

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.

Everyone can attend one of the championship meets.

If swimmers do not have Age Group or Senior Champs qualifying times, we'd like them to swim at the Regional/8&U Champs. All swimmers should swim in their highest level of championship meet. SEE EMAIL FROM ETHAN ON JAN 24.

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

SAVE THE DATE: AGE GROUP CHAMPS FEBRUARY 16-19

★ Volunteer Requirement

Our whole team benefits from hosting this meet at the Wellmark YMCA. Each family is needed to volunteer. Many spots are still available.

[Sign up to volunteer.](#)

[Donate to concessions/hospitality.](#)



**NEXT DMSF BOARD MEETING:
MONDAY, FEB. 13 | 7:30-9 PM**

CHAMPIONSHIP MEETS

Feb 10-12
Winter Regional and
8&U Champs
Wellmark YMCA

★ **Feb 16-19**
Age Group Champs*
Wellmark YMCA

Feb 22-26
Senior Champs*
University of Iowa

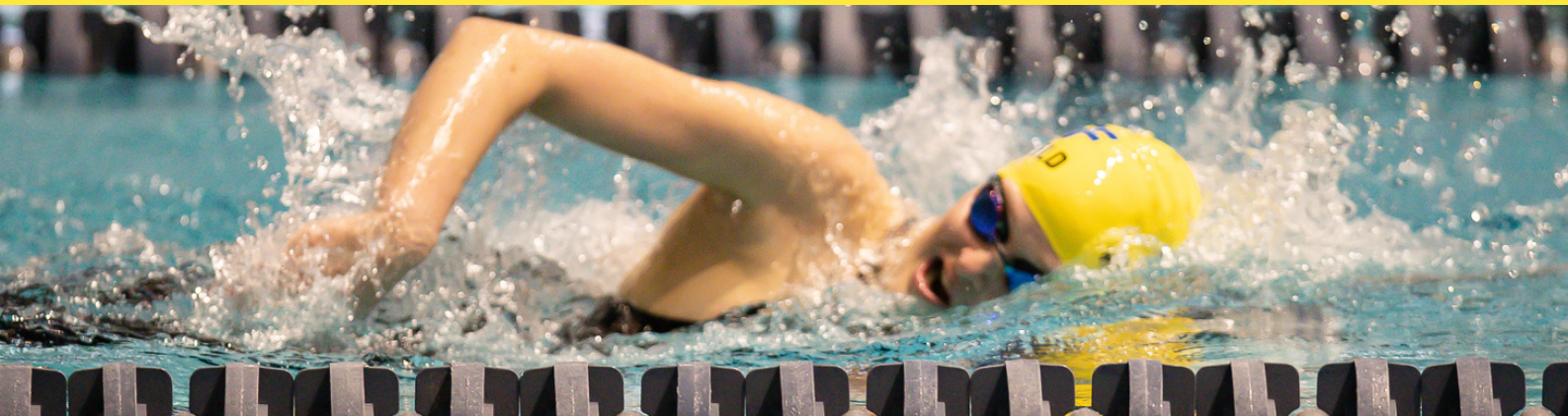
Mar 9-12
Speedo Sectionals*
Fargo, ND

Mar 21-25
ISCA Senior Cup*
St. Petersburg, FL

*Qualifiers Only

LONG COURSE START DATES

- **April 3:** Platinum, Gold & Blue
- **April 10:** Silver, Bronze & Pre-Competitive



GET FIRED UP!

CHAMPIONSHIP FIRE UP DINNERS

Swimmers have the chance to gather for a fire up dinner the week prior to their champs meet. Dinners will start right after practice. See sign-up info below.

Winter Regional and 8&U Champs

[Tuesday, February 7](#)

Age Group Champs

[Tuesday, February 14](#)

Senior Champs

[Monday, February 20](#)



Looking forward to a bunch of fast swimming the next few weeks. GO DMSF!

—Coach Ethan

YOU'RE INVITED!

SPRING BANQUET

Saturday, March 4

6-9 p.m.

Valley Community Center

[RSVP here](#)



Don't miss announcements during champs season. [Click here](#) to be added to **DMSF's private Facebook group**.

Are Tech Suits Suitable for Champs?

Tech suits are not allowed for 12&U athletes. [See more details](#).

RACE DAY PICS



Steps to Reduce Stress on Race Day

- Arrive early (at least 15-20 minutes 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

