

# THE STREAMLINE

Des Moines Swimming Federation Monthly Newsletter

## It's Championship Season!

Now it's time for the fun part of the season...CHAMPIONSHIP SEASON! This is when we get to see a season's worth of hard work pay off at our Iowa Swimming Championship meets.

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

### YOU'RE INVITED: FEB 20 BOARD MEETING

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

[See board meeting schedule.](#)

## CHAMPIONSHIP MEETS

**FEB 10-11**

Regional/8&U Champs  
Wellmark YMCA

**FEB 16-18**

Age Group Champs  
University of Iowa

**FEB 22-25**

Senior Champs  
Wellmark YMCA

## UPCOMING EVENTS

### PRE-CHAMPS PASTA FIRE-UPS

**Thursday, February 8 | Valley Pool**

6:45 p.m.-Regionals & 8&U Swimmers: [Volunteer Sign Up](#)

8:15 p.m.-Age Group & Senior Champs Swimmers: [Volunteer Sign Up](#)

### SPEEDO SECTIONALS

**Thursday, March 7, to  
Sunday, March 10**

Qualifiers are heading to the University of Iowa for sectionals (mostly from our Platinum group). Good luck, swimmers!

### SPRING BANQUET

**Saturday, April 13  
6:30-8:30**

Join us at the Valley Community Center for fun, food, games and a celebration of our seniors and everyone's best times.

### 2024 SWIM-A-THON

**Saturday, April 27, to  
Sunday, April 28**

Save the date for our biggest fundraiser of the year. More details coming soon about our fun theme, super prizes and more.

# CELEBRATIONS



**Team Iowa All-Stars**



**IHSSA Districts** (The 200 IM was dominated by DMSF with 5 out of the 6 swimmers on the podium at this location, including Dylan Nelson with the new pool record! See Ethan's Facebook post for a recap of state qualifiers).



## QUICK LINKS

- [Book a hotel room for Age Group Champs in Iowa City](#)
- [See the DMSF Swim Meet Guide](#) (pages 4 and 5) for meet tips
- [Shop team apparel at the DMSF team store](#)
- [Check out the coach virtual hours & parent ambassadors](#)
- [Join our private Facebook group](#)
- [Become an Iowa Swimming official](#)
- [View our senior spotlights](#)
- [Get the Meet Mobile app](#)

## OUR SPONSORS



# WINTER BLUES BUSTER

