

THE STREAMLINE

Des Moines Swimming Federation Monthly Newsletter

REGISTER FOR SHORT COURSE

REGISTRATION IS OPEN FOR CURRENT & NEW SWIMMERS

Let's get everyone signed up for another run at trying to become the best team in the state. **We need all of you** back to make that happen. Let's get ready to **make a commitment** to each swimmer doing what it takes to be the best swimmer they can be. If we can do that... we have a shot at being really good!

—Coach Ethan

[See registration details.](#) | [Register today!](#)

[Share DMSF tryouts.](#)



[RSVP for the picnic](#) by Friday, August 12.



SHORT COURSE DATES

August 22
Start of Platinum,
Gold & Blue Season

September 6
Start of
Bronze, Silver &
Pre-Competitive
Season

November 19-20
DMSF Fall Invite
(Required Meet)
Valley High School

SECTIONALS
Congratulations
to Jacob, Dylan
and Coach
Ethan on
great swims
at Sectionals!



2022 SUMMER SILVER & 8&U CHAMPS



Not sure it can be done better than this. **Boys win, girls win, overall win and the Spirit and Sportsmanship award!** Proud of all of you.
—Coach Ethan

TEAM SCORES			
2022 IA Summer Silver and 8 & U Champs West			
	Combined	Men	Women
Team Scores			
RANK 1	Des Moines Swimming Federation DMSF		3632 >
RANK 2	Central Iowa Aquatics CIA		2671 >
RANK 3	Greater Des Moines YMCA DSMY		1834 >
RANK 4	Ames Cyclone Aquatics Club ACAC		1767 >



LONG COURSE STATE CHAMPS DINNER



LONG COURSE STATE CHAMPS



TEAM OVERALL STANDINGS: 4TH PLACE

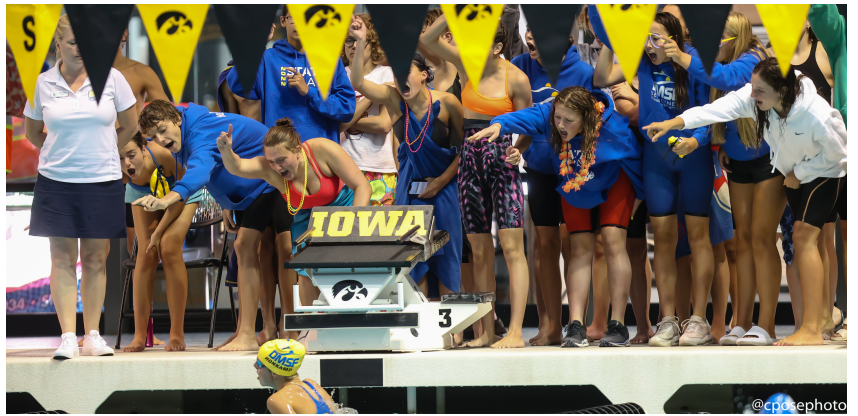
We had some **exceptional swims** throughout the weekend. We could not have placed as high as we did without the **efforts of every single swimmer**. To be a successful team, we need a total team effort. We definitely got a total team effort. —Coach Ethan



LONG COURSE STATE CHAMPS



LONG COURSE STATE CHAMPS



LONG COURSE STATE CHAMPS



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