

THE STREAMLINE

Des Moines Swimming Federation Monthly Newsletter

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Send newsletter ideas to
slepert@desmoinesswim.org.

JOIN THE GROUP

To be added to
DMSF's private
Facebook group,
[click here](#).



UPCOMING SHORT COURSE TEAM MEETS

Jan 8-9

Rams Blizzard Blast
Wellmark YMCA

Jan 14-16

[KC Blazers Invite*](#)

SMSD Aquatic Center
Lenexa, KS

13&O Qualifiers Team Travel
(12&U enter but no team travel)

Jan 28-30

Winter Blues Buster
Summit Middle School

Feb 11-13

IASI Silver*/8&U Champs
Valley High School

Feb 17-20

Age Group Champs
Wellmark YMCA
14&U Qualifiers

Feb 24-27

Senior Champs*
University of IA
15&O Qualifiers

*Qualifiers Only
Gray box: Required for Qualifiers

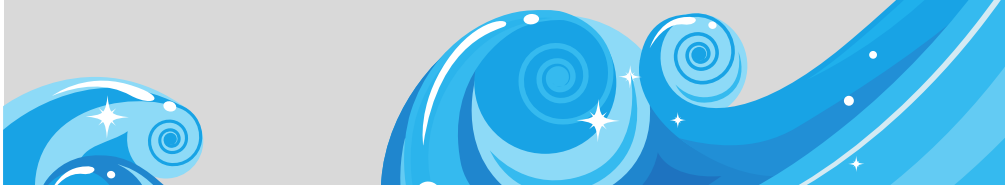
[Complete Schedule](#)

Ride the Wave of Giving



Contribute to our annual giving campaign:

<https://desmoinesswim.square.site/>



DMSF THANKS + GIVING FOOD DRIVE

Thanks to your generous
donations, we collected **451**
items for the Food Bank of Iowa.



Congrats to the Blue Group
for earning a pizza party for
collecting the most donations.



COACH'S SPOTLIGHT

MEET OUR NEW COACH KELSEY HUDSON

Swimming Experience

I started swimming competitively when I was 8. My brother and I both swam for DMSF and later for Valley until college. I swam at the state meet three years, and was lucky to be on the winning 200 medley relay team.

Coaching Experience

I was a "student assistant coach" in college and coached at Prairie Life, DMSF, and the Valley Men's JV team.

Coaching Philosophy

Swimming is a unique, challenging, and rewarding sport. It's mentally and physically demanding, so it's important to be an encouraging and positive presence on the pool deck.



I tend to focus on helping swimmers improve their technique to swim correctly and legally while gaining speed and power.

Who is your support system?

I'm so blessed by my family. My husband, Greg, and three kids are just plain awesome (Natalie and Thomas swim with DMSF). I'm also lucky to have my mom (a former DMSF board member and swim mom) in the Des Moines area.

I WANT SWIMMERS TO LOVE THE SPORT, CREATE LASTING BONDS WITH TEAMMATES, AND HAVE EXCELLENT SPORTSMANSHIP BOTH IN AND OUT OF THE POOL.
—COACH KELSEY



See coach bios: desmoinesswim.org > About DMSF > Meet the Coaches

THE 5TH STROKE?

BY COACH GWEN

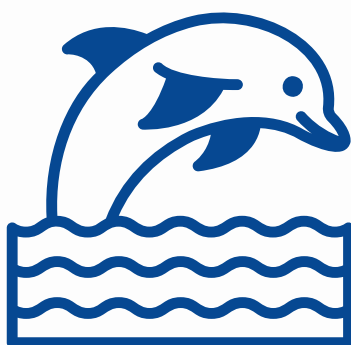
Underwaters are one of the most important things in swimming!

Many coaches call the underwater streamline dolphin kick the 5th stroke.

While pushing off the wall or off a dive, swimmers need to do a streamline dolphin kick. During the push-off and streamline dolphin kick, swimmers are in the path of least resistance.

Practice makes perfect!

If you're not practicing your underwater dolphin kicks off every wall (even warm-up), you're missing the opportunity to constantly improve and have amazing underwaters.



5 Ways to Develop a Strong Underwater Dolphin Kick

- **1.** Improve ankle strength and stability
 - **2.** Determine the frequency of dolphin kicks (be efficient and don't lose too much energy)
 - **3.** Don't forget about the upbeat of the dolphin kick (often the down kick is powerful, but maintain that power on the upbeat)
 - **4.** Know when to start the dolphin kick (at six meters for elite swimmers)
 - **5.** Work on good coordination from your hips to your ankles
- [Learn more.](#)



GOOD PRE-MEET BREAKFAST QUICK PANCAKES WITH BERRY SYRUP

From www.realfood4kids.com
by Sue Honkamp

Pancakes (Makes 12)

- Preheat a griddle/skillet
- Whisk dry ingredients:
 - 2 cups flour
 - 2 t baking powder
 - 1 t baking soda
 - 2 T sugar
 - ½ t salt
- Whisk wet ingredients:
 - 2 large eggs (room temp)
 - 4 T melted butter (cooled)
 - 2 cups buttermilk (room temperature)
- Combine dry and wet ingredients. Don't overmix!
- Using a ¼ cup measuring cup, scoop the batter onto a hot griddle. Once bubbles form and start to pop, flip pancakes and cook for 1-2 minutes.

Berry Syrup

- In a saucepan over medium heat, bring 3 cups frozen or fresh berries, ¼ cup water, a pinch of salt, and 2 tablespoons sugar to barely a simmer.
- Stir occasionally for 10 minutes.
- Remove from heat. Serve over pancakes.

For a variation, like pumpkin pancakes, send an email to sue@realfood4kids.com.

BUNDLE UP!

Don't forget to dress warm to meets and practice as the temps drop!



DMSF SWIM CELEBRATIONS



Nirmalendu Majumdar/Ames Tribune

BLUE

Landon Chen: Consistent hard work/lots of energy at practice, great job in distance races

Izzy Powell: Great attitude/1000 free Q time

Tillie Seckington: Hard work/100 Fly Q time

SILVER

Sarah Mathews: Hard work at practice to improve turns and strokes

Nolan Grimes: Hard work, good listening and making intervals with plenty of rest

BRONZE

Francis III: Great attitude and hard work at practice

Will Drendel: Has fun and works hard at practice to improve strokes

PRE-COMPETITIVE

Colin Kokjohn: Listens well to learn drills

Orlynn McKibbin: Improved freestyle and backstroke and great job on first relay with teammates Hayden, Josie and Alyse

Congrats!

CONGRATS & WELCOME BACK

We're happy to have the high school girls back! Special congrats to those who competed in the Girls HS State Champs, including Zarah Worth, Anna Huss, Annie Honkamp, Abby Wilcox, Payden Rafferty, Julia Sweetman, Quin Mahler-Moreno, Emma Foth and Sophia McDevitt!

NOVEMBER SWIMMERS OF THE MONTH: ANDREW HONKAMP & MARY HONKAMP



Twins Andrew and Mary Honkamp in our Gold group were our top 13 and Over point scorers at the DMSF Fall Invite. Both had top-five finishes in all of their events and had a total of 12 best times out of 16 events (Andrew seven and Mary five).

If you see them, wish them happy birthday! Andrew and Mary turned 14 on December 1. And watch out on the streets in the Roosevelt neighborhood while they learn how to drive!

Want to Become an Official?

The next Introduction to Officiating Class is Monday, January 20.

OUR SPONSORS

