

THE STREAMLINE

Des Moines Swimming Federation Monthly Newsletter

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Send newsletter ideas to slepert@desmoinesswim.org.

BUNDLE UP!

As the temperatures begin to drop, don't forget to bundle up with hats, gloves, coats and more. See below for new warm apparel options.



UPCOMING SHORT COURSE TEAM MEETS

Nov 20-21
DMSF Fall Invite
Valley High School

Dec 3-5
DSMY Snow Globe Classic
Wellmark YMCA

Jan 14-16
DSMY Skywalk Open
Wellmark YMCA
or
Foxjet Winter Classic**
University of MN

Feb 11-13
IASI Silver*/8&U Champs
Valley High School

Feb 17-20
Age Group Champs*
Wellmark YMCA

Feb 24-27
Senior Champs**
University of IA

*Qualifiers Only
**13&Up Qualifiers Only
Gray box: Required for Qualifiers

VOLUNTEER POLICY: HELP YOUR TEAM

Our swim meets provide crucial income for the team, and your support determines our success. Please sign up for one volunteer shift for each day your swimmers attends.



[Sign up here.](#)

DMSF FALL INVITE
Nov. 20-21 | Valley High School

NEW TEAM SUIT + APPAREL



Elsmore Swim Shop

Shop for the new team suit at Elsmore during business hours and check out the new [DMSF online store](#). Online orders are expected by Christmas if you order by November 8.





COACH'S SPOTLIGHT

MEET OUR NEW COACH
TIM BROWN



LEARNING TO WORK
TOGETHER AND ENCOURAGE
EACH OTHER IS A POWERFUL
SKILL THAT CAN BE USED IN
EVERY FACET OF LIFE.

—COACH TIM

Swimming Experience

I started swimming at 8. After moving up a series of AAU teams, I swam at Hoover and broke several records (the 100 fly still remains). I swam 200 fly in college for Texas A&M.



Coaching Experience

I started coaching at 15, and I've coached ever since at many levels. While head coach at Hoover, I became CIA's first assistant coach and remained for 20 years, followed by Riptide.

Finding that is key, and I strive to do that by creating an environment where the pool is a sanctuary and everyone feels safe and welcome.

Coaching Philosophy

My coaching philosophy is that every swimmer is different and has a motivation all their own.

Who is your support system?

I am grateful for the support of my wife, Melinda, and our boys Blaise and Aidan, as well as my six sisters, two brothers, Dad and Barbara and my extended Des Moines swimming family.



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



MINOR ATHLETE ABUSE PREVENTION POLICY

DMSF has adopted a SafeSport policy to protect minor athletes from abuse. All parents and adult athletes are required to sign the acknowledgment of the MAAPP as a condition of membership: <https://form.jotform.com/sartikov/acknowledgement-of-maapp-policy>.

HYDRATE TO FEEL GREAT

WATER BOTTLES ARE REQUIRED AT PRACTICE

Why? You need water to maintain proper functioning of every organ and cell in your body. If you're not hydrated, your body is not functioning at its best.

How much water? On average, you lose about one liter of fluid per hour of exercise.

Recommended Water Intake

- 16 fluid ounces 2 hours prior to working out
- 8 ounces every 20 minutes during exercise to rehydrate
- 8 ounces in the 30 minutes after your workout to promote recovery of muscles

What if I don't hydrate?

Dehydration is no fun. It will make your muscles fatigue and can cause cramps, weakness and loss of coordination.



But when absenteeism or tardiness becomes the norm rather than the exception, it's a problem for the whole team.

During the week, we work on different skills/strokes . If a swimmer continually misses practice, they may miss learning a new skill or stroke. To ensure your athlete is improving, please make the effort to attend the recommended number of practices each week:

- **Bronze & Silver: 3-4**
- **Blue & Gold/Plat.: All practices**

PRACTICE MAKES PERFECT

ATTENDANCE EXPECTATIONS

Attendance plays a key role in successful performance.

Showing up on time (15 minutes early) allows

athletes to unwind at the pool, get changed and stretch out completely so they're ready to give their best!

Of course, there are many perfectly legitimate reasons why an athlete may not be able to come to practice.

As athletes get older, they start to build more muscle. Over the course of the week, coaches write practices to strengthen athletes' strokes and adjust practices/intervals so the swim group as a whole continues to improve together. Missing 2 or 3 days can lead to poor performances.

As we get closer to championship meet season, it will be more and more important to get in the water almost every day!

Let's make sure we are setting up our athletes for success!

MUST-HAVE SWIM APPS—DOWNLOAD TODAY!

MEET MOBILE APP

This app lets you view all the details at meets . The cost is \$6.99 annually.



ON DECK APP

This app connects to our team website and allows you to interact. This tool is free.

Available Everywhere
phone and tablet optimized

iOS & Android
Compatible



DMSF SWIM CELEBRATIONS

GOLD

Sassy Hassett: Leading point scorer and 13-14 high point winner at the CIA/Blaze Fall Mixer

BLUE

Attendance Rock Stars

Leon Bykov
Kasen Otis
Clive Voynov
Marley McMahon
Isaac Artikov

Hard Workers

Wesley Mooney
Taylor Thompson
Izzy Powell
John Werstler
Dylan Lepert

SILVER

Lilah Hopper-Hedges: Hard work at practice; great CIA/Blaze meet

Bennett Otis: Diligence working to have the best underwater off the wall

BRONZE

Strummer Boone: Practices hard, listens well; improved strokes; amazing job at CIA/Blaze meet

Helena Wilcox: Great work ethic and awesome job helping her teammates at practice

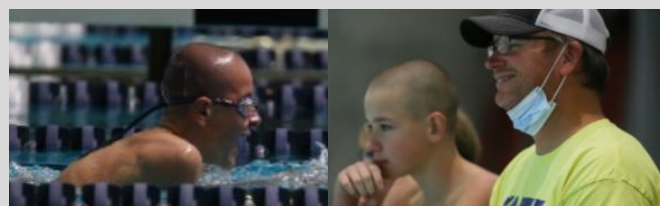
PRE-COMPETITIVE

Oliver Goehring: Good listener with quick improvement on freestyle & backstroke

Cassidy Tenhundfeld: Works hard; open to trying new drills; communicates well



OCTOBER SWIMMER OF THE MONTH: WESLEY MOONEY



Look at this rising star's stats against some of the best 11-12 year olds in the state!

1st Place

100 back: 1:10.53
(dropped 10.50 sec)
100 free: 1:00.77
(dropped 6.89 sec)
500 free: 5:56.82

2nd Place

50 free: 27.40
(dropped 3.94 sec)
200 free: 2:11.19
(dropped 18.18 sec)
200 IM: 2:31.23
(dropped 51.56 sec)

3rd Place

50 breaststroke: 37.75
(dropped 11.28 sec)
50 back: 33.66
(dropped 4.36 sec)

Great job, Wesley! Keep up the great work.

Your future looks bright in this sport.

Dominic Garrett Memorial Fall Mixer High Point Award Winners



Want to Become an Official?

The next Introduction to Officiating Class is Monday, November 29.

OUR SPONSORS

