



# The D.A.S.H. Scoop

January 2026



## @What's new...

**Last Practice of the Season** – Our last practice of the Fall/Winter season is Friday February 13th. If you have achieved a qualifying time for Age group Short Course champs, please see the DASH website for more information on practice dates and times.

**Before and After Practice** – Parents, please have your swimmers to the pool by the start of practice. Coming in late doesn't let the swimmers receive the proper dryland technique and increases the risk of injury or soreness. Also please pick up promptly after practice to avoid any rough housing, and problems that could arise.

**DASH State Team Caps** – This season DASH will be offering DASH State Team Caps for both IASI Age Group Champs, and Short Course Champs. Caps are \$15.00 and will be available to purchase during the week of State Team practices. Christy will send out dates that they will be available to purchase.

**2026 Champ T-shirt design winner** – Congratulations to Adonai S! She was the winner of the Champ T-shirt design and will have her design on the 2026 Winter Champ team tees! Thank you to everyone who submitted their designs, and to all the swimmers for voting.

**Work Sessions** – Please check to make sure you have all your work session obligations fulfilled for this season. If you don't please contact Christy asap and we can get you signed up to help at our end of the season jobs. Thank you to everyone who has helped this season. We couldn't do it without you all!

## IASI Swimming Regionals

The end of the Fall/Winter season is coming up, and our IASI Swimming Regionals and 8 & under Championship is in Mason City this season. This meet will be February 14th - February 15th. This is our "last chance" meet to qualify for state. Work sessions are still required at this meet and will be available for signing up when we know how many timers we'll need for each session. If you have remaining unworked work sessions, please make sure you get signed up to help. Not sure what to do or how to sign up, contact Christy.



## Swimmers of the Month

Congratulations to our December 2025 SWIMMERS of the MONTH!!

Jr. Hurricanes – Grayson N

GREEN – Charlotte B

BLUE – Emma P

BRONZE – Madeline M

SILVER – Piper M

GOLD – Kaley B

## Upcoming Events

**Jan 31 – Feb 1** – Iowa Games: Not affiliated with DASH, must sign up on your own through Iowa games

**Jan 29** – "DASH night out" Social Fundraiser. Watch for more info coming soon

**Feb 12** – Last day of regular practice for Jr Hurricanes, Green, and Blue. Please see schedule for state practices if your swimmer has achieved a Q time. We are also having a fun night planned "Wear anything but a cap to practice" that night. Start thinking about some creative caps.

**Feb 13** – Last day of regular practice for Gold, Silver and Bronze. Please see schedule for State practices.

**Feb 14-15** – IASI 8 & Under Championships and Regional Meet at Mason City

**Feb 20 - 22** – IASI Age Group Championship (10 and under, 11& 12) at Cedar Falls

**Feb 26 – Mar 1** – IASI Short Course Championship (13 &14, 15 and over) at Des Moines

**Mar 10** – DASH Awards night

## DASH Business Sponsorships

Did you know? Businesses benefit greatly from sponsoring a swim team!

- **Targeted Audience:** Reach hundreds of local families, potential customers, and community members who value local support.
- **Brand Visibility:** Prominent logo placement on team shirts, banners at meets, club websites, newsletters, and social media.
- **Community Goodwill:** Show commitment to youth sports, healthy living, and local development, enhancing brand reputation.
- **Networking:** Connect with other local businesses and community leaders.
- **Content & PR:** Generate positive content and social media engagement by supporting a respected local program.

DASH is currently looking for Business sponsorship for our 2026 season. We would love to add you to the team and showcase your business. For more information, please contact Kate or Kristine at DASHmarketing@teamdash.org





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## From Coach's Kitchen

- **2 avocados, cubed**
- **Juice of 1 lime**
- **2 cups Shredded chicken**
- **1 bell peppers, seeds and cores removed, chopped**
- **1/2 small red onion, chopped**
- **1/2 cup Shredded Monterey Jack**
- **1/2 cup shredded Cheddar**
- **2 Tbsp. sour cream**
- **2 Tbsp. finely chopped Chives**
- **4 large flour tortillas**

### **Directions**

1. **Step 1** In a medium bowl, combine avocado and lime juice and mash until only small chunks of avocado remain. Add chicken, bell pepper, red onion, Monterey Jack, cheddar, sour cream and chives and stir until evenly combined.
2. **Step 2** Spread a thin layer of the chicken avocado mixture onto a large tortilla, leaving a small border around the edges. Roll the tortilla up tightly, then cut off the edges and slice into 1" rolls. Repeat with remaining ingredients.
3. **Step 3** Serve cold or at room temperature.

## DASH "All Stars" Swimmers

Congratulations to Croix S, Isaac H, Evie W, Lily M, and Malin T on being selected to swim for Team Iowa in this past weekend's meet in Des Moines! They all swam amazingly, and did an awesome job representing DASH and Iowa Swimming.



## 2026 Champ Shirts

Awesome Job Adonai! Watch for email on when to order.



## Season Practice Schedule by Group

### Jr. Hurricanes

Session 2 (Dec 3 – Feb 13)

Monday – Thursday / 6:00 – 7:00 pm

Sunday / 3:30 – 4:30 pm

Recommended Practice Attendance each week: 2 – 3

### Green Group

(November 17 – February 13)

Monday - Thursday / 5:45 - 7:00 pm

Sunday / 3:30 - 4:45 p.m.

Recommended Practice Attendance each week: 2 – 3

### Blue Group and HS Girls Stay Fit

(November 17 – February 13)

Monday - Thursday / 6:30 - 8:15 pm

Sunday / 3:30-5:00 p.m.

Recommended Practice Attendance each week (Blue): 3 – 4

Recommended Practice Attendance each week HS Stay fit: None

### Bronze Group

(November 17 – February 13)

Monday - Thursday / 5:45 - 7:30 pm

Friday / 5:45-7:15

Saturday / Dates TBD and email from Doug

Recommended Practice Attendance each week: 4 – 5

### Silver Group

(November 17 – February 13)

Monday - Thursday / 6:30 - 8:30 pm

Friday / 5:45-7:30

Saturday / Dates TBD and email from Doug

Recommended Practice Attendance each week: ALL

### Gold Group

(November 17 – February 13)

Monday - Thursday / 6:30 - 8:45 pm

Friday / 5:45 – 7:30 pm

Saturday / Dates TBD and email from Doug

Recommended Practice Attendance each week: ALL

## Please follow us on Facebook, Instagram and now Tik Tok!

**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/>

**Tik Tok:** <https://www.tiktok.com/@dash.swimming? r=1& t=ZP-931BQsDBnNH>



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## Meet the Coaches



**Head Coach DOUG COLIN**  
**Team Executive Director / Gold & Silver**  
Email [coachdoug@teamdash.org](mailto:coachdoug@teamdash.org)

Coach Colin is one of the founding members of the DUBUQUE AREA SWIMMIN' 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 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 school's 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 TASIA GUTER**  
**Asst. Coach / BLUE**  
Email [coachtasia@teamdash.org](mailto:coachtasia@teamdash.org)

Tasia Guter 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 KRISTI MARSHALL**  
**Asst. Coach / GREEN**  
Email [marshallkristi20@gmail.com](mailto: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 Silver (Piper) and Gold (Cole) groups.



**Coach CRAIG FREDERIKSEN**  
**Asst. Coach / GREEN**  
Email [frederiksenraig@gmail.com](mailto:frederiksenraig@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 Safety Manager for John Deere. Craig and his wife, Christina, have two children, Calvin and Corinne.



**Coach Vanessa**  
**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 in her senior year. She is also the assistant coach of the girls' swimming 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. She and her husband have two crazy pups, Goose and Arlo, who are bundles of energy, and are proud parents of baby girl born in August 2025.



**Coach JACOB GANTENBEIN**  
**Asst. Coach / Technique & Substitute**

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 for 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. 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 daughter Finley, and their puppy Sully.



**Coach Katrina Wilson**  
**Asst. Coach / Blue and other groups Substitute**

Katrina Wilson graduated from Burnsville High School in Minnesota in 2002. She started her collegiate swimming career at the University of Nebraska before moving to Minnesota State Mankato. While at Mankato, Katrina earned All American for her 200 Breaststroke, the 200 Free Relay, and 200 Medley Relay. In the 2005 Division II Championship, she placed in the top 8 in the 200 breaststroke, and the top 16 for the 100 breast and 200 IM. She graduated with a BA in Biochemistry. She is currently the Niche Merchandising Director of Steve's Ace. She and her husband, Jake, have two daughters, four parakeets, and a cockatiel. Their eldest daughter is a DASH member.



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**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.



**Coach Rick Loeffelholz**

**Asst. Coach / Gold, HS Camp, Bronze**

Rick is a Dubuque native, graduating from Hempstead HS in 1994, where he was a four-year Iowa HS State qualifier. He then went on to a four-year career at St. Mary's University (MN), where he still holds five school records (200, 500, 1000 Free, 200 Fly, & 400 IM). He is a former swimmer under Coach Colin, beginning at the YMCA and moving to DASH when the team started. He also coached with Coach Colin at Loras College for two years. Rick is a Wellness & Recreation teacher in the Dubuque Community School system and the Head Boys Swim Coach at Hempstead HS, where he has been selected as State Coach of the Year in 2014, 4x District Coach of the year, and 2x MVC Divisional Coach of the year. In 2006, he was inducted into the Saint Mary's University (MN) Athletic Hall of Fame and in the spring of 2017 was elected to the Presidency of the Iowa High School Swim Coaches Association. For DASH, Rick coaches the Gold and HS Camp groups during the summer and is currently helping with Bronze. He and his wife, Kylie, have a son, Ty, and daughter, Emmy.



**Coach Callie Dolphin**

**Asst. Coach / Substitute Jr Hurricanes**

Callie is a 2024 graduate of Hempstead High School. Callie began competitive swimming with the DASH team when she was 8 years old. She enjoyed her high school swimming career with several trips to the State Meet and being a part of 2 Relay Records for the Mustangs. She has shared her love of water through many years of teaching Dash swim lessons and now helps coach the Junior Hurricanes. She is currently a Sophomore at Loras College pursuing a degree in Elementary Education.



**Coach Anna Kottakis**

**Asst. Coach / Jr, Green, Blue, and Bronze**

Anna is from Buffalo, New York and graduated from Emory University in 2022. Before moving to Dubuque, Anna was a division III collegiate swimmer who specialized in backstroke and sprint freestyle. Outside of DASH, Anna is the digital editor for Madison Magazine and

Channel3000.com, a lifestyle magazine and local news website based in Madison, WI.



## Adult Swim Classes

New Year New Goals! Whether you're getting back in the pool, looking for low-impact fitness, or cross-training, DASH is ready for you! Your Pace. Your Goals. Your Lane. Classes start soon.

