



October 2025

STREAMLINE Newsletter



UPCOMING EVENTS

**October 31 –
November 2,
2025** – IFLY A3
Midwest
Challenge

**November 21 –
23, 2025** – DMSF
Fall Invitational
(HOST we will
need volunteers
so be on the
lookout for a
sign-up)

**December 5–7,
2025** – DSMY
Snowglobe

AGE GROUP LONG COURSE STATE CHAMPS

We are continuing to celebrate the fact that DMSF were Long Course Age Group Champs! We are so proud of all of our athletes and our entire team for showing up and supporting one another.



PRACTICE TIP:

Be sure to eat 3 balanced meals daily and hydrating throughout the school day. That will help prioritize your recovery and have energy for practice.



COACHING SPOTLIGHT:

Coach Gwen has been recognized on the list of TOP 25 AGE GROUP COACHES OF THE YEAR by the American Swimming Coaches Association & Fitter & Faster! The results were compiled using a dataset provided by USA Swimming's data scientists of swimmers ages 10-14 with qualifying time standards from the 2024 Long Course season and 2024-25 Short Course season!

Coach Gwen's coaching philosophy is being athlete-oriented. She believes in helping athletes reach their full potential while also having fun!

ATHLETE SPOTLIGHT

We are starting to welcome back our high school girls!

Coaches will start sharing athlete spotlights from each training group. Our athletes work hard and want to share the great work!

PARENT SQUAD:

At DMSF we have a great parent group to help support our athletes. Be a part of the squad that helps support our athletes and coaches.

Volunteer Spotlight - **Hospitality!**

This committee is responsible for serving refreshments (soft drinks, snacks and meals) to meet workers, officials and coaches. They are responsible for soliciting local restaurants for food donations and works with volunteer outreach for club donations.

Interested in getting involved in a committee or just to simply be involved? Click this [link](#)

DMSF SWAG

We have partnered with Splash Printing Co. for our DMSF apparel. You can order at any time and it will be directly shipped to you! More items will be added to the [site](#)