

THE STREAMLINE

Des Moines Swimming Federation Monthly Newsletter

Welcome to Long Course Season

DMSF COOK FOR A CAUSE

Team-Building Service Project With Real Food 4 Kids



Thank you to everyone who helped make 54 breakfast casseroles!



UPCOMING MEET

April 30

LMST Spring Splash
12&U Only
Marion, IA

Sign up by April 12.



2022 WOMEN'S LEADERSHIP SUMMIT

Coach Gwen had the honor of attending the 2022 Women's Leadership Summit in Colorado Springs.

We're delighted she had the opportunity to grow her expertise in leadership and coaching, as well as connect with members of the swimming community!



SPRING AWARDS BANQUET



BRONZE



PRE-COMPETITIVE



SILVER



BLUE



GOLD/PLATINUM



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