

# THE STREAMLINE

Des Moines Swimming Federation Monthly Newsletter

## It's Championship Season!

Everyone can attend one of the champs meets. Silver Champs doesn't require Q times for most events. Age Group and Senior Champs meets do require Q times.

**Practice Change:** Leading up to champs, practices will be divided into four groups: Pre-Comp, Silver Champs, Age Group Champs and Senior Champs. Pay close attention to emails and contact coaches with questions.

After your champs meet, you'll be on break until long course!

### VOLUNTEER AT SILVER CHAMPS: FEB 11-13

#### ★ Volunteer Requirement

We need everyone's help to make the Silver Champs meet at Valley a success (even if your swimmers aren't swimming.) [Sign up here](#) by February 7. [Donate to Hospitality.](#)

### CHAMPIONSHIP FIRE-UPS: SAVE THE DATE

To help championship qualifiers get fired up to compete, we have three DMSF Fire-Ups planned this month.

#### TUESDAY, FEBRUARY 8 | PRACTICE AT VALLEY

Fire-Up Poster-Making and Snack for Silver Champs  
[Sign up to help.](#)

#### TUESDAY, FEBRUARY 15 | 8PM AT VALLEY

Fire-Up Pasta Feed for Age Group Qualifiers  
[Sign up to help.](#)

#### TUESDAY, FEBRUARY 22 | 8PM AT VALLEY

Fire-Up Pasta Feed for Senior Champ Qualifiers  
[Sign up to help.](#)



### UPCOMING CHAMPIONSHIP MEETS

#### ★ Feb 11-13 ★

IASI Silver/8&U Champs  
Valley High School  
[Sign up by Feb 2.](#)

#### Feb 17-20

Age Group Champs\*  
Wellmark YMCA  
14&U Qualifiers  
[Sign up by Feb 8.](#)

#### Feb 24-27

Senior Champs\*  
University of IA  
15&O Qualifiers  
[Sign up by Feb 16.](#)

#### Mar 10-13

Speedo Spring Sectionals\*  
Pleasant Prairie, WI  
15&O Qualifiers  
\*Qualifiers Only

### LONG COURSE START DATES

- **March 28:** Platinum, Gold and Blue
- **April 4:** Silver, Bronze and Pre-Competitive

# 3 TIPS FOR CHAMPIONSHIP SEASON & BEYOND

With championship meets just around the corner, you might wonder what more you can do to prepare after a long season of hard work.

*It's not too late to take some small steps to help you meet your goals.*

## ONE: Sharpen Your Skills

Your coaches will be working with you to fine-tune the skills you've been working on all season. **Listen to your coaches.** They know what they're doing (and they know your swimming strengths and weaknesses).

## TWO: Take Care of Your Body (& Mind)

Get sleep. Eat properly. Hydrate. And take time to be grateful for the accomplishments you've made already this season.



## THREE: Relax & Have Fun

Remember things can happen that are out of your control. There's bound to be ups and downs. Relax and ride the wave. Do your best, but also enjoy the process. Enjoy your teammates. Joke with your coaches. You all deserve some fun.

***A happy swimmer is a fast swimmer!***

## Steps to Reduce Stress on Race Day

- Arrive early (at least 15-20 min. before warm-up)
- Find a coach (let them know you arrived and check in before and after every event)
- Take advantage of warm-ups to focus your mind & body
- Do whatever helps you get in the zone behind the blocks
- Swim the race to the best of your ability
- Cheer on teammates

## Are Tech Suits Suitable?

Tech suits are not allowed for 12&U athletes.

[See more details.](#)

### State & Team Shirt Order Deadline

Get your one team shirt and championship shirt **by February 2.** See email or FB post from Alicia for complete details.

[Order today!](#)



# DMSF SWIM CELEBRATIONS



Congratulations to Team Iowa for a **second place finish** at the Midwest All Stars meet. A special shout out to Coach Gwen and our DMSF swimmers on the team:

- Leon Bykov
- Kendall Hogan
- Wesley Mooney
- Kasen Otis
- Carter Smith
- Jackson Smith



## SWIMMER OF THE MONTH: PAYDEN RAFFERTY

Congratulations to Payden on her strong showing at the Brian Howard Memorial Invitation in Kansas City.

She had **three first place finishes** in the 200 free, 100 back and 200 back. She also finished second place in the 50 free and third place in the 100 IM.

She helped our small traveling team of just 26 swimmers **place third** against most of the best teams in Missouri and Kansas!



### OFF-SEASON SWIM CLINICS

Watch your email for swim clinic opportunities for our members in March during the off season!

### OUR SPONSORS

