

D.A.S.H. Weekly

December 15, 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 December 8, they are:

GREEN – Samantha Erickson
 BRONZE – Brandon Yuan
 BLUE – Claire Castaneda
 SILVER – Brien Nugent
 GOLD – Autumn Roepsch

Practice Schedule

Week of December 15;

GOLD 4:30 - 7 p.m., M-Th
 4:30 – 6:30 p.m., Friday
 NO Practice – Saturday

SILVER 6:30 – 8:30 p.m., M-Th
 4:30 – 6:30 p.m., Friday

BRONZE 6:30 - 8 p.m., M-Th
 4:30 – 6 p.m., Friday

BLUE 4:30 – 6:15 p.m., M - F

GREEN 6 - 7 p.m., M - Th
 4:30 – 5:45 p.m., Friday

Upcoming Dates through the Holidays;

Monday, Dec. 22 Regular Monday Schedule
 Tuesday, Dec. 23 GOLD Doubles 9 – 11 a.m.
 All groups on “Friday” p.m. schedule

Wednesday, Dec. 24 **FOOD DRIVE DONATONS DUE**
GOLD 9 – 11 a.m.
SILVER 9 – 11 a.m.
BLUE 10:30 a.m. – Noon
BRONZE 10:30 a.m. – Noon
GREEN 10:30 – 11:45 a.m.

Thursday, Dec. 25 Merry Christmas! No Practice
 Friday, Dec. 26 GOLD Doubles 9 – 11 a.m.
 And 4:30 – 7 p.m.
 Regular “Friday” Schedule

Saturday, Dec. 27 GOLD 9 – 11 a.m.
 SILVER 9 – 11 a.m.

Sunday, Dec. 28 NO Practice
 Monday, Dec. 29 GOLD Doubles 9 – 11 a.m.
 Regular Monday Evening

Tuesday, Dec. 30 GOLD Doubles 9 – 11 a.m.
 Regular Tuesday Evening

Wednesday, Dec. 31 GOLD 9 – 11 a.m.

SILVER 9 – 11 a.m.
 BLUE 10:30 a.m. – Noon
 BRONZE 10:30 a.m. – Noon
 GREEN 10:30 – 11:45 a.m.
 Happy New Year!!! No Practice
 GOLD Doubles 9 – 11 a.m.
 Regular “Friday” Schedule
 GOLD 7 – 9 a.m.
 SILVER 7 - 9 a.m.
 NO Practice
 Return to Regular schedule

Thursday, Jan. 1
 Friday, Jan. 2
 Saturday, Jan. 3
 Sunday, Jan. 4
 Monday, Jan. 5

Winter Weather

We WILL have practice if at all possible. That said, travel only if YOU feel safe and comfortable with the road conditions. DO NOT TAKE ANY UN-NECESSARY RISKS.

If practice is cancelled, a mass email will be sent to all team families (same distribution list as the Weekly) and the local radio and TV stations will be notified. This notification will be made by 3:30 p.m.

With Coach Doug currently out of town, please refer questions to Coach Tasia or Coach Jake.

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	Meet	Who
Date	(Meet Date)	Attends?
Has passed	Team Iowa All-Stars (Jan. 17 & 18)	Qualifiers
(For this meet, entries must go through ISI. See ISI website for details.)		
Tues., Dec. 30	BETT – Bettendorf (Jan. 9 – 11)	State Q's
Tues., Jan. 6	DASH – Loras Pool (Jan. 18)	
	9 – 12 yr. olds Non-Q and 8 & Under and 13 & over ALL	
Thurs., Jan. 22	DASH – Hempstead Pool (Feb. 7 & 8)	ALL*
* Swimmers competing at the following week's Regional Final meet should limit their swims at the DASH Valentines meet		

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

Office Phone: (563) 588-7525

Cell Phone: (563) 543-1105

E-mail: Douglas.Colin@loras.edu

Contacting Coach Tasia

Cell Phone: (641) 680-1057

E-mail: anatanicole@gmail.com

Contacting Coach Jake

Cell Phone: (563) 599-8892

E-mail: jacob.gantenbein@gmail.com

Other Swimming Links

USA Swimming www.usaswimming.org

Iowa Swimming www.isiswim.org

DASH website www.teamdash.org

MEET RESULTS

ICE Irving Weber Memorial Invitational

Mercer Park Aquatic Center, Iowa City

Dec. 13 & 14, 2008

<u>Event</u>	<u>Time</u>	<u>Name</u>	<u>Place</u>	<u>Time Add or Drop</u>
Event # 2 Female 200 IM 10 & Under				
	dq	Willer, Jenna	---	---
Event # 4 Female 100 IM 8 & Under				
	1:44.33Y	Schroeder, Adrianna	6	-6.20
	NS	Schmitt, Katelyn	---	---
Event # 7 Female 50 Free 10 & Under				
	NS	Schmitt, Katelyn	---	---
Event # 8 Male 50 Free 10 & Under				
	34.04Y	Nugent, Brendan	13	-1.20
	40.66Y	Yuan, Brandon	29	-1.40
Event # 12 Female 50 Fly 8 & Under				

	51.43Y	Schroeder, Adrianna	4	-3.92
Event # 15 Female 200 Free 10 & Under				
	3:02.73Y	Willer, Jenna	17	-3.32
Event # 16 Male 200 Free 10 & Under				
	2:47.27Y	Nugent, Brendan	11	-4.87
Event # 18 Female 50 Breast 10 & Under				
	dq	Willer, Jenna	---	---
Event # 19 Male 50 Breast 10 & Under				
	51.90Y	Nugent, Brendan	11	1.68
	56.57Y	Yuan, Brandon	13	-0.04
Event # 20 Female 50 Back 8 & Under				
	52.65Y	Schroeder, Adrianna	6	-1.76
	NS	Schmitt, Katelyn	---	---
Event # 23 Female 100 Back 10 & Under				
	1:35.35Y	Willer, Jenna	20	-1.11
Event # 24 Male 100 Back 10 & Under				
	1:29.16Y	Nugent, Brendan	13	-1.71
	1:51.47Y	Yuan, Brandon	25	---
Event # 28 Female 100 Back 11-12				
	1:43.01Y	Schroeder, Katelynn	47	4.41
Event # 29 Female 100 Back Senior				
	1:06.93Y	Schroeder, Emily	18	3.51
	1:07.44Y	Roepsch, Autumn	22	-0.40
	1:10.00Y	Cram, Erin	31	0.46
	1:14.14Y	Schill, Morgan	47	0.82
Event # 30 Male 100 Back Senior				
	1:05.74Y	Yuan, Justin	8	-2.07
	1:14.14Y	Nugent, Brien	23	-1.95

Event # 31 Female 200 IM 11-12

3:37.19Y	Schroeder, Katelynn	25	6.00
----------	---------------------	----	------

Event # 32 Female 200 IM Senior

2:24.35Y	Roepsch, Autumn	6	-2.11
----------	-----------------	---	-------

2:25.32Y	Schroeder, Emily	9	4.28
----------	------------------	---	------

Event # 33 Male 200 IM Senior

2:13.48Y	Gill, Josh	3	3.01
----------	------------	---	------

2:27.40Y	Yuan, Justin	8	-21.26
----------	--------------	---	--------

Event # 34 Female 50 Free 11-12

42.73Y	Schroeder, Katelynn	57	3.65
--------	---------------------	----	------

Event # 35 Female 50 Free Senior

26.95Y	Roepsch, Autumn	14	-0.01
--------	-----------------	----	-------

29.24Y	Cram, Erin	43	0.63
--------	------------	----	------

31.47Y	Schill, Morgan	67	0.73
--------	----------------	----	------

Event # 36 Male 50 Free Senior

24.41Y	Gill, Josh	6	0.43
--------	------------	---	------

26.18Y	Yuan, Justin	13	-0.10
--------	--------------	----	-------

29.76Y	Nugent, Brien	37	0.53
--------	---------------	----	------

Event # 37 Female 50 Breast 11-12

57.38Y	Schroeder, Katelynn	46	3.69
--------	---------------------	----	------

Event # 38 Female 100 Breast Senior

1:16.42Y	Roepsch, Autumn	12	-0.91
----------	-----------------	----	-------

1:21.70Y	Cram, Erin	23	0.58
----------	------------	----	------

1:23.85Y	Schill, Morgan	29	-3.64
----------	----------------	----	-------

Event # 39 Male 100 Breast Senior

1:05.77Y	Gill, Josh	2	0.44
----------	------------	---	------

1:14.64Y	Yuan, Justin	8	-3.13
----------	--------------	---	-------

1:22.58Y	Nugent, Brien	15	-0.47
----------	---------------	----	-------

Event # 41 Female 200 Free Senior

2:11.20Y	Schroeder, Emily	17	3.77
2:31.81Y	Schill, Morgan	40	2.06

Event # 42 Male 200 Free Senior

1:57.27Y	Gill, Josh	4	1.38
2:26.52Y	Nugent, Brien	20	3.09

Event # 44 Female 100 Fly Senior

1:10.54Y	Schroeder, Emily	17	3.22
1:11.05Y	Cram, Erin	20	-0.07

Event # 47 Female 400 Medley Relay Senior

4:43.56	Morgan Schill, Autumn Roepsch, Erin Cram, Emily Schroeder		---
---------	--	--	-----

Event # 47 Female 400 Medley Relay Senior - Lead-Off Legs (100 Back)

1:14.32Y	Schill, Morgan	---	1.00
----------	----------------	-----	------

Event # 54 Female 100 Free 8 & Under

1:34.41Y	Schroeder, Adrianna	7	-9.25
----------	---------------------	---	-------

Event # 57 Female 100 IM 10 & Under

1:29.47Y	Tsui, Alice	15	0.49
1:33.30Y	Tsui, Grace	17	0.59
1:35.52Y	Willer, Jenna	21	---

Event # 60 Female 50 Fly 10 & Under

41.20Y	Willer, Jenna	13	-4.05
41.63Y	Tsui, Alice	14	-0.59

Event # 62 Female 50 Breast 8 & Under

56.83Y	Schroeder, Adrianna	6	-0.74
--------	---------------------	---	-------

Event # 65 Female 100 Breast 10 & Under

1:46.62Y	Tsui, Alice	16	4.33
1:47.10Y	Tsui, Grace	17	2.55

Event # 66 Male 100 Breast 10 & Under

dq	Kalb, Addison	---	---
----	---------------	-----	-----

Event # 68 Female 50 Back 10 & Under

41.59Y	Tsui, Grace	14	0.23
--------	-------------	----	------

43.07Y	Willer, Jenna	17	-3.54
--------	---------------	----	-------

Event # 69 Male 50 Back 10 & Under

dq	Kalb, Addison	---	---
----	---------------	-----	-----

Event # 70 Female 50 Free 8 & Under

43.08Y	Schroeder, Adrianna	8	-1.81
--------	---------------------	---	-------

NS	Schmitt, Katelyn	---	---
----	------------------	-----	-----

Event # 73 Female 100 Free 10 & Under

1:18.13Y	Tsui, Alice	17	1.74
----------	-------------	----	------

1:19.89Y	Tsui, Grace	22	2.67
----------	-------------	----	------

1:22.12Y	Willer, Jenna	26	---
----------	---------------	----	-----

Event # 74 Male 100 Free 10 & Under

1:38.99Y	Kalb, Addison	28	0.25
----------	---------------	----	------

Event # 76 Female 200 Free Relay10 & Under

2:33.58	Grace Tsui, Jenna Willer, Adrianna Schroeder, Alice Tsui	7	
---------	---	---	--

Event # 76 Female 200 Free Relay10 & Under - Lead-Off Legs (50 Free)

36.01Y	Tsui, Grace	---	1.03
--------	-------------	-----	------

Event # 78 Female 100 Breast 11-12

1:48.98Y	Schill, Megan	29	7.93
----------	---------------	----	------

Event # 79 Female 200 Breast Senior

2:43.64Y	Roepsch, Autumn	12	-4.95
----------	-----------------	----	-------

2:55.77Y	Cram, Erin	23	-0.07
----------	------------	----	-------

Event # 80 Male 200 Breast Senior

2:21.48Y	Gill, Josh	1	-1.14
----------	------------	---	-------

Event # 81 Female 100 IM 11-12

1:31.84Y	Schill, Megan	40	-0.52
dq	Schroeder, Katelynn	---	---

Event # 82 Female 400 IM Senior

5:12.55Y	Schroeder, Emily	6	9.54
5:22.06Y	Roepsch, Autumn	10	---

Event # 83 Male 400 IM Senior

4:49.52Y	Gill, Josh	7	0.75
----------	------------	---	------

Event # 84 Female 50 Back 11-12

48.43Y	Schroeder, Katelynn	39	1.28
--------	---------------------	----	------

Event # 85 Female 200 Back Senior

2:25.70Y	Schroeder, Emily	14	6.52
2:26.74Y	Roepsch, Autumn	17	2.87
2:30.46Y	Cram, Erin	24	-4.73

Event # 87 Female 100 Free 11-12

1:23.40Y	Schill, Megan	36	1.54
1:31.85Y	Schroeder, Katelynn	42	3.08

Event # 88 Female 100 Free Senior

58.85Y	Roepsch, Autumn	13	1.35
1:01.81Y	Schroeder, Emily	23	3.05
1:03.09Y	Cram, Erin	33	0.85

Event # 89 Male 100 Free Senior

51.86Y	Gill, Josh	6	-0.19
--------	------------	---	-------

Event # 90 Female 50 Fly 11-12

43.79Y	Schill, Megan	27	1.17
52.27Y	Schroeder, Katelynn	30	4.72

Event # 91 Female 200 Fly Senior

2:42.43Y	Cram, Erin	9	1.78
----------	------------	---	------

NS	Schroeder, Emily	---	---
----	------------------	-----	-----

Event # 98 Male 500 Free Senior

5:19.48Y	Gill, Josh	6	-17.22
----------	------------	---	--------