

THE STREAMLINE

Des Moines Swimming Federation Monthly Newsletter

DMSF FALL INVITE

REQUIRED MEET & VOLUNTEER EVENT

Thank you for your support! Please [sign up](#) for the number of sessions that your swimmers are competing in.

FALL INVITE FOOD DRIVE

We always focus our fall meet on giving thanks and coming together to gather donations for local needs. Last year, we collected 451 nonperishable food and personal care items for the Food Bank of Iowa. We'd love to top that number this year.

Bring your donations to the meet and put them in your swim group's box. The group who collects the most wins a surprise.



SAVE THE DATE: MON, NOV. 14 BOARD MEETING

Look for an email with details to join virtually at 7:30 p.m.

SHORT COURSE CHAMPIONSHIP MEETS

Feb 10-12

Winter Regional Champs
Wellmark YMCA

Feb 16-19

Age Group Champs
Wellmark YMCA

Feb 22-26

Senior Champs
University of Iowa

Mark your calendar!

Log in to Team Unify and [see complete details.](#)

SHORT COURSE TEAM MEETS

★ **Nov 19-20** ★
DMSF Fall Invite
Valley High School

Dec 2-4
Snowglobe Invite
Wellmark YMCA

Dec 7-10*
Speedo JNats
Austin, TX

Dec 16-17 TBD
DMSF/CIA Meet
Ankeny?

Jan 7-8
Rams Blizzard Blast
Wellmark YMCA

Jan 13-15 TBD
KC Blazers Invite
Lenexa, KS
13&O Travel Meet

Jan 27-29
Winter Blues Buster
Summit Middle School

Mar 9-12*
Speedo Sectionals
Fargo, ND

*Qualifiers Only



SEASONAL SNACK

By Sue Honkamp
Owner, Real Food 4 Kids



PUMPKIN CHOCOLATE CHIP MUFFINS

Makes about 36 mini or 12 regular muffins.

- 1 ½ C white or whole wheat flour
 - 1 tsp baking soda
 - 1 tsp baking powder
 - ½ tsp salt
 - 2 tsp cinnamon
 - ½ tsp nutmeg (optional)
 - ½ tsp ginger (optional)
 - 2 eggs
 - ½ C honey
 - ⅓ C melted butter
 - 1 C canned pumpkin
 - ⅓ cup applesauce
 - ½ cup semi-sweet chocolate chips
4. In another bowl, crack the eggs. Then, add melted butter and honey. Combine with a spatula.
5. Add egg mixture to the flour mixture and stir to combine. Add pumpkin and applesauce, stir again. Stir in chocolate chips.
6. Bake mini-muffins for about 14 minutes or regular muffins for about 20 minutes until a toothpick comes out clean.

1. Preheat oven to 350°

2. Spray muffin tin or use paper liners.

3. In a large bowl, whisk together flour, baking soda, baking powder, cinnamon, salt, nutmeg and ginger (if using).

At Real Food 4 Kids, we educate kids about food and how to prepare it, giving them the tools to develop life-long habits to be happy, healthy, confident and capable.

www.realfood4kids.com

 REALFOOD4KIDS

 REAL_FOOD_4_KIDS

ICYMI: QUICK LINKS

- [Sign up or renew your USA Swimming Membership](#) (if you haven't already)
- [Check out the coach virtual hours & parent ambassadors](#)
- [Sign up for a DMSF committee](#)
- [Learn more about USA Swimming's Safe Sport program](#)
- Become an Iowa Swimming official ([see upcoming training classes](#))
- Book your hotel room for senior champs in Iowa City (ages 15+) in February:
 - [Element](#)
 - [Hilton](#)



DMSF INTRASQUAD MEET



OUR SPONSORS

