

THE STREAMLINE

Des Moines Swimming Federation Monthly Newsletter

WELCOME TO SHORT COURSE!

SHORT COURSE PRACTICE SCHEDULE

The master short course schedule starts on Tuesday, September 6.

To see the schedule on the [DMSF website](#), scroll down the home page to 'Practice Schedule.'



SHORT COURSE TEAM MEETS

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

Dec 16-17 TBD

CIA/DMSF Dual 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

WELCOME
TO THE TEAM!

WELCOME NEW TEAM MEMBERS!

We're excited to have you on the team! Be sure to [join our private Facebook group](#).

THREE NEW BOARD MEMBERS NEEDED

- 2 at-large members
- 1 secretary

Submit interest to asmith@desmoines.swim.org. Election will be held at the Annual Member Meeting on September 13.

FEBRUARY SHORT COURSE CHAMPIONSHIP MEETS

Feb 10-12

Silver/8&U Champs
Wellmark YMCA

Feb 22-26

Senior Champs
University of Iowa

Feb 16-19

Age Group Champs
Wellmark YMCA

Mark your calendar!

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



A BALANCED APPROACH TO NUTRITION

By Sue Honkamp

Owner, Real Food 4 Kids

I encourage everyone—*especially athletes*—to have a balanced approach to food. Most things are okay in moderation!

Take time to reflect on what and how you're eating and identify 2-3 things to improve. ***It's easier to start small.***

5 Ways to Enhance Your Diet on a Daily Basis

- 1. Drink water early and often**, including a glass of water as soon as you get out of bed every single morning. (Avoid energy drinks, they are unregulated by the FDA.)
- 2. Eat real food** and minimize the processed stuff. Start reading ingredient labels to get a better idea of what you're eating. Cooking doesn't have to be expensive and time-consuming. There are lots of easy meals to make with less than 10 ingredients!

3. Have a variety of natural colors on your plate.

4. Eat 3 balanced meals a day and use snacks to bridge the gap. A balanced meal includes healthy carbs, protein, fat and a variety of food groups. Snacks aren't a replacement for meals.

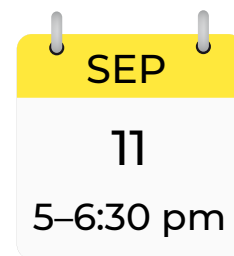
5. Plan ahead to eat well! Take some time once a week to purchase and prep food that will set you up for success. Then, place it somewhere where you'll see it when you're hungry!

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

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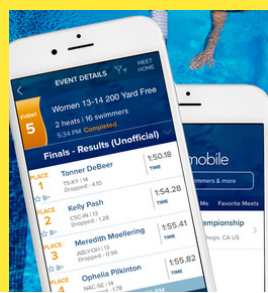
PARENT MEETING IN THE VALLEY FORUM

- Hear from coaches about important events and dates
- Learn expectations for athletes/parents
- Meet DMSF parent ambassadors
- Hear about team suit, cap and apparel ordering
- Find out how to get involved as an official and volunteer
- Hear from featured guest, Liz Hahn, Program Director for USA Swimming's Safe Sport program

[RSVP HERE](#)



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



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