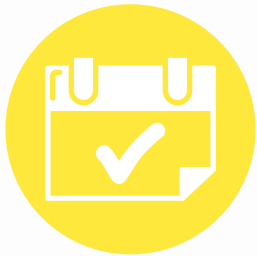


# THE STREAMLINE

Des Moines Swimming Federation Monthly Newsletter

## Save the Date (All the Dates)

### DMSF NEW SWIMMER TRYOUTS



Invite your friends to try DMSF  
at one of our team try outs!

**Valley High School**

Thursday, March 24: 7-8 p.m.

Sunday, March 27: 1-2 p.m.

[Learn More](#)

### DMSF COOK FOR A CAUSE

Team-Building Service Project With Real Food 4 Kids

**Sunday, March 27**

Two Sessions

- 3-4:30 p.m.
- 4:45-6:15 pm

Location: Kitchen Spaces  
1139 24th Street in Des Moines

[Learn More & Sign Up](#)



## SPRING SPEEDO SECTIONALS

**Mar 10-13**

Pleasant Prairie, WI

15&O Qualifiers

[Livestream Link](#)

**Qualifiers**

Charles Bishop

Sassy Hasset

Anne Honkamp

Quin Mahler-Moreno

Allie Nedved

Jackson Nedved

Dylan Nelson

Jacob Pins

## LONG COURSE START DATES

- **March 28:** Platinum, Gold and Blue
- **April 4:** Silver, Bronze and Pre-Competitive

## MORE FUN COMING SOON...



**April 3:** Short Course Banquet

**April 23 & 24:** Swim-a-thon

More details on the way!

## Junior Coach Opportunity

Are you a swimmer age 16+ interested in becoming a Junior Coach?

[Reach out to Coach Gwen](#)

to learn how you can put your skills to work helping our youngest athletes.

# CELEBRATE SILVER CHAMPS & 8&U CHAMPS

## 2022 IA Winter Silver and 8 & U Champs West

MEN		WOMEN	
Team Scores			
1	Ames Cyclone Aquatics Club ACAC	2301	
2	Des Moines Swimming Federation ★ DMSF	1734	
3	Central Iowa Aquatics CIA	1419	



## 2022 IA Winter Silver and 8 & U Champs West

MEN		WOMEN	
Team Scores			
1	Des Moines Swimming Federation ★ DMSF	1696	
2	Ames Cyclone Aquatics Club ACAC	1656	
3	Central Iowa Aquatics CIA	1352	



# CELEBRATE AGE GROUP CHAMPS 14&U

## 2022 IA Winter Silver and 8 & U Champs West

MEN		WOMEN	
Team Scores			
1	Ames Cyclone Aquatics Club ACAC	2301	
2	Des Moines Swimming Federation ★ DMSF	1734	
3	Central Iowa Aquatics CIA	1419	

## 2022 IA Winter Silver and 8 & U Champs West

MEN		WOMEN	
Team Scores			
1	Des Moines Swimming Federation ★ DMSF	1696	
2	Ames Cyclone Aquatics Club ACAC	1656	
3	Central Iowa Aquatics CIA	1352	



# CELEBRATE AGE GROUP CHAMPS 10&U



OUR SPONSORS



# CELEBRATE SENIOR CHAMPS 15&U



**EVENT** 2 **Men Senior 1000 Yard Free**  
4 heats | 32 swimmers  
6:25 PM **Completed**

Finals - Results (Unofficial)

**PLACE** 1 **Jacob Pins**  
DMSF-IA | 15  
★▶ **Dropped: -10.57**

**9:08.50**  
TIME

This is the fastest 1000 free ever by any swimmer in Iowa swimming history. That includes college swimmers. Way to go, Jacob!

