

# THE STREAMLINE

Des Moines Swimming Federation Monthly Newsletter



**JUNE 16-18**

### Birdland T-Shirts Orders

Pre-orders are due Sun., June 4 for pick-up at the meet on Sat., June 17.

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

This outdoor meet is a ton of fun and takes the support of the entire team to host and provide concessions.

[Sign up to volunteer.](#)

[Sign up for a Hospitality Donation.](#)



## LONG COURSE TEAM MEETS

**June 9-11**

DSMY Hancock Invite  
Wellmark YMCA

★ **June 16-18** ★

DMSF Birdland Invite  
Birdland Pool

**June 23-25**

CIA Beat the Heat  
Wellmark YMCA

**July 6-9**

Blaze Summer Sizzler  
Falls Aquatic Center

**July 13-16\***

Speedo Sectionals  
Wellmark YMCA

**July 20-23\***

LC Champs  
U of I CRWC

[Hotel Room Blocks](#)

★ **July 15-16** ★

Summer Regional  
Champs  
Valley High School

\*Qualifiers Only

[Long Course Meet Schedule](#)

★ **Volunteer Requirement**

## DMSF SUMMER SWIM LESSONS

### 2-WEEK SESSIONS

Valley High School | \$125

- June 5-15
- July 5-14

[SIGN UP TODAY!](#)

**SAVE THE DATE**  
**SUNDAY, AUGUST 27**  
12-3 PM

**RACCOON RIVER**  
**NATURE LODGE**

**DMSF**  
**SUMMER**  
*Picnic*

# COACH SPOTLIGHT

## MEET OUR NEW ASSISTANT COACH



**TIM HANSEN**

### What is your swimming experience?

At age 4, I began competitive swimming at Echo Valley Country Club where my father was a long-time aquatics director. I swam for the North Side Otters during junior high, had multiple top-six finishes at the High School State Championships while at Hoover and swam for Iowa State. In 2012, I was inducted into the Iowa High School Swimming Hall of Fame.

### What is your coaching experience?

I began coaching at Des Moines Golf & Country Club in 1990. In 1999, I was hired...

### What is your coaching experience? (cont.)

...as an assistant coach with the Iowa State Cyclones. I have since continued teaching private swim lessons to a wide variety of swimmers from beginners to nationally ranked age group, masters and triathlete swimmers.

### What is your coaching philosophy?

My coaching philosophy is that every single athlete is different—their goals, challenges and their motivations. Honest, straightforward communication is key. Keeping swimmers excited and motivated to improve is done through ownership of their own experience. Creating a true, team atmosphere makes the hardest workouts more enjoyable.

### What is your favorite swimming stroke?

Breaststroke. IM.

### What do you do for fun?

Anything outdoors—kayaking, fishing, hunting and exploring. I enjoy traveling to remote areas, eating local foods and experiencing different cultures.

### Who is your support system?

I am blessed to have a supportive family, close friends, former teammates and coaches to rely on.

See complete coach bios: [desmoinesswim.org](https://desmoinesswim.org) > About DMSF > Meet the Coaches

### DMSF Officials Incentive

Are you looking for a way to share and participate in your swimmer's experience? DMSF is in need of officials to run swim meets:

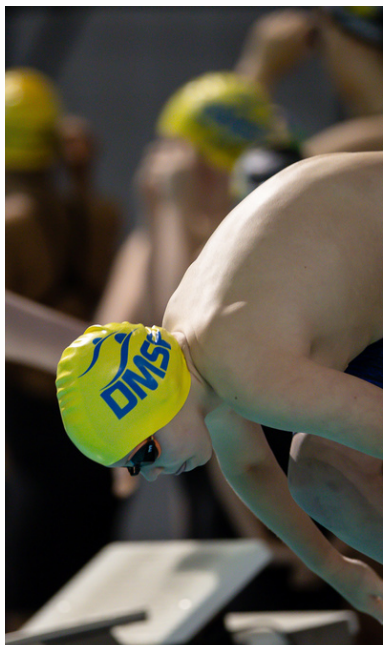
- Work as an official at 4 DMSF home meet sessions; get a \$100 discount off of your swim bill, up to \$300 per year.

[Upcoming Officials Training Sessions](#)





# RIPTIDE H2OPENER





# IFLY ARMBRUSTER INVITE

