

2010 Summer Season

Registration

NOTICE!!!!

A couple of things to remember when registering for the season:

- 1) All outstanding fees must be paid.**
- 2) EVERYONE must submit a DEPOSIT for summer fundraising, unless, they have already covered the required amount w/ winter season carry-over.**
NEW: There is a \$400 family maximum per season on fund raising.
- 3) EVERYONE must submit a DEPOSIT for their family's Work Session Requirement. The amount is based on the family's team member with the highest requirement.**
- 4) ALL FAMILIES must sign-up for a committee.**
- 5) Note the REGISTRATION DATES;**
 - GOLD, SILVER, & "EXTENDED" Stay Fit – Monday & Tuesday, March 22 & 23, 6 – 8 p.m., Loras College – San Jose Pool**
 - GREEN, BLUE, & BRONZE – Tuesday & Wednesday, April 13 & 14, 6 – 8 p.m., Loras College – San Jose Pool**
 - "Regular" Stay Fit will register on the first day of attendance following the end of the Dubuque school year.**
 - If you are unsure what level to sign-up for, please contact Coach Doug.**

2010 – Summer Group Info & Meet Schedule

GOLD

Gold Group is intended for serious year-round swimmers. This includes collegiate, varsity high school, and prepared middle school athletes who are willing and able to train & compete to the highest level possible.

Registration – Monday & Tuesday, March 22 & 23, 6 – 8 p.m., Loras College - San Jose Pool

Practice Begins – TBD (depending on pool maintenance, March 29 or April 5)

Fees –

2010 USA Swimming membership (if not already registered)

Seasonal – not valid for Sectional, Zone or above (valid March 29 – August 1) \$34

OR

Annual – valid for all meets (valid March 29 – December 31) \$58

Season Fee

Returning Team Member \$200

First Time Team Member \$100

College – must have competed during the preceding winter season on a college team (membership begins mid-May) \$150

Season Fund Raising

Returning Team Member – paid as DEPOSIT at Registration \$200

First Time Team Member NONE

College – paid as DEPOSIT at Registration \$150

Administrative Fee (Returning members who were not active w/DASH in Winter 09-10) \$42*

* Does not apply to College team members.

Concession Stand Fee (due at registration) – one per family \$10

Work Session Fee – paid as DEPOSIT at Registration \$200

GOLD Group families are required to work FOUR swim meet sessions during the season.

Each missed session will result in a \$50 charge. Families are only responsible for work sessions for the family member in the group with the highest requirement.

Schedule –

March 29 or April 5 – end of DBQ school year Mon. – Thurs. 4:30 – 7:00 p.m.

April 9 – June 5 Friday 3:00 – 5:00 p.m.

First day of DBQ summer vacation – July 23 Mon. – Fri. 5:30 – 8:00 a.m.*

AND – both training sessions are recommended

Mon. – Thurs. 4:30* – 7:00 p.m.

* Dry-land Training is 7:30 – 8 a.m. OR 4:30 – 5 p.m.

Saturday Morning practices will be added throughout the season, and listed on the practice schedule in the DASH Weekly newsletter.

Group Requirements –

* Minimum training ability: 10x100 on 1:30

* Must have achieved at least one 13 & 14 ISI Q Time or have Head Coach's permission.

* Junior Varsity High School swimmers must have their high school coach's recommendation to join this group.

* Unless team member has a written excuse from a parent, they must attend at least 4 practices each week, from March 29 – June 5, and at least 5 practices per week from June 9 – July 23. Team members not meeting the attendance requirements will be switched to the Blue group or Stay Fit, and remain there until such time as they once again meet the GOLD Group requirements.

SILVER

Registration – Monday & Tuesday, March 22 & 23, 6 – 8 p.m., Loras College - San Jose Pool

Practice Begins – TBD (depending on pool maintenance, March 29 or April 5)

Fees –

2010 USA Swimming membership (if not already registered)	
Seasonal – not valid for Sectional, Zone or above (valid March 29 – August 1)	\$34
OR	
Annual – valid for all meets (valid March 29 – December 31)	\$58
Season Fee	
Returning Team Member	\$140
First Time Team Member	\$70
Season Fund Raising	
Returning Team Member – paid as DEPOSIT at Registration	\$140
First Time Team Member	NONE
Administrative Fee (Returning members who were not active w/DASH in Winter 09-10)	\$28
Concession Stand Fee (due at registration) – one per family	\$10
Work Session Fee – paid as DEPOSIT at Registration	\$150

SILVER Group families are required to work THREE swim meet sessions during the season. Each missed session will result in a \$50 charge. Families are only responsible for work sessions for the family member in the group with the highest requirement.

Schedule –

March 29 or April 5 – end of DBQ school year	Mon. – Thurs.	6:30 – 8:30 p.m.
April 9 – June 5	Friday	4:30 – 6:30 p.m.
First day of DBQ summer vacation – July 23	Mon. – Fri.	7:15 – 9:30 a.m.
	OR – only one training session is permitted each day	
	Mon. – Thurs.	4:30 – 6:45 p.m.

Saturday Morning practices will be added throughout the season, and listed on the practice schedule in the DASH Weekly newsletter.

Group Requirements –

- * Minimum training ability: 10x100 on 2:00
- * Must have achieved at least one 11 & 12 ISI Q Time or have Head Coach's permission.
- * Unless team member has a ***written excuse from a parent***, they must attend at least 3 practices each week, from March 30 – June 5, and at least 4 practices per week from June 8 – July 24. Team members not meeting the attendance requirements will be switched to the BLUE group, and remain there until such time they once again meet the SILVER Group requirements.

BRONZE

Registration – Tuesday, April 13 & Wednesday, April 14, 6 – 8 p.m., Loras College – San Jose Pool

Practice Begins – Monday, April 19

Fees –

2010 USA Swimming membership (if not already registered)	
Seasonal – not valid for Sectional, Zone or above (valid April 19 – August 1)	\$34
Season Fee	
Returning Team Member	\$115
First Time Team Member	\$60
Season Fund Raising	

Returning Team Member – paid as DEPOSIT at Registration	\$115
First Time Team Member	NONE
Administrative Fee (Returning members who were not active w/DASH in Winter 09-10)	\$12
Concession Stand Fee (due at registration) – one per family	\$10
Work Session Fee – paid as DEPOSIT at Registration	\$100

BRONZE Group families are required to work TWO swim meet sessions during the season. Each missed session will result in a \$50 charge. Families are only responsible for work sessions for the family member in the group with the highest requirement.

Schedule –

April 19 – end of DBQ school year	Mon. – Thurs.	6:30 – 8:00 p.m.
April 23 – June 5	Friday	4:30 – 6:00 p.m.
First day of DBQ summer vacation – July 23	Mon. – Fri.	8:00 – 9:30 a.m.
OR – only one training session is permitted each day		
	Mon. – Thurs.	6:30 – 8:00 p.m.

Group Requirements –

- * Pay attention! Stay afloat!! Learn!!! Have Fun!!!!

BLUE

Registration – Tuesday & Wednesday, April 13 & 14, 6 – 8 p.m., Loras College - San Jose Pool

Practice Begins – Monday, April 19

Fees –

2010 USA Swimming membership (if not already registered)	
Seasonal – not valid for Sectional, Zone or above (valid April 19 – August 1)	\$34
Season Fee	
Returning Team Member	\$125
First Time Team Member	\$60
Season Fund Raising	
Returning Team Member – paid as DEPOSIT at Registration	\$125
First Time Team Member	NONE
Administrative Fee (Returning members who were not active w/DASH in Winter 09-10)	\$25
Concession Stand Fee (due at registration) – one per family	\$10
Work Session Fee – paid as DEPOSIT at Registration	\$100

BLUE Group families are required to work TWO swim meet sessions during the season. Each missed session will result in a \$50 charge. Families are only responsible for work sessions for the family member in the group with the highest requirement.

Schedule –

April 19 – end of DBQ school year	Mon. – Thurs.	6:30 – 8:00 p.m.
April 23 – June 5	Friday	4:30 – 6:15 p.m.
First day of DBQ summer vacation – July 23	Mon. – Fri.	7:00 – 9:00 a.m.
OR – only one training session is permitted each day		
	Mon. – Thurs.	6:00 – 8:00 p.m.

Group Requirements –

- * Must be a current middle school student or older.
- * Pay attention! Stay afloat!! Learn!!! Have Fun!!!!

GREEN

Registration – Tuesday, April 13 & Wednesday, April 14, 6 – 8 p.m., Loras College – San Jose Pool

Practice Begins – Monday, April 19

Fees –

2010 USA Swimming membership (if not already registered)	
Seasonal – not valid for Sectional, Zone or above (valid April 19 – August 1)	\$34
Season Fee	
Returning Team Member	\$85
First Time Team Member	\$50
Season Fund Raising	
Returning Team Member – paid as DEPOSIT at Registration	\$85
First Time Team Member	NONE
Administrative Fee (Returning members who were not active w/DASH in Winter 09-10)	\$10
Concession Stand Fee (due at registration) – one per family	\$10
Work Session Fee – paid as DEPOSIT at Registration	\$50

GREEN Group families are required to work ONE swim meet session during the season. Each missed session will result in a \$50 charge. Families are only responsible for work sessions for the family member in the group with the highest requirement.

Schedule –

April 19 – end of DBQ school year	Mon. – Thurs.	6:00 – 7:00 p.m.
April 23 – June 5	Friday	4:30 – 5:45 p.m.
First day of DBQ summer vacation – July 23	Mon. – Fri.	8:00 – 9:15 a.m.
	OR – only one training session is permitted each day	
	Mon. – Thurs.	6:30 – 7:45 p.m.

Group Requirements –

* Pay attention! Stay afloat!! Learn!!! Have Fun!!!!

STAY FIT – two options

Option #1 - “Extended” Stay Fit (must be GOLD level ability)

Registration – Monday & Tuesday, March 22 & 23, 6 – 8 p.m., Loras College - San Jose Pool

Practice Begins – TBD (depending on pool maintenance, March 29 or April 5)

Fees –

2010 USA Swimming membership (if not already registered)	
Seasonal – (valid March 29 – August 1)	\$34
Season Fee	
Returning Team Member	\$200
First Time Team Member	\$100
Season Fund Raising	NONE
Administrative Fee (Returning members who were not active w/DASH in Winter 09-10)	NONE
Concession Stand Fee (due at registration)	NONE
Work Session Fee	NONE
Competition Fee – paid per meet entered in addition to regular entry fees	\$15

Schedule –

March 29 or April 5 – end of DBQ school year	Mon. – Thurs.	4:30 – 7:00 p.m.
April 9 – June 5	Friday	3:00 – 5:00 p.m.
First day of DBQ summer vacation – July 23	Mon. – Fri.	7:00 – 9:00 a.m.

Option #2 – “Regular” Stay Fit

Registration – Anytime prior to starting practice. Contact Coach Doug for a time.

Practice Begins – First day of DBQ summer vacation

Fees –

2010 USA Swimming membership (if not already registered)	
Seasonal – (valid starting date – August 1)	\$34
Season Fee	
Returning Team Member	\$100
First Time Team Member	\$50
Season Fund Raising	NONE
Administrative Fee (Returning members who were not active w/DASH in Winter 09-10)	NONE
Concession Stand Fee (due at registration)	NONE
Work Session Fee	NONE
Competition Fee – paid per meet entered in addition to regular entry fees	\$15

Schedule –

First day of DBQ summer vacation – July 23 Mon. – Fri. 7:00 – 9:00 a.m.

Group Requirements, both options –

* Must be a current eighth grader or older and have been a member of a swim team (DASH, YMCA, high school, or college) within the last 12 months.

Meet Schedule

<u>When</u>	<u>What / Where</u>	<u>Who</u>
May 1 & 2	ICE Spring Meltdown / Mercer Park (50m pool), Iowa City	Senior Q's
8	CRAA Pentathlon / Coe or Kennedy (25 yd.), Cedar Rapids	No GOLD Sr.
29	DASH Team Intra-squad / Loras Pool (25 yd.)	ALL
June 5 & 6	CRAA Kick-off / Mercer Park (50m), Iowa City	State Q's only
19 & 20	PVST Summer Invite / Pleasant Valley HS (25m), Bettendorf	No state Q's
25 – 27	MCSC / Mason City (50m)	State Q's only
26 & 27	VAC Summer Invitational / Vinton (25m)	No state Q's
July 8 – 11	BLST / The "Falls" (50m), Cedar Falls	State Q's
16 – 18	RCA Stars of Tomorrow / Riverview Pool (50m), Clinton	State Q's
21 – 24	Speedo Sectional Championships / Univ. of MN, Minneapolis	Meet cuts only
24 & 25	Iowa Swimming Regional Finals / Loras Pool (25yd.)	Non-Q events
29 – 8/1	Iowa Swimming Summer State / Mercer Park (50m), Iowa City	State Q's only
	NOTE – The state meet is 3+ days, beginning on Thursday afternoon.	
Aug. 3 – 7	ConocoPhillips Nationals / Irvine, CA	Meet cuts only
5 – 8	15 & Over Zone Championships / Bismark, ND	Meet cuts only
6 – 8	14 & Under Zone Championships / Lincoln, NE	Meet cuts only
9 – 13	Jr. Nationals / Irvine, CA	Meet cuts only