

2024 Long Course Season Registration



Who We Are Proud to Be:

DMSF is a non-profit competitive swim team based in the Des Moines metro. Established in 1982, the program was designed to give athletes the opportunity to develop and perform at their highest level, which has included several athletes for USA National level meets and US Olympic Team Trials. The primary goal of DMSF is to provide the opportunity for each and every swimmer participating in the DMSF swimming programs to progress to the highest competitive level he or she is capable of achieving. Our team currently consists of six different training groups ranging from developmental team swimmers through senior levels.

Ten Things to Know Before You Register:

1. We currently offer **six different levels of swimming** to fit our athletes' needs.
2. Swimmers commit to swimming for the full long course season and dues are paid in 4 installments, billed at the beginning of the month April – July. The **long course season runs from April through July**. Members are responsible for paying the monthly installments for the duration of the seasonal commitment. Refunds are permitted if the [Extended Absence Policy](#) applies. In the long course season, the team practices indoors and outdoors at the Birdland Pool (and sometimes at other outdoor pools in the Des Moines metro). Members will pay a one-time summer facility fee to cover the extra expenses associated with the use of the outdoor facilities we use, which add more practice time and location options.
3. We use **online payments for your convenience**. Families pay monthly by credit card or ACH through our website for swim fees and other expenses throughout the season (meet entry fees, swim caps, etc.). [Financial assistance](#) is available for those who qualify.
4. All Bronze-Platinum swimmers are **required to have an annual USA Swimming Registration, which costs \$84 per year**. Our Pre-Competitive swimmers are required to have an annual USA Swimming Flex membership, which costs \$30 per year. These memberships provide insurance for your athlete(s), subscription to Splash magazine, team recognition programs and more! Each family will register for their USA Swimming registration separately.
5. Your swimmer will be **required to attend our home meets and at least one championship meet per season**. Mark your calendars: our DMSF Birdland meet will be June 14-16, 2024 at Birdland Pool. The end of season championship meet for those who qualify will be at the Des Moines Downtown YMCA (Hosted by DMSF!) July 25-28, 2024.
6. We are a **parent-run organization and your help is necessary!** Families are expected to support the team by working at our hosted meets. Please see the [Parent Involvement Agreement](#) on our website for specific responsibilities. Families also need to sign up to bring concession/hospitality items per swimmer OR pay up to \$25 per swimmer towards hospitality/concessions at hosted meets. Many other opportunities are available to get involved: swim board, committee membership, and officiating.
7. At DMSF, **we love to work hard, have fun, and give back!** Throughout the season, we will have events that focus on these things!
8. If you are new to the sport you will have a lot of questions and we are happy to help! **We have [ambassadors](#) that can help guide you through the process**, and we host club informational meetings as well.
9. **Follow us on Facebook and twitter!** (www.facebook.com/desmoinesswim or [@desmoinesswim](https://twitter.com/desmoinesswim)) Join our private facebook page to keep up with our latest announcements, scheduling, fun activities, and our monthly team newsletter! (<https://www.facebook.com/groups/4422789147758300/>)
10. Don't hesitate to **[sign up!](#)** **Our groups have a set number of spots** and we sometimes have a waiting list to join! We do provide the courtesy to current members to sign up first before we approve new members.



Groups and Fees:

Platinum Group: Elite Level Training Group

USA Swimming Sectional cut required. Prepares athletes for competitions at the zone, national, and college levels. Platinum athletes hone their competitive edge with challenging swimming and dryland workouts. Required meets include IASI Championships, Sectionals, and USA-Swimming National level events. Swimmers agree to attend at least 6 of the 8 workouts per week. Workouts are offered 7 days per week and last 2 hours. Practice will begin April 1st. Several 2/day options available.

- Long Course 4 monthly installment payments of \$220 (Billed April – July) + \$100 Summer facility fee (Billed at time of registration)

Gold Group: Senior Level Training Group

For athletes dedicated to the sport of swimming. Emphasis on endurance and racing with constant improvement on stroke technique. Workouts are offered 7 days per week. Athletes should attend 5+ workouts per week. Training duration is 2 hours each session (plus dryland sets). Practice will begin April 1st. Several 2/day options available.

- Long Course 4 monthly installment payments of \$220 (Billed April – July) + \$100 Summer facility fee (Billed at time of registration)

Blue Group: Pre-Senior level Training Group

Blue emphasizes building aerobic capacity as athletes transition from age-group to senior-level training programs. Athletes learn to focus on refining technical aspects as intensity and training frequency increases. Required meets include IASI Championships and DMSF home meets. Workouts are offered 7 days per week. Athletes should attend 4+ workouts per week. Training duration is 1.75 to 2 hours (plus dryland sets). Practice will begin April 1st.

- Long Course 4 monthly installment payments of \$190 (Billed April – July) + \$75 Summer facility fee (Billed at time of registration)

Silver Group: Intermediate Level Training Group

Silver athletes build strength and technique in each of the four competitive swimming strokes. Athletes focus on the development of their strokes, kicking and body position, and seasonal training patterns. Required meets include IASI Championships and DMSF home meets. Workouts are offered 6 days per week; athletes should plan to attend 3+ workouts per week. Training duration is 1.25-1.5 hours (plus light dryland). Practice will begin April 14th.

- Long Course 4 monthly installment payments of \$150 (Billed April – July) + \$50 Summer facility fee (Billed at time of registration)

Bronze Group: Getting Started in Competitive Swimming

Bronze athletes learn the fundamentals of all four competitive strokes. This group prepares swimmers to start racing in meets and training on a seasonal basis. 4 to 6 in-season meets are offered along with ISI Championship level events (for qualified athletes). Workouts are offered four days per week; athletes should attend at least 3. Training sessions are 1 hour in duration. Practice will begin April 14th.

- Long Course 4 monthly installment payments of \$125 (Billed April – July) + \$25 Summer facility fee (Billed at time of registration)

Pre-Competitive Swim Group

Open to swimmers ages 5+. Our Pre-competitive swim group is our entry-level program to learn about the basics of group swim team training. This is the group to step-up from swimming lessons to learning about techniques for racing. Pre-competitive group athletes work on kicking, drills, proper body position, and other fundamental aspects to enhance their abilities and confidence before moving into the Bronze level training group. We offer practices 3 days per week, 45 minutes each workout. Practice begins April 14th.

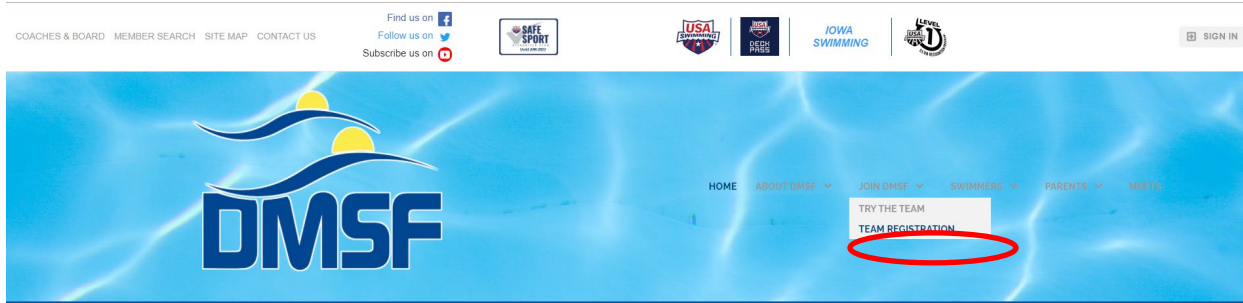
- Long Course 4 monthly installment payments of \$105 per month (Billed April – July)

Schedule

[Link to Master Schedule](#)

Ready to Register Your Swimmer?

Visit www.desmoinesswim.org and enter your swimmer information in the “[Team Registration](#)” under the “Join DMSF” tab:



REACHING SWIMMERS' POTENTIAL AT EVERY TURN



Not Quite Sure?

We are holding a “[Try Out Our Swim Team](#)” event on Thursday, March 29th from 5:45-6:45PM, Saturday, March 30th from 2-3 PM, and Saturday, April 13th from 2-3PM at Valley High School in West Des Moines. For more details or questions about group placement, contact our team by emailing join@desmoinesswim.org. Swimmers new to USA Swimming are highly encouraged to attend one of the “Try Out Our Swim Team” dates for proper group placement.



ADDITIONAL ITEMS OF INTEREST:

- We realize that some swimmers have conflicts in their schedules that don't allow them to attend every swim practice, but the coaches **encourage them to attend as many swim practices as possible.**
- We require parents to **work at DMSF-sponsored swim meets, as well as, contribute food or money towards concessions/hospitality.** In addition, **parents are also strongly encouraged to actively volunteer on the board, a committee or as an official.** Swim meets provide income for the team and are volunteer intensive so parent involvement is crucial for our success. As noted above our home meet this summer will be June 14-16, 2024 at Birdland. We will also be hosting the Long Course Championships on July 25-28, 2024 at the Des Moines Downtown Wellmark YMCA; mark your calendars and get excited!
- **It is a coach recommendation that all Bronze & above swimmers compete at least once per month.** The DMSF Birdland Meet June 14-16 is required for all members, as well as, at least one of the championship meets (Regionals, State, Sectionals/Zones, Futures/Nationals, which will vary by swimmer). We will be using these last meets to evaluate for group advancement. We will have the opportunity for our swimmers to participate in other meets (visit the Swim Meet tab on the DMSF home page). If there is a meet that you would like to attend that is not on the list, please contact DMSF Head Coach Ethan Johnston for entries. Remember, if you go to a meet not on this schedule you may not have a coach at the meet. We will contact a coach from another team to look after you. Please note that a \$10 travel fee applies to any away meets, to assist with coach travel costs.
- You will need gear! See the [equipment list on team website](#) or ask a coach.
- Each group of swimmers has a dedicated [ambassador](#), please reach out to them with any questions you may have, that's what they are there for!
- If you have **three or more swimmers in your household registering**, please reach out to [Team Manager Tony Stec](#) to inquire about multi swimmer discounts.