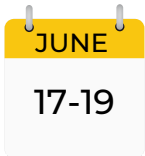


THE STREAMLINE

Des Moines Swimming Federation Monthly Newsletter

UPCOMING HOSTED MEET

★ DMSF BIRDLAND INVITE | JUNE 17-19 ★



Save the date to attend and help at the 39th Annual Birdland Meet. This outdoor meet is a ton of fun but takes a village to plan and pull off.

All families are needed to volunteer at this team hosted event, as well as support concessions. Thanks for contributing to a successful meet!

[Sign up to volunteer.](#)

[Sign up to contribute concession items.](#)

Birdland T-Shirts Orders

Want a meet shirt with the swimmers' names on the back? Pre-orders are due June 5 for pick-up at the meet on June 18.

[Preorder the T-shirt today.](#)



LONG COURSE TEAM MEETS

June 10-12

DSMY Hancock Invite
Wellmark YMCA

or

Columbia Invite
Columbia, MO

13&O Travel

★ June 17-19 ★

DMSF Birdland Invite
Birdland Pool

June 24-26

CIA Beat the Heat
Wellmark YMCA

July 14-17

Speedo Sectionals
U of MN

Qualifiers Only

★ July 15-17 ★

Silver/8&U Champs
Valley High School

July 21-24

LC Champs
Uof I CRWC

[Hotel Room Block](#)

Qualifiers Only

[Long Course Meet Schedule](#)

★ Volunteer Requirement

TEAM SUITS AVAILABLE



Get fitted and purchase in store at 3029 100th St. in Urbandale

For all other team apparel, [visit the online team store.](#)

OUR SPONSORS



DMSF SUMMER SWIM SCHOOL



We're offering group and private swim lessons for ages 3+ this summer. Know a child looking for swim instruction or want to give your DMSF swimmer private lessons? [Sign up and share the details](#) with friends. Learn more about our awesome athlete instructors below and on the following pages.

JR. COACHES & LESSONS INSTRUCTORS



LILY VOYNOV
JUNIOR COACH

Swimming Experience

Nine years swimming competitively

Favorite Stroke

Racing breaststroke and swimming long-distance freestyle at practice

Hobbies

Swimming, hanging out with friends, biking and running

Favorite Swimming Memory

State in Iowa City and travel meets spending time with teammates away from home



CORAL ZIMMER
SWIM INSTRUCTOR

Swimming Experience

Swimming competitively since 6 years old

Favorite Stroke

Freestyle; I enjoy the distance events

Fun Fact

I'm named after a coral reef, so I've always been connected to the water

Favorite Swimming Memory

Long course state meets in Iowa City where everything is so close you can walk anywhere you want



GRACE FISHER
SWIM INSTRUCTOR

Swimming Experience

10 years!

Favorite Stroke

Breaststroke; I like the rhythm of it

Fun Fact

I hate ketchup and my hair is purple

Hobbies

Art, music, speech team

Favorite Swimming Memory

When it starts storming at Birdland so we dance in the rain instead of swimming

SWIM LESSONS INSTRUCTORS



BRI EVANS
SWIM INSTRUCTOR

Swimming Experience

Swimming competitively for 8 years

Favorite Stroke

Backstroke because you get to breathe the whole time

Fun Fact

I can solve a Rubix Cube in under 3 minutes

Hobbies

Baking, art projects and hanging out with friends

Favorite Swimming Memory

The Kansas City Travel meet; I really enjoyed getting closer with people on the team



JACOB PINS
SWIM INSTRUCTOR

Swimming Experience

I've been swimming since I was 8

Favorite Stroke

Freestyle; I love to swim distance

Fun Fact

I used to play basketball, but didn't have enough time for both sports

Favorite Swimming Memory

2021 long course state meet when I got my first Junior Nationals cut and 2022 high school state when I broke the school record and won state in the 500 free



MADALYN ELLIS
SWIM INSTRUCTOR

Swimming Experience

5 years

Favorite Stroke

Free or back; they are both calming strokes to me

Fun Fact

I'm joining Air Force Junior ROTC

Hobbies

Swimming, wakeboarding, reading and hanging out with friends

Favorite Swimming Memory

The Kansas City travel meet; really fun time spent with friends—in and out of the pool

ESTELLA KOENIGSFELD
SWIM INSTRUCTOR



Swimming Experience

8+ years

Favorite Stroke

Backstroke because I can breathe any time I want

Hobbies

Rock climbing and biking

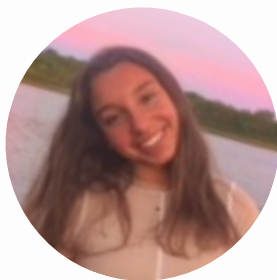
Fun Fact

I was in an art show for my school

Favorite Swimming Memory

The first time I got a state cut and saw my coaches and family cheering

SWIM LESSONS INSTRUCTORS



ANNIE HONKAMP
SWIM INSTRUCTOR

Swimming Experience

6 years; I have three younger siblings on the team, too

Favorite Stroke

Breaststroke

Fun Fact

I've been a state champ in cross country and track, too

Hobbies

Hang out with friends, bake, have dance parties and be outside

Favorite Swimming Memory

Last spring, I qualified for a meet in Florida and got to swim with Olympians



JACK CARVER
SWIM INSTRUCTOR

Swimming Experience

5 years now; in club and high school

Favorite Stroke

Butterfly which is also the hardest, but I appreciate that it works me during practice

Fun Fact

I'm a huge Nebraska fan and like to try to attend their football games

Favorite Swimming Memory

Swimming in this year's high school state meet



QUIN MAHLER-MORENO
SWIM INSTRUCTOR

Swimming Experience

7 years; 6 with DMSF

Favorite Stroke

Breaststroke has been my best stroke ever since I started swimming

Hobbies

Spending time outside with my family, friends and dogs

Favorite Swimming Memory

State meets stand out to me because I love cheering with my teammates

To be added to
**DMSF's private
Facebook group,**
[click here.](#)

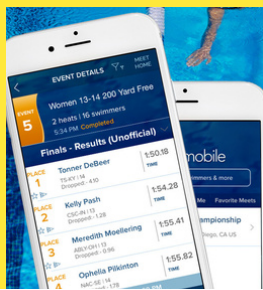


MOBILE APPS ALL SWIM FAMILIES NEED

Download before the next meet!

MEET MOBILE APP

This app lets you view all the details at meets including events, heats, lanes, entry times, etc. This app costs \$6.99 annually, but it's worth it!



ON DECK APP

This app connects to our team website and allows you to view our team feed, sign up for meets and volunteering, see time standards, use the pace calculator and so much more.

Download this free tool and start exploring.

Available Everywhere
phone and tablet optimized

iOS & Android
Compatible

