

# THE STREAMLINE

Des Moines Swimming Federation Monthly Newsletter

## ★ TEAM SPONSORED MEETS ★

Sponsoring meets is an important part of offering more opportunities to our swimmers, giving back to our swim community and earning money toward annual expenses.

**It takes each family to make meet sponsorship possible.**

Thank you for supporting our swimmers and volunteering at our sponsored events. Save these volunteering dates:

### **DMSF/CIA DUAL MEET || SUNDAY, DECEMBER 18**

This one-day, two-team meet requires a small group of volunteers. If you'd like to help, [sign up here](#). Look for details to sign up swimmers soon (warmups at 9:30 a.m. at Valley).

### **AGE GROUP CHAMPS || FEBRUARY 16-19**

We're excited to announce that DMSF will be sponsoring Age Group Champs at Wellmark YMCA in February. This event will take our entire swim family to be successful. More details coming soon. See email from Alissa for initial info.

## **FALL INVITE FOOD DRIVE RESULTS**

Congratulations to our Platinum and Gold Groups who won the competition for bringing the most food and personal items! All of the items were donated to the Food Bank of Iowa.



## SHORT COURSE TEAM MEETS

**Dec 7-10\***

Speedo JNats  
Austin, TX

★ **Dec 18** ★

DMSF/CIA Dual Meet  
Valley

**Jan 7-8**

Rams Blizzard Blast  
Wellmark YMCA

**Jan 13-15\***

KC Blazers Invite  
Lenexa, KS

**Jan 27-29**

Winter Blues Buster  
Summit Middle School

**Feb 10-12**

Winter Regional Champs  
Wellmark YMCA

★ **Feb 16-19** ★

Age Group Champs  
Wellmark YMCA

**Feb 22-26**

Senior Champs  
University of Iowa

**Mar 9-12\***

Speedo Sectionals  
Fargo, ND

\*Qualifiers Only

[See complete details.](#)

## **SAVE THE DATE: MON, JAN. 16 BOARD MEETING**

Look for an email with details to join virtually at 7:30 p.m.



## COACH SPOTLIGHT

MEET OUR NEW ASSISTANT COACH AARON HAWKS



### What is your swimming experience?

21-time All American and National Champion at Drury University

### What is your coaching experience?

Former University of Iowa Head Assistant coach, leading the men's sprint and middle distance

### Do you have additional experience with DMSF?

2 children who swim with DMSF

### What is your coaching philosophy?

Have fun! This is the #1 goal. To succeed at swimming, a person needs to obviously work hard, but the two main keys for long-term success are enjoyment and a positive self-image. Improving fundamentals and technique are the most important factors to continuing to swim faster.

### What do you do for fun?

I enjoy spending time hunting, fishing, and being in the outdoors with my family, as well as Masters Swimming and assisting with Waukee Youth Football League.

### Who is your support system?

My wife, two children and two labrador retrievers



See coach bios: [desmoinesswim.org](https://desmoinesswim.org) > About DMSF > Meet the Coaches



What satisfies me the most about coaching is watching swimmers enjoy what they're doing, having fun with their teammates, and getting better at the same time.

—Coach Aaron





## HEALTHY COMFORT FOOD

By Sue Honkamp  
Owner, Real Food 4 Kids



### TURKEY CHILI

- 1 tbsp olive oil
- 1 small onion, chopped
- 1 lb ground turkey
- 2 tbsp chili powder
- 1 tbsp cumin
- 1 tbsp oregano
- 1 tbsp salt
- 1 14.5-ounce can diced tomatoes
- 2 tbsp tomato paste
- 1 15-ounce can pinto beans
- 1-1 1/2 cups chicken broth (optional)

1. Add oil to a large pot over medium heat. Add onion and cook until soft.

2. Add turkey and cook until no longer pink, breaking into crumbles as it cooks. Sprinkle on seasoning and stir to coat. Cook for 1 more minute.

3. Add tomato paste and stir, then add diced tomatoes, beans, and 1 cup chicken broth (Add more chicken broth to desired consistency).

4. Heat through and simmer for 15 minutes. Add salt to taste.

*At Real Food 4 Kids, we educate kids about food and how to prepare it, giving them the tools to develop life-long habits to be happy, healthy, confident and capable.*

[www.realfood4kids.com](http://www.realfood4kids.com)



REALFOOD4KIDS



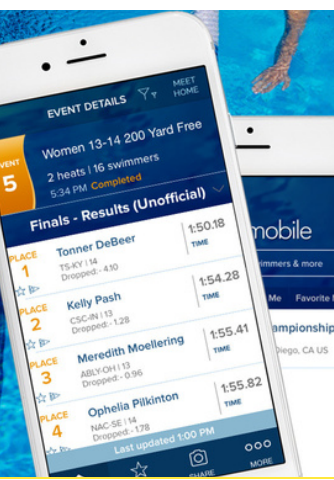
REAL\_FOOD\_4\_KIDS

### ICYMI: QUICK LINKS

- [Check out the coach virtual hours & parent ambassadors](#)
- [Sign up for a DMSF committee](#)
- [Learn more about USA Swimming's Safe Sport program](#)
- Become an Iowa Swimming official ([see upcoming training classes](#))
- Book your hotel room for senior champs in Iowa City (ages 15+) in February:
  - [Element](#)
  - [Hilton](#)

### MOBILE APPS ALL SWIM FAMILIES NEED

Download today!



#### MEET MOBILE APP

This app lets you view all the details at meets including events, heats, lanes, entry times, etc.

This app costs \$9.99 annually, but it's worth it!

#### ON DECK APP

This app connects to our team website and allows you to view our team feed, sign up for meets and volunteering, see time standards, use the pace calculator and so much more.

Download this free tool and start exploring.

Available Everywhere

phone and tablet optimized

iOS & Android  
Compatible



# DMSF FALL INVITE



## OUR SPONSORS

