



The D.A.S.H. Scoop

November 2025



@What's new...

New Practice Hours – New Practice Hours – New Swim Practice hours will start Nov 17th. Along with winter hours comes winter weather. If practices are ever cancelled, Coach Doug will send an email and/or text messages. Make sure you're signed up, and have your email verified.

Swim Apparel/Christmas ordering – Reminder for High School Girls. Team Suits and shirts are now available to order. Please look for an email with a link to the store. Deadline for ordering is November 16th. Missed our first team store? You will be able to order from this one or add on something you missed.

Winter Champ Design Contest – Who's ready to design the 2026 champ t-shirts? Get your ideas together because during the middle of December we will be asking you to submit your design for voting. Stay tuned for more info coming soon!

Giving Thanks Swim Caps - DASH will have our Giving Thanks Caps again for sale for the month of November. The caps will be available to purchase on select days in November or respond back to this email. (Watch social media for dates). They are Latex caps and will be available for \$5.00. DASH will accept Cash or Checks.

Attention ALL Swimmers – Please be respectful when you're upstairs in the entry way or hallway. We have witnessed numerous swimmers climbing the walls, running, and throwing objects. The school does have cameras, and we don't want anyone or DASH to get into trouble. Please wait patiently for your parents to pick you up. Parents, if you see anyone not respecting Hempstead property, please let Coach Doug know. Also, just a reminder to be on time to both practice and "on deck" times. Thank you!

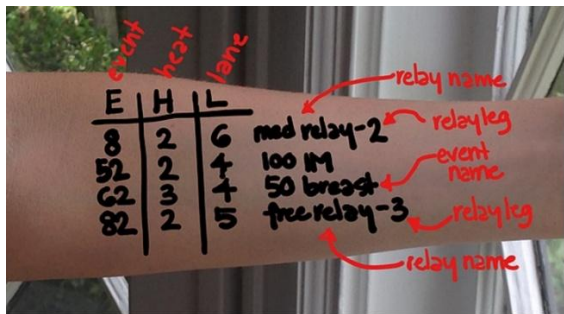
Swim Caps - Need a DASH cap? During all swim meets, each swimmer who chooses to wear a cap must wear a DASH cap. We do have them for sale and will have them available for purchase at the DASH garage sale. Silicone caps are \$15, and Latex are \$5. Caps with names on them can be purchased through our Team Store when it becomes available. If you need a cap before the store orders, come in, please see Coach Doug to purchase.

Swim Meet Tips

What to bring - Wondering what to bring to your first swim meet? We've got a great list and food ideas.

The morning (or the night before) of a swim meet, check the online heat sheet (Coach Doug will send these out a couple days before the meet), then before your meet you will want to write your swimmers events, heats, lanes and what they are swimming on one of their arms with a Sharpie. (Don't worry, they think it is cool to have a temporary tattoo to show off to friends at school on Monday, but it will be gone after a few showers!) The picture below is a sample of how to write on the arm. You will also need 2 Goggles, caps (couple extra as well), towel, and a positive attitude.

What should your swimmer eat during a swim meet? This link will give you lots of ideas to keep them moving and feeling great! <https://eatswimwin.com/swim-meet-snacks/> If you have any questions, please see a coach or a board member.



Upcoming Events

- Nov 15 - 16** - Bettendorf Turkey Races at Bettendorf
- Nov 21 - Nov 23** – DASH Giving Thanks Meet
- Dec 3** – Jr Hurricanes Session 2 begins
- Dec 7 - 12** - Submit your Championship t-shirt designs
- Dec 12** – Bronze, Silver, and Gold Winter Holiday Celebration
- Dec 14** – Jr, Green, and Blue Winter Holiday Celebration

2025 Giving Thanks Meet

Our annual DASH Giving Thanks meet is scheduled for Friday November 21st through Sunday November 23rd. Work sessions are posted and ready for you to sign up. If you have questions, please see Christy Beimborn. Remember this is our only hosted meet this season so make sure you get signed up to work.

This is a great meet full of fun events and an opportunity to have fun with teammates while the home crowd cheers us on. If you are swimming in this meet and don't have your new team suit, any blue or old DASH branded swimsuit will be fine. Additionally, this would be a great meet for all our lesson swimmers to come to check out how a meet runs and to see team DASH in action.





Giving Thanks Caps and Water Bottles

DASH will have Caps and Water bottles for sale this month. Water Bottles make perfect Christmas gifts. Please reach out to Christy Beimborn to purchase one. Caps are latex and are \$5.00. Water bottles are \$10



Swimmers of the Month

Congratulations to our October 2025 SWIMMERS of the MONTH!!

Jr. Hurricanes – Curtis L

GREEN – Laurel C

BLUE – Sophia F

BRONZE – Addey K

SILVER– Eli K

GOLD – Evie W

From Coach’s Kitchen

Greek Yogurt Parfait with Granola and Berries

Ingredients:

- 1 cup [Greek yogurt](#)
- 1/2 cup mixed berries (such as raspberries, blueberries, or strawberries)
- 1/4 cup [granola](#)
- 1 tbsp [honey](#) or [maple syrup](#)

Instructions:

1. In a bowl or glass, layer half of the Greek yogurt, followed by half of the mixed berries and half of the granola.
2. Repeat the layering with the remaining yogurt, berries, and granola.
3. Drizzle honey or maple syrup on top and enjoy immediately.

Nutritional Information (approximate per serving):
Calories: 380, Protein: 20g, Carbohydrates: 55g, Fat: 10g



Season Practice Schedule by Group

Known "NO PRACTICE DAYS":

- Fri., 11/21 - home DASH meet
- Sat., 11/22 - home DASH meet
- Sun., 11/23 - home DASH meet
- Thurs., 11/27 - Thanksgiving!
- Tues., 12/2 - home HS meet
- Sat., 12/6 - home HS meet
- Tues., 12/9 - home HS meet
- Tues., 12/16 - home HS meet
- Thurs., 12/25 - Christmas!
- Thurs., 1/1 - New Years Day
- Fri., 1/2 - home HS meet
- Tues., 1/6 - home HS meet
- Sat., 1/10 - home HS meet

Jr. Hurricanes

Session 2 (Dec 3 – Feb 14)

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 14)

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 14)

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 14)

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 14)

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 14)

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



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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 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 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
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 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 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 Silver (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 Safety Manager for John Deere. Craig and his wife, Christina, have two children, Calvin and Corinne.



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.



DUBUQUE AREA SWIMMIN' HURRICANES

2025 Fall/Winter Season



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