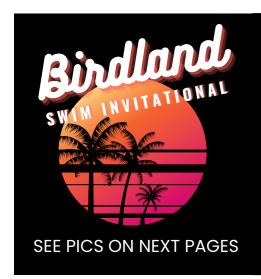
# THE STREAMLINE

Des Moines Swimming Federation Monthly Newletter







## **DMSF TRYOUTS**



**AUG 24** 7-8 PM

**AUG 26** 

11AM-12PM

**VALLEY HIGH SCHOOL** 

#### **DATES TO REMEMBER**

Now!: Registration for Short Course is open

August 28: Season starts for Platinum-Sapphire

September 5: Season starts Silver-Pre-Comp

November 17-19: DMSF-hosted Fall Invite

## We have a great summer picnic planned:

- 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.











#### **JULY 2023 | ISSUE NO. 22**

### **40TH ANNUAL BIRDLAND INVITATIONAL**



























**CPose Photography** 

PW: fortyyears

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