

# THE STREAMLINE

Des Moines Swimming Federation Monthly Newsletter

## SHORT COURSE IS HERE!

The master short course schedule started on September 5. To see the schedule on the [DMSF website](#), scroll down the home page to 'Practice Schedule.'



# Welcome

TO THE TEAM

After a great turnout at our DMSF tryouts, we're excited to welcome our newest families to the team!



### NEW DMSF APPAREL & CAPS

Visit [Elsmore Swim Shop's custom order site](#).

**Want a team logo'd suit?**  
Find options in person at Elsmore.

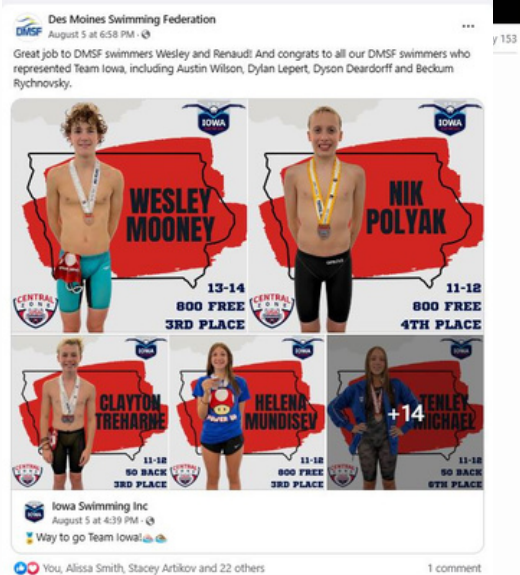
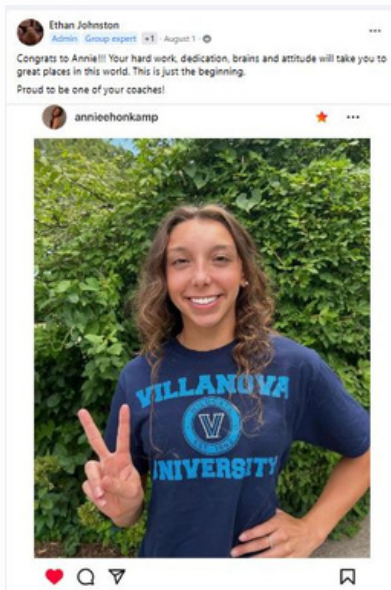
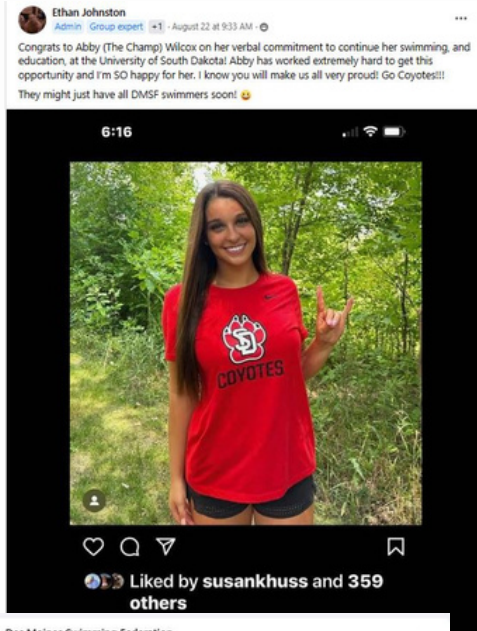
### VOLUNTEER POLICY: HELP YOUR TEAM

Hosted swim meets provide crucial income for DMSF, and your support determines our success. Plan to sign up for one volunteer shift each day your swimmer(s) attend.

**DMSF FALL INVITE: Nov. 17-19 | Valley High School**



# CELEBRATIONS

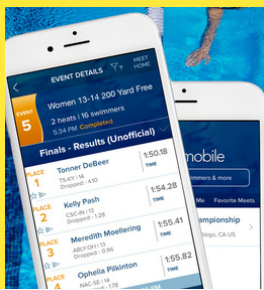


## QUICK LINKS

- [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 list of equipment](#)
- [Learn more about USA Swimming's Safe Sport program](#)
- Become an Iowa Swimming official ([see upcoming training classes](#))
- [Join our private Facebook group.](#)

## 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 has a small annual fee, but it's worth it!

### ON DECK APP

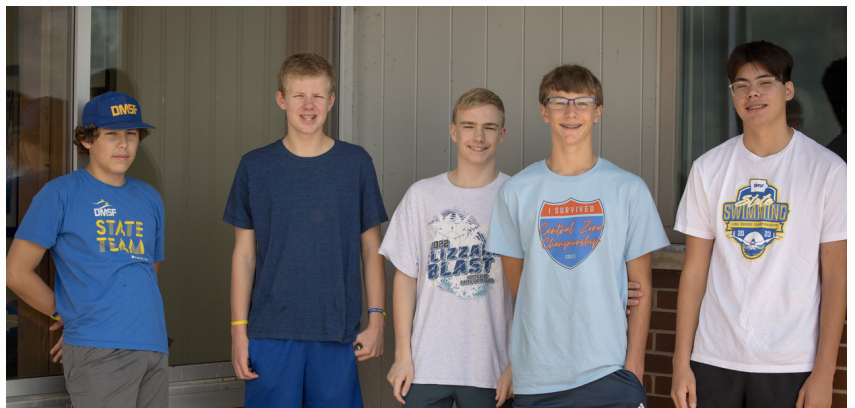
This app connects to our team website and allows you to view our team feed, sign up for meets and volunteering, see time standards, use the pace calculator and so much more.

Download this free tool and start exploring.

Available Everywhere  
phone and tablet optimized

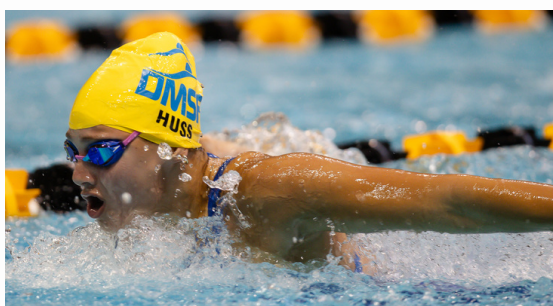
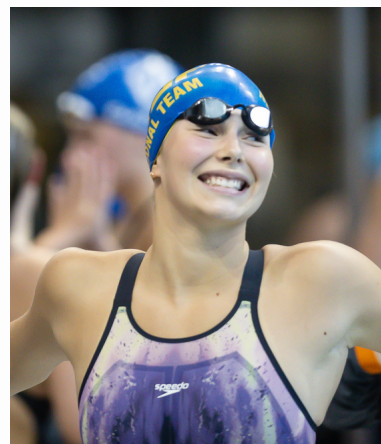


# SUMMER PICNIC AT RACCOON RIVER PARK

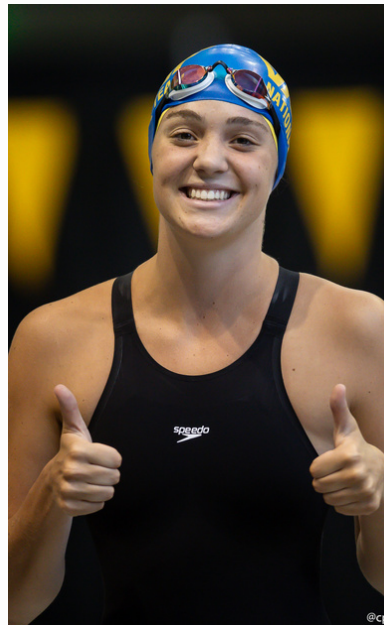


[View More Pics](#)

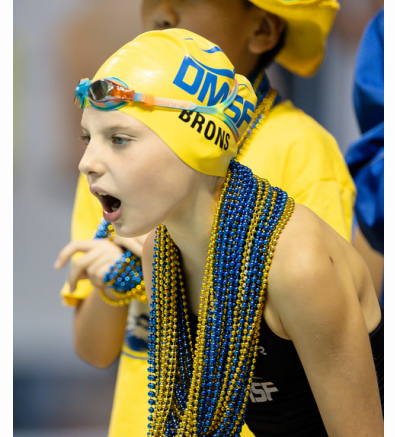
# 2023 LONG COURSE CHAMPS



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# 2023 SUMMER REGIONALS

