

D.A.S.H. Weekly

December 14, 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 December 7, they are:

GREEN – Anna Pfeiffer
 BLUE – Gabby Leitner
 BRONZE – Katelynn Schroeder
 SILVER – John Colin
 GOLD – Morgan Schill

Poinsettia Money is DUE this Week

Heidi Schill will be in the DASH room to collect final payments on Thursday, December 17th, beginning at 6:30 p.m. For balance due or if you are going to leave money in Schill mailbox, please email Heidi at hmsschill@aol.com.

Christmas Canned / Dry Food Drive

As we have for the past several years, DASH will be asking for food donations to pass on to one of the local shelters or food pantry. Please bring your canned or dry foods to the pool and place in the DASH Room. Collections will conclude with the Christmas Eve morning practice. Also, if you have any boxes that the “goods” can be stored and transported in, please bring those too.

Practice Schedule

For the week of – December 14

GOLD	4:30 – 7 p.m.	Monday - Thursday
	4:30 – 6:30 p.m.	Friday
	9 - 11 a.m.*	Saturday
	* NOTE TIME CHANGE	
SILVER	6:30 – 8:30 p.m.	Monday - Thursday
	4:30 – 6:30 p.m.	Friday
	9 - 11 a.m.*	Saturday
	* NOTE TIME CHANGE	
BRONZE	6:30 – 8 p.m.	Monday – Thursday
	4:30 – 6:00 p.m.	Friday
BLUE	4:30 – 6:15 p.m.	Monday – Thursday
	4:30 - 6 p.m.	Friday
GREEN	6 - 7 p.m.	Monday – Thursday
	4:30 – 5:45 p.m.	Friday

For the week of – December 21

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

Have been shipped. I'll be in touch when they arrive.

Thanks,
 JAN GILL
 563.543.4014

Swim Meet – Entry Deadlines & Info

Deadline	Meet	Who
Date	(Meet Date)	Attends?
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)	

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

ICE Irving Weber Invitational
Mercer Park Aquatic Center, Iowa City
December 12 & 13, 2009

<u>Event / Time</u>	<u>DQ</u>	<u>New State</u> <u>Q</u>	<u>Name</u>	<u>Age</u>	<u>Place</u>	<u>Time</u> <u>Drop or</u> <u>Add</u>
Event # 1 Male 200 IM 11-12						
2:44.70Y			Colin, John	11	9	-5.52
3:04.69Y			Nugent, Brendan	11	15	-22.06
Event # 4 Female 100 IM 8 & Under						
1:54.35Y			Pfeiffer, Anna	8	14	-14.22
Event # 6 Male 50 Free 11-12						
29.58Y			Forsyth, TJ	12	7	0.77
29.61Y			Colin, John	11	8	-0.32
29.88Y			Stierman, Drake	12	11	0.24
32.70Y			Nugent, Brendan	11	23	1.23
Event # 7 Female 50 Free 10 & Under						
30.80Y			Noel, Carlie	10	4	-2.36
39.27Y			Stierman, Julia	9	27	0.02
46.16Y			Pfeiffer, Anna	8	50	2.68
Event # 9 Male 100 Fly 11-12						
1:17.39Y			Stierman, Drake	12	5	0.80
Event # 12 Female 50 Fly 8 & Under						
1:02.01Y	DQ		Pfeiffer, Anna	8	---	---
Event # 14 Male 200 Free 11-12						
2:23.30Y			Colin, John	11	7	---
2:25.98Y			Forsyth, TJ	12	8	2.54
2:39.63Y			Nugent, Brendan	11	17	4.06
Event # 15 Female 200 Free 10 & Under						
2:31.27Y			Noel, Carlie	10	6	-26.04
Event # 17 Male 50 Breast 11-12						
41.21Y			Forsyth, TJ	12	13	0.60

43.31Y		Stierman, Drake	12	17	-0.29
Event # 18	Female 50 Breast 10 & Under				
41.99Y		Noel, Carlie	10	2	-0.20
1:03.06Y		Stierman, Julia	9	28	-0.53
Event # 20	Female 50 Back 8 & Under				
50.33Y		Pfeiffer, Anna	8	8	0.20
Event # 22	Male 100 Back 11-12				
1:16.67Y		Colin, John	11	8	2.00
1:16.76Y		Forsyth, TJ	12	9	3.40
1:22.86Y		Stierman, Drake	12	13	-1.33
1:26.01Y		Nugent, Brendan	11	15	4.62
Event # 23	Female 100 Back 10 & Under				
1:18.43Y		Noel, Carlie	10	3	-6.73
Event # 25	Male 200 Medley Relay 11-12 - Lead-Off Legs (50 Back)				
39.00Y		Nugent, Brendan	11	---	2.60
Event # 28	Female 100 Back 11-12				
1:16.29Y		Schaefer, Melanie	12	12	-0.88
1:17.31Y		Topping, Taylor	12	13	1.08
1:18.90Y		Schill, Megan	12	18	-6.01
1:23.99Y		Tsui, Alice	11	32	-4.60
Event # 29	Female 100 Back Senior				
1:09.37Y	Q	Lembezeder, Molly	13	20	-1.38
1:10.96Y		Schill, Morgan	14	23	2.78
1:21.67Y		Thomas, Madelaine	14	52	-0.23
Event # 30	Male 100 Back Senior				
1:13.21Y		Colin, Ben	13	13	1.25
Event # 31	Female 200 IM 11-12				
2:52.12Y		Schill, Megan	12	16	-27.31
Event # 32	Female 200 IM Senior				
2:31.42Y		Noel, Lauren	13	17	-1.77
2:47.31Y		Thomas, Madelaine	14	39	-1.38
Event # 33	Male 200 IM Senior				
2:37.36Y		Colin, Ben	13	8	5.41
Event # 34	Female 50 Free 11-12				
28.00Y		Schaefer, Melanie	12	9	-0.42
30.03Y	Q	Tsui, Alice	11	15	-2.17
30.56Y	Q	Schill, Megan	12	20	-2.41
31.13Y		Topping, Taylor	12	26	1.30
Event # 35	Female 50 Free Senior				
27.21Y		Lembezeder, Molly	13	12	0.19
28.42Y	Q	Noel, Lauren	13	31	-0.59
28.75Y		Schill, Morgan	14	33	-0.32
28.97Y		Thomas, Madelaine	14	38	-0.54
Event # 36	Male 50 Free Senior				
27.91Y		Colin, Ben	13	14	0.70
Event # 37	Female 50 Breast 11-12				
39.69Y		Tsui, Alice	11	15	-1.69
42.91Y		Schill, Megan	12	23	-0.88
43.31Y		Topping, Taylor	12	25	0.70
Event # 38	Female 100 Breast Senior				
1:18.08Y		Thomas, Madelaine	14	5	0.86
1:18.34Y		Schill, Morgan	14	7	-3.94
Event # 40	Female 200 Free 11-12				
2:12.53Y		Schaefer, Melanie	12	3	0.09
2:32.37Y		Tsui, Alice	11	20	-0.32
2:34.24Y		Topping, Taylor	12	25	-21.51

Event # 41	Female 200 Free Senior				
	2:12.80Y	Lembezeder, Molly	13	21	-0.38
	2:14.93Y	Noel, Lauren	13	27	-1.65
	2:15.88Y	Schill, Morgan	14	30	-4.00
Event # 42	Male 200 Free Senior				
	2:10.59Y	Colin, Ben	13	4	-0.97
Event # 44	Female 100 Fly Senior				
	1:08.90Y	Noel, Lauren	13	12	0.98
	1:13.99Y	Lembezeder, Molly	13	20	2.05
Event # 46	Female 200 Medley Relay 11-12 - Lead-Off Legs (50 Back)				
	38.31Y	Topping, Taylor	12	---	2.21
Event # 47	Female 400 Medley Relay Senior - Lead-Off Legs (100 Back)				
	1:11.03Y	Schill, Morgan	14	---	2.85
Event # 49	Female 1000 Free Senior				
	12:30.22Y	13&14 Q Schaefer, Melanie	12	10	---
Event # 51	Male 500 Free 11-12				
	6:12.61Y	Q Colin, John	11	4	-50.79
Event # 54	Female 100 Free 8 & Under				
	1:42.86Y	Q Pfeiffer, Anna	8	18	-8.60
Event # 57	Female 100 IM 10 & Under				
	1:18.89Y	Noel, Carlie	10	3	-4.19
	1:55.03Y	dq Pfeiffer, Anna	8	---	---
Event # 59	Male 50 Fly 11-12				
	33.30Y	Q Colin, John	11	5	-2.20
Event # 62	Female 50 Breast 8 & Under				
	59.46Y	Q Pfeiffer, Anna	8	12	---
Event # 65	Female 100 Breast 10 & Under				
	1:30.81Y	Noel, Carlie	10	4	-2.72
Event # 67	Male 50 Back 11-12				
	34.14Y	Colin, John	11	7	-0.29
Event # 68	Female 50 Back 10 & Under				
	36.33Y	Noel, Carlie	10	3	-1.06
	48.61Y	Pfeiffer, Anna	8	36	-1.52
Event # 72	Male 100 Free 11-12				
	1:03.47Y	Colin, John	11	8	-1.59
Event # 73	Female 100 Free 10 & Under				
	1:07.49Y	Noel, Carlie	10	6	-1.70
Event # 79	Female 200 Breast Senior				
	2:45.46Y	Thomas, Madelaine	14	9	0.09
	2:50.67Y	Schill, Morgan	14	14	-3.67
	2:52.23Y	Lembezeder, Molly	13	17	-2.45
Event # 81	Female 100 IM 11-12				
	1:15.30Y	Schaefer, Melanie	12	15	-3.51
	1:18.18Y	Schill, Megan	12	23	-4.87
	1:19.62Y	Topping, Taylor	12	30	-0.25
Event # 82	Female 400 IM Senior				
	5:20.62Y	Noel, Lauren	13	8	-8.35
	5:38.47Y	Schill, Morgan	14	10	---
Event # 83	Male 400 IM Senior				
	5:26.30Y	Colin, Ben	13	7	1.63
Event # 84	Female 50 Back 11-12				
	35.01Y	Willer, Jenna	11	10	0.08
	36.90Y	Topping, Taylor	12	18	0.80
	37.26Y	Schill, Megan	12	23	-0.87
Event # 85	Female 200 Back Senior				
	2:30.35Y	Schill, Morgan	14	15	-5.73

2:30.46Y		Lembezeder, Molly	13	16	0.20
2:33.51Y	Q	Noel, Lauren	13	18	-6.62
2:40.55Y		Schaefer, Melanie	12	30	-1.88
2:54.70Y		Thomas, Madelaine	14	41	3.17
Event # 86 Male 200 Back Senior					
2:29.66Y		Colin, Ben	13	18	-1.14
Event # 87 Female 100 Free 11-12					
1:06.20Y		Schill, Megan	12	14	-6.15
1:07.91Y		Willer, Jenna	11	22	1.46
1:08.09Y		Topping, Taylor	12	23	-1.15
Event # 88 Female 100 Free Senior					
58.80Y		Lembezeder, Molly	13	13	-1.44
1:01.51Y		Schaefer, Melanie	12	31	0.36
1:01.80Y		Noel, Lauren	13	37	-0.11
1:02.52Y		Schill, Morgan	14	39	-3.16
1:04.84Y		Thomas, Madelaine	14	49	-0.02
Event # 89 Male 100 Free Senior					
59.25Y		Colin, Ben	13	18	0.06
Event # 90 Female 50 Fly 11-12					
36.10Y		Schill, Megan	12	25	-0.19
36.48Y		Willer, Jenna	11	28	1.31
41.54Y		Topping, Taylor	12	37	1.27
Event # 91 Female 200 Fly Senior					
2:39.90Y		Noel, Lauren	13	9	0.92
Event # 93 Female 200 Free Relay 11-12 - Lead-Off Legs (50 Free)					
30.92Y		Topping, Taylor	12	---	1.09
Event # 94 Female 400 Free Relay Senior - Lead-Off Legs (100 Free)					
59.11Y		Lembezeder, Molly	13	---	-1.13
Event # 96 Female 500 Free 11-12					
6:07.25Y		Schaefer, Melanie	12	7	0.75
6:58.95Y		Willer, Jenna	11	13	-3.93
Event # 97 Female 500 Free Senior					
6:03.72Y		Lembezeder, Molly	13	12	---
Event # 98 Male 500 Free Senior					
5:43.42Y		Colin, Ben	13	15	-2.26