

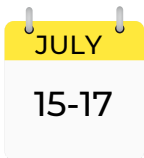
THE STREAMLINE

Des Moines Swimming Federation Monthly Newsletter

CHAMPIONSHIP SEASON!

Every swimmer has at least one championship to swim in at the end of the season:

★ SILVER/8&U CHAMPS | JULY 15-17 ★



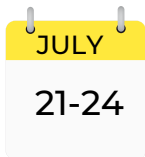
Most shorter events are open to all swimmers of all ages (some longer events require a Q time). All 8&U swimmers can swim at this event.

Note: Swimmers that qualify for Long Course Champs cannot swim those events at Silver Champs.

THIS TEAM HOSTED EVENT NEEDS YOU!

[Sign up to volunteer.](#) | [Sign up for concession items.](#)

LONG COURSE STATE CHAMPIONSHIPS | JULY 21-24



Many of our swimmers have qualifying times to swim at the Long Course State Championships in Iowa City. This will be their season-ending meet.

[See the list of qualifiers as of June 27.](#)

LONG COURSE MEETS

July 9-10
ACAC Meet
Wellmark YMCA
[Details](#)

July 14-17
Speedo Sectionals
U of MN
Qualifiers Only

★ **July 15-17** ★
Silver/8&U Champs
Valley High School
[Details](#)

July 21-24
Long Course Champs
U of I CRWC
Qualifiers Only
[Details](#)

August 4-7
C. Zone 14&U Champs
U of MN
Selected by Team Iowa

Celebrate Swimmers' Success With a State Shirt

State T-shirts, tanks and sweatshirts are available for purchase from Elsmore. Order by July 6 to receive by July 20.

[Order Now](#)



SHORT COURSE SEASON

Look for an email about registration by August 1.

★ **Volunteer Requirement**



COACH SPOTLIGHT

COACH Q&A



Why Am I Adding Time in Events?

Adding time is frustrating, but can be caused by multiple reasons, including poor attendance at practice, dehydration, poor nutrition, etc. But sometimes you add time when you're doing everything right. **Should you be worried?** Hear more from Coach Ethan and Coach Landon.

Ethan:

We have the same slump at the same time year after year.

Landon:

I'm not sure any kid that is doing what they are supposed to in practice should be dropping time right now.

Ethan:

Agreed. Training is still getting harder, and we have less time between meets. Doing dryland now is also a detriment to fast mid-season swimming. Your bodies are not used to that.

Landon:

It's a marathon...not a sprint.

Ethan:

Swimmers need to stay in the pool and keep going the same direction. You lose track of the progress until the taper happens. Trust in the plan, and all the pieces seem to fall together.



We have a great summer picnic planned for the team!

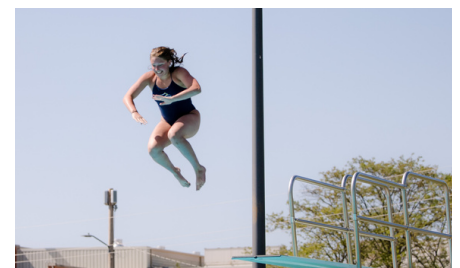
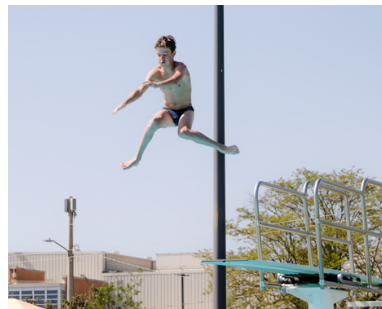
- Hear from coaches
- Celebrate athletes
- Enjoy BBQ
- Play outdoor games
- Swap gear
- Grab new apparel

Our picnic will be at the Racoon River Nature Lodge, and we'll have a special visit from the famous pink ice cream truck: The Outside Scoop. *Yum!*

DMSF BIRDLAND MEET



DMSF BIRDLAND MEET



[See more pics.](#)

OUR SPONSORS

