

THE STREAMLINE

Des Moines Swimming Federation Monthly Newsletter

PREPARE FOR TEAM MEETS

READY FOR UPCOMING MEETS?

See the [DMSF Swim Meet Guide](#) (pages 4 and 5) for meet tips and what to bring.

SAVE THE DATE: MON, OCT. 10 BOARD MEETING

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

COLORADO, HERE THEY COME!

Congrats to Jacob Pins for earning a spot in this month's National Select Camp at the U.S. Olympic & Paralympic Training Center!



SHORT COURSE CHAMPIONSHIP MEETS

Feb 10-12

Silver/8&U 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

Oct 15

DMSF Intrasquad
Valley High School

Oct 29-30

CIA/Blaze Fall Mixer
Summit Middle School

★ **Nov 19-20** ★

DMSF Fall Invite
Valley High School

Dec 2-4

Snowglobe Invite
Wellmark YMCA

Dec 7-10*

Speedo JNats
Austin, TX

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



COACH SPOTLIGHT

MEET OUR NEW ASSISTANT COACH
NIKKI DEARDORF



Swimming Experience

Growing up, I enjoyed swimming in rec league in my hometown.

DMSF Connection

I have three boys, Boomer, Dysen and Renaud, who all swim for DMSF!



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



Coaching Philosophy

Building confidence in youth is a passion and something I strive to achieve in all my interactions with kids. I enjoy helping them set reasonable goals for themselves and helping them make an action plan to reach their goals while holding them accountable on their journey to success.

Favorite Swimming Strokes

Freestyle and butterfly

What She Does for Fun

I enjoy watching my kids participate in their school and extracurricular activities. I also love mornings. I love coffee. And I love to run.

COMMITTEE MEMBERS NEEDED
Join a Committee. Support Your Team.

Visit the [Board & Committees page](#) of the website to learn more and [sign up for a committee](#). There's a variety of tasks for different preferences and time commitments.



OUR SPONSORS





HEALTHY SNACK RECIPE

By Sue Honkamp
Owner, Real Food 4 Kids

PASTA SALAD

- Pasta or tortellini
- 1 pint cherry tomatoes quartered
- 1 jar roasted red peppers, diced
- 1 pound pre-cooked chicken or turkey sausage, diced
- Italian dressing (recipe):
 - ½ cup EVOO
 - ¼ cup white or red wine vinegar
 - 1 tbsp fresh lemon juice
 - ¼ cup parmesan cheese
 - 4 tsp Italian seasoning:
 - 1 tsp oregano
 - 1 tsp basil
 - ½ tsp thyme
 - ½ tsp rosemary
 - ½ tsp salt
 - ½ tsp pepper
 - ¼ tsp grated lemon rind

1. Cook pasta or tortellini, drain and place in large bowl.
2. In a small jar, combine all dressing ingredients. Tightly twist on lid and shake vigorously.
3. Add as much dressing as desired to pasta and toss to coat. Add peppers, sausage, and tomatoes and toss again. Save the rest of the dressing in the fridge for up to a week.
4. Enjoy warm or cold!

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

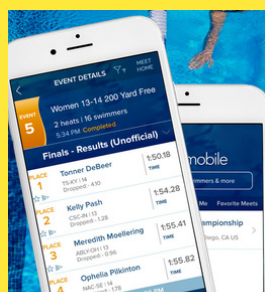


REMINDERS & NEW INFO

- [Sign up or renew your USA Swimming Membership](#) (see emails from Tony Stec for details)
- [Check out the coach virtual hours & parent ambassadors](#)
- [See the equipment list](#)
- [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](#)

MOBILE APPS ALL SWIM FAMILIES NEED

Download before the first meet!



MEET MOBILE APP

This app lets you view all the details at meets including events, heats, lanes, entry times, etc. This app costs \$9.99 annually, but it's worth it!

ON DECK APP

This app connects to our team website and allows you to view our team feed, sign up for meets and volunteering, see time standards, use the pace calculator and so much more.

Download this free tool and start exploring.

Available Everywhere
phone and tablet optimized

