

THE STREAMLINE

Des Moines Swimming Federation Monthly Newsletter

DMSF SUMMER SWIM LESSONS

2-WEEK SESSIONS

- June 5–15
- July 5–14

3:40, 4:15 & 4:50 p.m.

Valley High School

\$125/session/swimmer

[SIGN UP TODAY!](#)

LONG COURSE TEAM MEETS

May 5-6

Riptide H2Opener
Wellmark YMCA

May 12-14

DSMY May Invite
Wellmark YMCA

May 19-21

IFly Armbruster Invite
University of Iowa

June 9-11

DSMY Hancock Invite
Wellmark YMCA

★ **June 17-18** ★

DMSF Birdland Invite
Birdland Pool

June 23-25

CIA Beat the Heat
Wellmark YMCA

or

COHO Summer Classic
Deerfield High School

July 6-9

Blaze Summer Sizzler
Falls Aquatic Center

[Long Course Meet Schedule](#)

★ Volunteer Requirement

SWIM-A-THON RESULTS—THANK YOU!



Total: \$17,618.95

Winning Group:

Sapphire (ice cream party after an upcoming practice.



[See all pics.](#)

CHAMPIONSHIP MEETS

July 13-16*

Speedo Sectionals
Wellmark YMCA

July 20-23*

LC Champs
U of I CRWC

★ **July 15-16** ★

Silver/8&U Champs
Valley High School

*Qualifiers Only

★ Volunteer Requirement

COACH SPOTLIGHT

MEET OUR NEW ASSISTANT COACHES



LAYNE HUEY

Swimming Experience

Started as an 8 & under at local country club

Coaching Experience

Began at local clinics and CRAA/Coe College

DMSF Connection

Son in Bronze and daughter in DMSF lessons

Coaching Philosophy

To me it's not about being the fastest—it's about what you bring to the water.

LAYNE HUEY (cont.)

Favorite Stroke

Fly—I'm a side breather. My events were 50/100 fly, 50/100 free, relays and the mile.

What She Does For Fun

Hanging with my family—my husband and kids. We love going on adventures to baseball games or anywhere we can bring our labradors.



BRENDA PESHAK

Swimming Experience

Swims with the US Masters swim team at Lifetime

BRENDA PESHAK (cont.)

DMSF Connection

Daughter in Bronze

Coaching Philosophy

Have fun, learn hard things and work to make them easy.

Favorite Stroke

Backstroke. I find it is a fun stroke that allows me to breathe the whole time. Breaststroke is a close second.

What She Does For Fun

I watercolor paint and other arts and crafts. I also enjoy gardening and spending time with my husband of 13 years Scott, our daughter Fiona, and our four cats all named for famous people in aviation: Orville, Wilbur, Emma and Amelia.

See complete coach bios: desmoinesswim.org > About DMSF > Meet the Coaches

Stay tuned for fun facts about new coach Tim H. next month.



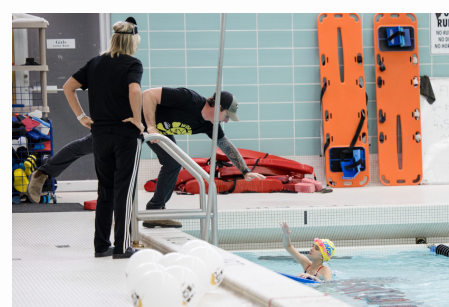
QUICK LINKS

[Upcoming Officials Training](#)

[State Meet Hotel Room Blocks](#)



SWIM-A-THON: BRONZE & PRE-COMP



SWIM-A-THON: SILVER GROUP



SWIM-A-THON: BLUE & SAPPHIRE GROUPS



SWIM-A-THON: PLATINUM & GOLD GROUPS

