Madelyn	12	29	-1.98
58.94Y	Mueller, Rachel	11	30	---
1:07.52Y	Kuhl, Rachel	12	32	9.02
50.37Y	DQ Smith, Ali	11	---	---
Event # 26 Male 50 Breast Senior				
43.28Y	DQ Meus, Joey	14	---	---
Event # 29 Female 50 Back 8 & Under				
50.03Y	Michel, Tori	8	7	-7.61
1:11.75Y	Schiesl, Hannah	7	27	---
Event # 31 Female 100 Back 10 & Under				
1:28.84Y	Maher, Kelsey	10	5	-6.56
1:46.24Y	Stierman, Julia	9	17	---
Event # 33 Female 25 Breast 8 & Under				
27.75Y	Michel, Tori	8	7	-0.79
Event # 35 Female 50 Breast 10 & Under				
46.07Y	Maher, Kelsey	10	6	-1.02
1:01.14Y	DQ Stierman, Julia	9	---	---
Event # 39 Female 200 IM 10 & Under				
4:15.35Y	Stierman, Julia	9	22	---
Event # 41 Female 100 IM 8 & Under				
1:53.43Y	Michel, Tori	8	8	---
Event # 43 Female 50 Free 10 & Under				
34.47Y	Maher, Kelsey	10	7	0.28
39.81Y	Stierman, Julia	9	14	0.56
44.52Y	Michel, Tori	8	35	-3.57
Event # 45 Female 25 Free 8 & Under				
27.11Y	Schiesl, Hannah	7	19	-5.49
Event # 53 Female 200 Medley Relay Senior - Lead-Off Legs (50 Back)				
32.50Y	Maher, Mary Kathryn	17	---	13.45
34.97Y	Joyce, Sam	15	---	-0.86
Event # 55 Female 200 Free 11-12				
2:12.44Y	Schaefer, Melanie	12	2	-5.32
2:13.19Y	Schaefer, Melanie	12	2	-4.57
2:29.11Y	Willer, Jenna	11	8	-10.71
2:30.72Y	Willer, Jenna	11	9	-9.10
2:32.69Y	Tsui, Alice	11	10	-15.09
Event # 56 Male 200 Free 11-12				
2:33.01Y	Stierman, Drake	12	6	-15.81
2:29.06Y	DQ Stierman, Drake	12	---	---
Event # 57 Female 200 Free Senior				
2:03.66Y	Orvis, Allison	16	2	6.60
2:04.32Y	Maher, Hannah	17	3	4.77
2:12.47Y	Maher, Mary Kathryn	17	9	11.58
2:13.18Y	Lembezeder, Molly	13	10	-0.86
2:29.33Y	Thomas, Madelaine	14	23	5.27

Event # 59 Female 100 Back 11-12					
1:15.53Y	Willer, Jenna	11	4		-4.30
1:16.63Y	Willer, Jenna	11	4		-3.20
Event # 61 Female 100 Back Senior					
1:06.22Y	Maher, Hannah	17	6		3.54
1:07.96Y	Maher, Mary Kathryn	17	8		1.78
1:23.57Y	DQ Joyce, Sam	15	---		---
Event # 62 Male 100 Back Senior					
1:09.01Y	Rutkowski, Alec	13	7		-2.59
1:09.27Y	Rutkowski, Alec	13	7		-2.33
1:26.73Y	Meus, Joey	14	13		---
Event # 63 Female 100 Breast 11-12					
1:29.11Y	Tsui, Alice	11	11		-7.75
Event # 65 Female 100 Breast Senior					
1:17.81Y	Thomas, Madelaine	14	6		0.59
1:19.01Y	Maher, Mary Kathryn	17	7		3.46
1:19.02Y	Thomas, Madelaine	14	6		1.80
Event # 66 Male 100 Breast Senior					
1:42.65Y	Meus, Joey	14	5		---
NS	Meus, Joey	14	---		---
Event # 67 Female 100 Fly 11-12					
1:17.82Y	Schaefer, Melanie	12	7		-2.33
1:19.48Y	Schaefer, Melanie	12	7		-0.67
1:27.74Y	Willer, Jenna	11	13		5.23
1:27.95Y	Willer, Jenna	11	11		5.44
Event # 68 Male 100 Fly 11-12					
1:16.59Y	Stierman, Drake	12	3		---
1:17.14Y	DQ Stierman, Drake	12	---		---
Event # 69 Female 100 Fly Senior					
1:03.96Y	Maher, Hannah	17	2		2.19
1:04.17Y	Orvis, Allison	16	3		0.29
1:07.92Y	Noel, Lauren	13	10		-2.38
1:13.58Y	Lembezeder, Molly	13	12		1.64
Event # 70 Male 100 Fly Senior					
1:09.26Y	Rutkowski, Alec	13	6		-2.46
1:10.69Y	Rutkowski, Alec	13	6		-1.03
Event # 71 Female 200 IM 11-12					
2:58.84Y	Tsui, Alice	11	16		---
Event # 72 Male 200 IM 11-12					
2:53.86Y	DQ Stierman, Drake	12	---		---
Event # 73 Female 200 IM Senior					
2:19.22Y	Orvis, Allison	16	1		9.03
2:32.16Y	Lembezeder, Molly	13	7		-3.25
2:51.47Y	Thomas, Madelaine	14	11		2.78
2:53.77Y	Thomas, Madelaine	14	16		5.08
NS	Noel, Lauren	13	---		---
Event # 74 Male 200 IM Senior					
2:30.79Y	Rutkowski, Alec	13	6		---
2:34.25Y	Rutkowski, Alec	13	5		---
Event # 75 Female 500 Free 11-12					
6:06.50Y	Schaefer, Melanie	12	3		-2.34
Event # 87 Female 200 Back 11-12					
2:47.52Y	Willer, Jenna	11	9		---
Event # 88 Male 200 Back 11-12					
2:43.79Y	Colin, John	11	9		---
2:53.24Y	Nugent, Brendan	11	11		4.33

Event # 89	Female 200 Back Senior	2:52.03Y	Thomas, Madelaine	14	18	0.50
Event # 90	Male 200 Back Senior	2:31.46Y	Colin, Ben	13	13	0.66
Event # 91	Female 100 Free 11-12	1:07.10Y	DQ Willer, Jenna	11	---	---
Event # 92	Male 100 Free 11-12	1:06.28Y	Colin, John	11	8	1.22
		1:13.73Y	Nugent, Brendan	11	13	3.52
Event # 93	Female 100 Free Senior	1:04.86Y	Thomas, Madelaine	14	20	-1.19
Event # 94	Male 100 Free Senior	1:01.25Y	Colin, Ben	13	17	2.06
Event # 96	Male 200 Breast 11-12	3:16.90Y	Colin, John	11	8	---
		3:33.31Y	Nugent, Brendan	11	10	---
Event # 97	Female 200 Breast Senior	2:47.06Y	Thomas, Madelaine	14	9	1.69
Event # 98	Male 200 Breast Senior	3:16.79Y	Colin, Ben	13	14	---
Event #100	Male 1000 Free 11-12	14:01.71Y	Colin, John	11	7	---
		14:23.16Y	Nugent, Brendan	11	8	---
Event #100A	Mixed 1000 Free 11-12	14:01.71Y	Colin, John	11	12	---
		14:23.16Y	Nugent, Brendan	11	13	---
Event #102	Male 1000 Free Senior	11:52.16Y	Colin, Ben	13	4	-4.35
Event #104	Male 50 Free 8 & Under	35.04Y	Colin, Will	8	3	-1.79
		1:00.06Y	Lyon, Jimmy	8	8	-5.93
Event #105	Female 100 Free 10 & Under	1:43.68Y	Thomas, Olivia	9	22	-15.95
		2:12.63Y	Lyon, Berkley	9	31	-16.21
Event #107	Female 25 Fly 8 & Under	23.72Y	Michel, Tori	8	6	-5.35
Event #108	Male 25 Fly 8 & Under	18.59Y	Colin, Will	8	3	-0.48
		DQ	Lyon, Jimmy	8	---	---
Event #109	Female 50 Fly 10 & Under	1:17.05Y	DQ Lyon, Berkley	9	---	---
		1:07.61Y	DQ Thomas, Olivia	9	---	---
Event #111	Female 100 Free 8 & Under	1:40.57Y	Michel, Tori	8	4	---
Event #112	Male 100 Free 8 & Under	1:20.71Y	Colin, Will	8	3	0.25
Event #115	Female 25 Back 8 & Under	21.86Y	Michel, Tori	8	4	-1.91
Event #116	Male 25 Back 8 & Under	21.60Y	Colin, Will	8	2	-1.90
		25.81Y	Lyon, Jimmy	8	5	-3.77
Event #117	Female 50 Back 10 & Under	1:01.75Y	Thomas, Olivia	9	23	2.54
		1:02.91Y	Lyon, Berkley	9	24	-1.18
Event #120	Male 50 Breast 8 & Under	1:15.05Y	DQ Lyon, Jimmy	8	---	---

Event #121 Female 100 Breast 10 & Under

3:01.73Y	DQ	Lyon, Berkley	9	---	---
NS		Thomas, Olivia	9	---	---