



The D.A.S.H. Scoop

April 2024



@What's new...

Welcome new and returning families – We are super excited to be back in the water and are looking forward to a great season.

DASH Apparel - Make sure you check out our DASH apparel. The sale will run through Thursday April 11th.

QuickBooks Knowledge – DASH is looking for a parent that has QuickBooks knowledge and can help our treasurer with some questions. Please email admin@teamdash.org if you can help.

Work Sessions – Please check your work session requirement for this season. Every family is responsible for signing up for work sessions. We cannot run DASH without our parent volunteers (you are all very important people). Please don't worry, there are many opportunities to get those work sessions completed. Questions? Please see Christy Beimborn.

Team Pictures – Team pictures will be on Monday May 20th. Stay tuned for times.

Swim Caps - Need a DASH cap? During all swim meets, each swimmer who chooses to wear a cap, must wear a DASH cap. We do have them for sale. Silicone caps are \$15, and Latex are \$5. Please see Coach Doug to purchase. We will also have them for sale at our Garage Sale at the beginning of May.

DASH Swim-A-Thon 2024

Please join us for our only fundraiser this season. Fundraisers help with the daily operations of DASH. They also go towards fun monthly activities for your swimmer, and end of the season awards. During our Swim-a-thon DASH will have fun activities and raffle drawings! It will be a very fun event! Don't forget to sign your swimmer up that they are coming under "Events" in your DASH account. See you there!



SWIM-A-THON FUNDRAISER

TEAM GOAL \$15,000

This will be our **ONLY** fundraiser for 2024 and we need your support to make it a success!!

The swimmer who raises the most money wins the Grand Prize!!

Every swimmer will have their name entered into a raffle to win prizes during the Swim-a-thon

For every \$25 raised OVER \$200 the swimmers name will be entered into the HOT prize raffle!!

All money raised will be applied to your swimmer's fundraising requirement. All donations are tax deductible!

SATURDAY APRIL 20TH 7 am - 10 am

Make up day will be the following week during practice.
All money must be turned in by April 26th to be considered for the grand prize!
*swimmers must be present the day of the swim-a-thon to win a regular raffle prizes

Facebook and Instagram

Instagram and Facebook - Did you know DASH is on Instagram and Facebook? Don't forget to "like" DASH on Facebook and Instagram. It's a great way to stay up to date for practice schedules, fun events, swim meets, and special posts!

Instagram: <https://www.instagram.com/dash.swimming/>

Facebook: <https://www.facebook.com/dubuqueswimming/>

Upcoming Events

April 20 – SWIM-A-THON 7am-10am

May 11 – DASH Pentathlon – all 14 and under swimmers

May 17-19 – IFLY Armbruster in Iowa City

May 20 – Team Pictures

DASH Pentathlon

Our first meet of the Spring/Summer Season will be our DASH Pentathlon. It will be on Saturday May 11th. Sign-ups for both swimmers and work sessions are posted under team events. Questions on work sessions? Please see a board member for more details. Please don't worry if you didn't get signed up for a work session this meet. We still have two more bigger meets coming up that we will have plenty of work sessions to fulfill! Go Team DASH.



DASH Apparel Sale

We have posted our Spring/Summer DASH apparel sale. Simply Swimming will have some cool DASH items for sale, including cropped sweatshirts, hats, and summer styles. Ordering runs through Thursday April 11th. You can order here <https://simplyswimming.net/dash>



DASH ONLINE SHOP

DASH online apparel store closes Thursday April 11th!!
Get your Spring/Summer season orders in by midnight.
This will be our only apparel order this season.



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Swim Meet Tips

Wondering what to bring to your first swim meet?? We've got a great list to work with.

Before you leave - The morning of a swim meet, eat a GOOD breakfast and once you have a heat sheet (or on your phone under home events), you will want to write your swimmers events, heats, and lanes, and what they are swimming on their arm with a Sharpie (make sure your swimmers arm is dry). The below picture is a sample of how to write on the arm. You'll also want to pack snacks, water, towels, extra goggles, swim cap, and a positive attitude! Go team DASH! Remember, no glass or colored drinks on deck.



10 Reasons to Become a Swim Official

- 10 - Officials are not only needed, but required, in order to conduct swim meets.
 - 9 - Officials get the "best seat in the house."
 - 8 - There is often a hospitality room for coaches and officials.
 - 7 - You will be working with a great group of people.
 - 6 - You get to know parents from other teams.
 - 5 - High satisfaction, no pay.
 - 4 - Donuts and scotcheroos have no calories when consumed in a chlorine rich environment. (you may want to revisit reason #8)
 - 3 - You will learn A LOT about swimming.
 - 2 - You get to wear white after Labor Day.
- And the Number 1 Reason to become a Swim Official...
- 1 - A great way to share and participate in your child's swim experience

Classes start soon, click here for more information.
<https://www.gomotionapp.com/team/iaso/page/become-an-official>



Season Practice Schedule by Group

Known "NO PRACTICE DAYS":

- May 12, Sunday – Mother's Day
- May 26, Sunday – Memorial Day

Jr. Hurricanes

(March 25 – June 2)
Monday - Thursday / 6:00-7:00 pm
Sunday / 3:30-4:30 p.m.
Recommended Practice Attendance each week: 2 – 3

Green Group

(March 25 – June 2)
Monday - Thursday / 5:45-7:00 pm
Sunday / 3:30-4:45 p.m.
Recommended Practice Attendance each week: 2 – 3

Blue Group

(March 25 – June 2)
Monday - Thursday / 5:45-7:30 pm
Sunday / 3:30-5:00 pm
Recommended Practice Attendance each week: 3 – 4

Bronze Group

(March 25 – June 2)
Monday – Thursday / 6:30-8:15 pm
Friday / 4:45 – 6:15 pm
Saturday (NOT ALL Saturdays, watch CALENDAR and check w/Coach Doug) / most will be 7:30-9:00 am
Recommended Practice Attendance each week: 3 – 4

Silver Group

(March 25 – June 2)
Monday - Thursday / 6:30-8:30 pm
Friday / 4:45-6:30 pm
Saturday (NOT ALL Saturdays, watch CALENDAR and check w/Coach Doug) / most will be 7:00-9:00 am
Recommended Practice Attendance each week: 4 – 5

Gold Group

(March 25 – June 2)
Monday - Thursday / 6:30-8:45 pm
Friday / 4:45-6:30 pm
Saturday (NOT ALL Saturdays, watch CALENDAR and check w/Coach Doug) / most will be 7:00-9:00 am
Recommended Practice Attendance each week: ALL





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Meet the Coaches



Head Coach DOUG COLIN
Team Executive Director / Gold & Silver
Email coachdoug@teamdash.org

Coach Colin is one of the founding members of the DUBUQUE AREA SWIMMING HURRICANES. He and several parents formed the team in the Fall of 1991. Coach Colin is a Dubuque native. He graduated from the University of Iowa, with a B.B.A., Class of 1986. While at the University of Iowa, Doug was an assistant coach with the Iowa City Swim Club. Upon returning to Dubuque, he coached the Dubuque YMCA Swim Club for 4 years, prior to forming D.A.S.H., and is also the former Head Swimming & Diving Coach and Aquatics Director at Loras College.

Doug is ASCA Level 4 certified and has headed a staff selected as the IASI Age Group Coaching Staff of the Year in '07 and IASI Senior Coaching Staff of the Year in '08, '09, & '22, and, the Iowa Intercollegiate Athletic Conference Coach of the Year in '04 & '07. Doug and his wife, Marie, have three sons, Benjamin, John, and William, all members of DASH at one time or another.



Coach JACOB GANTENBEIN
Associate Head Coach / BRONZE
Email Jacob.gantenbein@gmail.com

Jake is a Dubuque native, graduating from Wahlert HS in 2001. During HS he swam for Dubuque Senior (co-op program), qualifying for the Iowa HS State meet all four years. He then went on to swim three years at Loras College prior to injuries cutting his career short. During his Duhawk career, Jake was a member of two record setting relays. His primary group with DASH is the BRONZE Group. Jake is the former Head Girls Swim Coach at Senior H.S.

Outside of DASH, Jake is an instructor at Northeast Iowa Community College and University of Wisconsin-Platteville. Jake and his wife Angie are proud "parents" of their dog Sully.



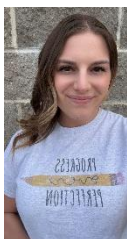
Coach TASIA GUITER
Asst. Coach / BLUE
Email coachtasia@teamdash.org

Tasia Guiter is a 2003 graduate of Ottumwa High School and a 2007 graduate of Loras College. As a Duhawk, she swam for coach Doug Colin, and is the former record holder in the 100 backstroke and three relays. Tasia graduated with a major in Exercise Science and a minor in math and is currently employed as the Wellness Coordinator at Luther Manor Communities. She has been coaching for DASH since 2006.



Coach LISA DOLPHIN
Asst. Coach / Jr. Hurricanes & GREEN
Email ldolph75@gmail.com

Lisa is one of the Jr. Hurricane group coaches. She grew up in Dubuque and competed for Wahlert HS and Loras College, then coached with DASH for several years prior to marriage and children. Lisa is currently a 4th grade teacher at Kennedy Elementary. She and her husband Wes have 3 children, Nick, Callie, & Jake, all three have been members of DASH, and they brought their mom back to coaching when they joined the team.



Coach VANESSA BERINGER
Asst. Coach / Jr. Hurricane and Substitute for other groups.

Coach Vanessa is from the Dubuque area! She swam for Hempstead High School from 2012-2015, qualified for state as a relay team, and broke two relay records her senior year. She is also the assistant coach of the girl's swim and dive team at Hempstead, and she floats around between the different groups at Dash. She graduated from Iowa State University in 2020 and is currently teaching fourth grade at Irving elementary. Vanessa is getting married in the summer of 2024. She and her fiancé Justin have two crazy pups, Goose and Arlo, who are bundles of energy.



Coach CALLIE DOLPHIN
Asst. Coach / Jr. Hurricanes
Bio coming soon.



Coach JIM SHEEHAN
Asst. Coach / GOLD

Jim is a Dubuque native, graduating from Wahlert HS in 1996. Jim began his swimming career with DASH & Coach Colin, just prior to beginning HS. During HS he swam for Dubuque Senior 1992-1996 (co-op program), where he was coached by Dan Duclos and Coach Colin (1992-93 season). During his HS career, he broke Dubuque Senior schools records, earned All-State and All-American honors. Under Coach Colin's tutelage Jim progressed from a novice swimmer to become DASH's first male Junior National qualifier (100yd breaststroke-1996). He then went on to swim at Iowa State University (1996-2000) where he was a Big 12 Conference finalist in the 100yd & 200yd breaststroke, co-captain (1999-2000 season), Jack McGuire Memorial Award winner (1999-2000 season) and US Olympic Trials qualifier (2000). As a coach Jim has worked with swimmers from a wide range of ages and ability levels, which have spanned age group swimmers to Olympians. Jim's international coaching experience includes head coaching duties for Puerto Rico at the 2021 South American Championships and the Tokyo 2020 Olympic Games. Jim and his wife, Carolyn, have three daughters, Miriam (2020 Olympian-100m Fly/100m FR), Alexandra, and Adonai, who are all members of DASH.



Coach KRISTI MARSHALL
Asst. Coach / GREEN
Email marshallkristi20@gmail.com

Kristi is a native of Omaha, NE and was on the state winning team her junior and senior year. She then went on to a four-year career at the University of St. Thomas (MN), where she specialized in the 100 & 200 breaststroke and the 200 IM with the 200 fly and 400 IM when they needed points for a meet :)

Kristi has a BS degree in Health Promotion and has worked at the University and corporate levels as a Trainer and Wellness Coach. Her career has taken her to Montana, Missouri, and now back to Her husband's hometown of Dubuque where she works at Hirschbach Motor Lines.

She swims Masters with DASH and has a swimmer in both the Bronze (Piper) and Gold (Cole) groups.



Coach CRAIG FREDERIKSEN
Asst. Coach / GREEN
Email frederiksencraig@gmail.com

Craig is originally from Moline, IL. He started swimming for the Moline Blue Marlins and went on to compete for Moline High School. After high school he swam for Lincoln College for two seasons and then finished his college career at Western Illinois University. After college swimming ended he began coaching the McDonough County Dolphins, followed by the Moline Blue Marlins as head coach, and then became the head coach for Moline High School boys' and girls' team. Craig continues to train and compete as a US Masters swimmer. He has earned 3 All-American titles in USMS: two for the 1650 and one for ultra-marathon open water swimming. Open water swimming has become a recent passion of his. He has traveled and competed across the country in open water marathon races. In 2017, he made an English Channel Crossing attempt and plans to make another attempt in the future.

Craig and his family have relocated to the Dubuque area for his primary occupation as a Safety Manager for John Deere. Craig and his wife, Christina, have two children Calvin and Corinne.



Coach JANET WARREN
Asst. Coach / Technique & Substitute

Coach Janet is a 5-time Iowa HS State Champion at Des Moines Roosevelt and a member of the Iowa HS Swim Coaches Association Hall of Fame. Following her HS career, Janet continued swimming at the University of Kansas. At KU, she was a three-year letter winner, team captain, and named female athlete of the year for the Jayhawks during the 1978-79 school year. While competing for the Jayhawks she was a two-time All-American in 1979 & 1980 and qualified for the 1980 Olympic Trials.

Janet and her late husband Don had all five of their children, Louise, Donny, Jack, Charlie and Olivia, swimming for Team DASH at one time or another.



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Thank you to our Sponsors!

We would love to advertise your company!
www.teamdash.org

Meet the Board of Directors

Meet the “Behind the Scenes” Team! The DASH Board of Directors is a group of parent volunteers who work together to determine swim club policies, develop and approve the annual budget, determine financial policies, and provide direction, and leadership for the club per the bylaws. We are always looking for new members who want to help make DASH the best it can be. Questions? Reach out to one of us pictured below. We would love to chat.



Pictured: Bottom Left to Right: Erin Cloos, Mardi Heiar, Jen Duehr, Back Row Left to Right: Trish Koch, Jody Pfeiffer, Doug Colin (background coaching test sets) Melissa DeMotta, Liz Bobis, Christy Beimborn, and Nikki Mulligan. Not pictured: Scott Koch



Jennifer Duehr, President

Christy Beimborn, Vice President, Meet Director

Melissa DeMotta, Secretary

Erin Cloos, Treasurer

Doug Colin, Program Development & Head Coach

Scott Koch, Safe Sport Director and **Trish Koch**, Spirit and Apparel Committee; shared position

Liz Bobis, Billing and Registration

Jody Pfeiffer, Spirit and Apparel Committee

Alyssa Schrobilgen, Marketing, and Sponsorship

Nikki Mulligan, Spirit and Apparel Committee

Mardi Heiar, Fundraising

Jackson L, Athlete Representative

Zack H, Athlete Representative