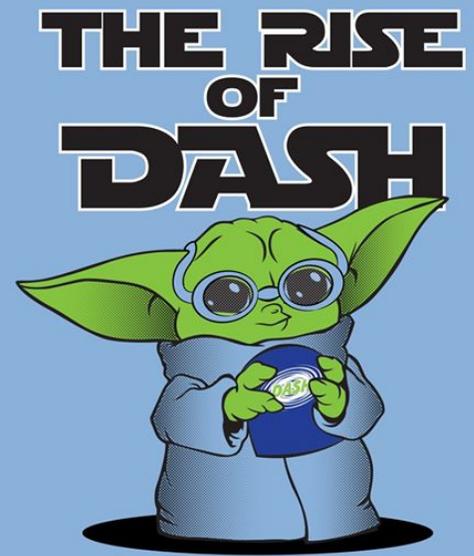


DASH SCOOP

January 2020



New Pool!

We are so excited to be in the new pool! Thank you for all of your support and we look forward to the rest of this season and many more to come!

Champ Meets

It's getting to the end of the season again! That means championship meets are coming up quick. We need parents to volunteer at the Bronze Finals, Silver Champs, and 8 and under Champs for **work sessions**. We are hosting those meets, so we need volunteers to help make it run smoothly.

DASH SCOOP

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Work Sessions

Jobs and Hours

Each family is required to work a certain number of work sessions, depending on which swim group your most advanced swimmer is in. Work sessions are offered during our home meets and can be signed up for on DASH's website. Each job on the sign up page will show the number of work session credits you will receive for that job. Meets will have two or three sessions per day lasting approximately four hours long. Available work sessions are scheduled in either 2 or 4 hour increments. A team credit of \$25 per session, up to \$100 per season, can be earned for Officials and Computer Operators once certification is complete.

Requirements:

- Gold (non-High School)- 3
- Gold (High School Girls)- 2
- Gold (High School Boys Pre and Post Season)- 1
- White- 2
- Silver-2
- Bronze (Returning Member)-2
- Bronze (New Member)-1
- Blue (Non High School Returning)- 2
- Blue (Non High School New Member)-1
- Blue (High School Girls Returning)-2
- Blue (High School Girls New)-1
- Blue (High School Boys Pre and Post Season)-1
- Green (Returning)-2
- Green (New Member)-1
- Jr. Hurricanes- 0, no obligation, but we would be happy with any parents would be willing to volunteer

How to Sign up

Log into your DASH account on the website, then click on the Job Signup tab next to the Attend/Decline tab for the meet. This will take you to the signup sheet. The jobs listed below will be broken down into each job, what time the job starts and ends and how many work session credits they are worth. Click on an open line (one without a name on it) under the work session you would like to work and fill in your information.

<https://www.teamunify.com/team/iadash/page/home>

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Interesting Info: Nutrition

- A paper from Fitter and Faster has some super useful tips for how to fuel yourself and or your kids for swimming
- Swimming is extremely taxing on the body, and if you are not fueling right, you might not be getting the best race out of your body
- Hydration is one of the most important things to pay attention to for swimmers of all ages, here are some tips:

6 Steps to Being Well Hydrated

1. Begin exercise well hydrated. Drink 16 oz about 2 hours before practice and another 8-16 oz about 15-20 minutes before practice.
2. Weigh yourself before you get in the pool.
3. During exercise
 - - If less than 60 minutes, drink 6-12 oz of water every 20 minutes
 - If more than 60 minutes drink 6-12 oz every 20 mins of a 6-8% carb solution drink (ie Gatorade)
1. Weigh yourself after to calculate sweat rate. For every pound you lose, drink 16-24 oz of fluid.
2. Drink water with every meal to ensure pale yellow colored urine to indicate you are hydrated (check out the hydration chart).
3. After exercise, drink water with carbohydrates to speed up the recovery process. Thirst lags behind the body's need. Prevent yourself from becoming thirsty because if you're thirsty, then you are already dehydrated.

- For more interesting and useful info about how to fuel go to <https://fitterandfaster.com/dry-land-fitness-nutrition/fueling-fitter-faster-swimmer/>

December Swimmers of the Month

Jr. Hurricanes: Lucy D

Silver: Molly G

Green: Max H

Gold: Tabitha M

Blue: Christopher D

White: Shaena P

Bronze: Austin H

DASH SCOOP

January 2020

Bronze Finals

Work session sign ups are open until Feb 8th!

<https://www.teamunify.com/team/adash/page/home>

Where?

- Hempstead Pool

When?

- February 9
- You should be there with your swimmers by 11:45, as they get in to warm up at noon.
- Competition starts at 1:00

What should I bring?

- Swimmers need towels, cap, goggles, suit, sweats or a robe to keep warm in-between events, snacks and drinks
- IMPORTANT, since we have new concrete floors they can stain *very* easily. Please do not bring colored drinks like Gatorade or Powerade to the meet, as we want to keep the pool as nice as we can, for as long as we can
- Parents need cash to buy programs, highlighters for the program, sharpies for writing events, their own snacks and drinks, and their cheering voice

What should I/my swimmer wear?

- We are having a theme for this meet of Star Wars!
- Swimmers- you can dress up as your favorite Star wars character, and use your powers of the force to propel yourselves through the water
- Parents- wear this years champ shirt if you ordered one, and don't be afraid to get dressed up yourselves!



DASH SCOOP

January 2020

Silver Champs

Entries for swimmers are open until Feb 4! Don't forget to sign up for your work sessions!

<https://www.teamunify.com/team/iadash/page/home>

Where?

- Hempstead Pool

When?

- February 14-15
- Session 1 on Friday PM, on deck time is 5:15, meet starts at 6:30
- Session 2 on Saturday AM, On deck is 7:45 AM, meet starts at 9:00
- Session 3 on Saturday PM, On deck is 5:15, meet starts at 6:30
- Session 4 on Sunday AM, Same as session 2
- Session 5 on Sunday Afternoon On deck is 12:45, meet starts at 2:00

What should I bring?

- Swimmers need towels, cap, goggles, suit, sweats or a robe to keep warm in-between events, snacks and drinks
- IMPORTANT, since we have new concrete floors they can stain *very* easily. Please do not bring colored drinks like Gatorade or Powerade to the meet, as we want to keep the pool as nice as we can, for as long as we can
- Parents need cash to buy programs, highlighters for the program, sharpies for writing events, their own snacks and drinks, and their cheering voice

What should I/my swimmer wear?

- We are having a theme for this meet of Star Wars!
- Saturday is for champ shirts, and Sunday is for dressing up in costumes
- Swimmers- you can dress up as your favorite Star wars character, and use your powers of the force to propel yourselves through the water
- Parents- wear this years champ shirt if you ordered one, and don't be afraid to get dressed up yourselves!
- Wear your Champ or DASH Shirt on Saturday and your Costume on Sunday



DASH SCOOP

January 2020

8 and Under Champs

Entries for swimmers are open until Feb 4! Don't forget to sign up for your work sessions!

<https://www.teamunify.com/team/iadash/page/home>

Where?

- Hempstead Pool

When?

- February 15
- Saturday Afternoon, On deck is 12:45, meet starts at 2:00

What should I bring?

- Swimmers need towels, cap, goggles, suit, sweats or a robe to keep warm in-between events, snacks and drinks
- IMPORTANT, since we have new concrete floors they can stain *very* easily. Please do not bring colored drinks like Gatorade or Powerade to the meet, as we want to keep the pool as nice as we can, for as long as we can
- Parents need cash to buy programs, highlighters for the program, sharpies for writing events, their own snacks and drinks, and their cheering voice

What should I/my swimmer wear?

- We are having a theme for this meet of Star Wars!
- Saturday is for champ shirts, and Sunday is for dressing up in costumes
- Swimmers- you can dress up as your favorite Star wars character, and use your powers of the force to propel yourselves through the water
- Parents- wear this years champ shirt if you ordered one, and don't be afraid to get dressed up yourselves!



DASH SCOOP

January 2020

Age group Champs

Entries are open until Feb 4!
Don't forget to sign up for your
timing sessions!

<https://www.teamunify.com/team/iadash/page/home>

Where?

- Wellmark YMCA, 501 Grand Avenue, Des Moines, Iowa 50309

<u>Session</u>	<u>Coaches Meeting</u>	<u>Pool Deck & Spectator Seating</u>	<u>Warm-ups</u>	<u>Competition</u>
Thursday PM	3:30 p.m.	3:30 p.m.	4:00 p.m.	5:00 p.m.
Friday Prelims	7:00 a.m.	7:00 a.m.	7:30 a.m.	8:30 a.m.
Friday Afternoon	TBA - if needed		12 noon*	1:00 p.m.*
Friday Finals	TBA - if needed	3:30 p.m.	4:00 p.m.*	5:00 p.m.*
Saturday Prelims	TBA - if needed	7:00 a.m.	7:30 a.m.	8:30 a.m.
Saturday Afternoon	TBA - if needed		12 noon*	1:00 p.m.*
Saturday Finals	TBA - if needed	3:30 p.m.	4:00 p.m.*	5:00 p.m.*
Sunday Prelims	TBA - if needed	7:00 a.m.	7:30 a.m.	8:30 a.m.
Sunday Afternoon	TBA - if needed		12 noon*	1:00 p.m.*
Sunday Finals	TBA - if needed	3:30 p.m.	4:00 p.m.*	5:00 p.m.*

When?

- Feb 20-23

What should I bring?

- Swimmers need standard meet wear and snacks, don't forget Fast Skins!
- Parents also need standard meet items, Don't forget water bottles! Stay hydrated!

What should I/my swimmer wear?

- We are having a theme for this meet of Star Wars!
- This theme is all weekend long, so you can dress up the whole weekend, or whenever you can
- Swimmers- you can dress up as your favorite Star wars character, and use your powers of the force to propel yourselves through the water
- Parents- wear this years champ shirt if you ordered one, and don't be afraid to get dressed up yourselves!
- Friday Finals is for Costumes, Saturday is for Champ Shirts, and Sunday is all day Costumes

DASH SCOOP

January 2020

Senior Champs

Entries are open until Feb 17! Don't forget to sign up for your timing sessions! <https://www.teamunify.com/team/iadash/page/home>

Where?

- Campus Wellness Recreation Center (CRWC), 309 South Madison Street, Iowa City, IA 52242, USA

When?

- Feb 27-Mar1

Session	Coaches Meeting	Pool Deck and Spectator Seating	Warm-Ups	Competition
Session I - Thursday PM	3:30 PM	3:30 PM	4:00 PM	5:00 PM
Session II - Friday Preliminaries	7:00 AM	7:00 AM	7:30 AM	9:00 AM
Session III - Friday Finals		3:30 PM	4:00 PM	5:00 PM
Session IV - Saturday Preliminaries		7:00 AM	7:30 AM	9:00 AM
Session V - Saturday Finals		3:30 PM	4:00 PM	5:00 PM
Session VI - Sunday Preliminaries		7:00 AM	7:30 AM	9:00 AM
Session VII - Sunday Finals		3:30 PM	4:00 PM	5:00 PM

What should I bring?

- Swimmers need standard meet wear and snacks, don't forget Fast Skins!
- Parents also need standard meet items, Don't forget water bottles! Stay hydrated!

What should I/my swimmer wear?

- We are having a theme for this meet of Star Wars!
- This theme is all weekend long, so you can dress up the whole weekend, or whenever you can
- Swimmers- you can dress up as your favorite Star wars character, and use your powers of the force to propel yourselves through the water
- Parents- wear this years champ shirt if you ordered one, and don't be afraid to get dressed up yourselves!
- Friday Finals is for Costumes, Saturday is for Champ Shirts, and Sunday is all day Costumes