



# LMST NEWS

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New Information Highlighted in   

## Fall Practice Schedule

Normal Calendar until Nov. 8

### Swim Practice Calendar

For up-to-date practice cancellations/time modifications, check the link above *regularly*. With the plethora of programming offered at the aquatic center, practice times change often. I will usually send a message via email or the newsletter if practice times are different than the times below on a given date.

### Fall Swim Practice Calendar

**Bronze** → M-Th at 6:30-7:20 PM

**Silver** → M-Th at 7:20-8:30 PM; F at 6:30-7:45 PM

**Gold** → M-F at 6:30-8:00 PM; Sat. at 7:20-9:00 AM (starts 9/28)

**Platinum** → M-Th PM at 6:30-8:15 PM; F PM at 6:30-8:00 PM; Sat. at 7:30-9:30 AM (starts 9/28)

**Diamond** → M-Th PM at 6:30-8:15 PM; Th AM at 6:00-7:15 AM (starts 9/5); F PM at 6:30-8:00 PM; Sat. at 7:30-9:30 AM (starts 9/14\*)

**Senior & National** → M-Th at 6:30-8:30 PM; T, Th at 6:00-7:45 AM (starts 9/5) F PM at 6:30-8:00 PM; Sat. at 7:30-9:30 AM (starts 9/14\*)

\*9/14 AM practice will be from 6:30-8:15 AM due LM HS Girls Invite

### Fall Dryland Practice Calendar

**Bronze & Silver** → No Dryland

**Gold** → Wed. at 5:45-6:30 PM (start 9/11)

**Platinum** → Mon. at 5:30-6:30 PM (starts 9/9)

**Diamond** → T & Th at 5:30-6:30 PM (starts 9/10)

**Senior & National** → T & Th at 6:00-7:00 AM (starts 8/26)



Pictured Above: LMST swimmer Mehal Raghwani competing at the 2024 IASI Long Course Championships in Des Moines, Iowa on Saturday, July 27<sup>th</sup> (source: Chris Pose).

## Team Registration

# 2024-25 LMST Registration

Registration is now OPEN for this Academic Year. Sign Up Today!

Registration for the 2024-2025 School Year is now open on the Linn-Mar Swim Team website. Registration links are on the bottom of the website homepage. Links vary based on practice group and whether your child is an in-district (standard or free and reduced student) or out-of-district student.

- Bronze (6 years or older)
- Silver (8 years or older)
- Gold (10 years or older)
- *Platinum* (11 years or older)
- *Diamond* (12 years or older)
- Senior (HS Only)
- *National* (HS Only)

Group Descriptions and Objectives for this upcoming short course season has been posted on the LMST website.

If your child plans on practicing right away in the Fall, your family should register your swimmer for the upcoming school year *before* the first day of practice (Monday, August 26<sup>th</sup>).

The registration fee for the 2024-25 year is \$195. LMST billing months for dues are September, October, November, December, January, April, May, and June.

Silver through National will be billed half of February's monthly dues. Silver, Gold, and Platinum will be billed three-fourths (¾) of July's monthly dues. Diamond, Senior, and National will be billed the full month of July

During the Fall & Winter Season, middle schoolers and high schoolers are not billed during months of the school competition season. LMST swimmers are still permitted to train with the team during the Fall/Winter months they are not billed!

The registration fee and monthly dues rate for Linn-Mar district students who receive free or reduced lunches is \$5.00 regardless of practice group. Contact Club Admin [Parker Crow](#) for more details. For questions regarding group placement/schedule, contact Head Coach [Jackson Allmon](#).

## Stroke/Turn Officials

Reach out to [Andrea Kelley](#)

LMST is looking for Stroke & Turn Officials for this upcoming season. Officials that work LMST home meets & IASI Champ meets receive double the credit of a typical volunteer. Reach out to Jackson or Andrea if interested!

## Parent Info. Meeting

Tuesday, Sept. 10<sup>th</sup> at 6:30 PM

There will be a beginning of the year informational meeting at the Linn-Mar Aquatic Center on 9/10. This meet is catered for new families on the team. Coach Jackson will discuss the team calendar, meet registration, and billing.

## No Practice – 9/2 & 9/3

Labor Day & Girls HS Practice

On Monday, September 2<sup>nd</sup>, there will be no LMST practice due to Labor Day. On Tuesday, September 3<sup>rd</sup>, there will be no evening practice due a HS Girls swim meet at LM. Senior and National will still have practice in the AM on Tuesday.

## Meet Recap

# LMST Championship Season Recap

## Highlights of IASI Summer Regionals, Long Course Champs, & Central Zones

### IASI Regionals and 8&U Champs

Congratulations to all LMST swimmers who competed at the 2024 IASI Summer Regionals and 8&U Champs in Dubuque on July 20<sup>th</sup> and 21<sup>st</sup>.

Maddox Elliott (400 IM), Kennedee Gates (100 FR and 100 BK), and Anna Nordine (200 BK) achieved their first IASI “Q” time of the season at this meet.

LMST 8&U swimmers Lily Fireman, Owen Goertzen, James Heil, and Kira Lenhardt all placed within their respective events at their state meet. Way to go!

### IASI Long Course and Championships

Congratulations to all LMST swimmers who competed at the 2024 IASI Long Course Championships at the Wellmark YMCA in Des Moines from July 25<sup>th</sup> to July 28<sup>th</sup>.

LMST placed 7<sup>th</sup> overall in the team standings, the highest placing in team history. The 13&O swimmers placed 4<sup>th</sup> overall. LMST also had a record number of 43 athletes who competed at the meet. Congratulations are also in order to Tyler Brekke and Rylee Sieren for earning their [Red Cap!](#)

### 14&U Central Zones

Congratulations to Greta Huberg, Frankie Martino, Clayton Treharne, and Levi Richards for competing at the 2024 Age Group Central Zones meet at Wellmark in Des Moines from August 8<sup>th</sup> to 11<sup>th</sup>.

All four LMST swimmers represented Team Iowa and competed against the best 14 and under athletes in the Midwest states.

Levi Richards placed 7<sup>th</sup> in the whole Central Zone in the 1500-meter freestyle. Clayton Treharne placed 8<sup>th</sup> in the 200-meter backstroke!



Pictured Above: LMST swimmer Mackenzie Tristan competing at the 2024 IASI Long Course Championships in Des Moines, Iowa on Friday, July 26<sup>th</sup> (source: Chris Pose).

## Practice Info

# LMST First Day of Practice

## What to Expect *Next Week* for your Swimmer

All practice groups will have their first evening practice on Monday, August 26<sup>th</sup>. Silver will begin at 7:20 PM, all other groups will begin at 6:30 PM.

Throughout the week, the LM Girls High School teams have the whole pool reserved until 6:30 PM. **All students must remain in the aquatic center lobby until 10 minutes before the start of their practice time (including high school aged club swimmers).**

Students are encouraged to place their belongings on the set of bleachers on deck closest to the locker rooms. On the first day, students will organize the bleachers based on practice groups, and lead coaches will do attendance/go over group expectations.

All students should arrive in their swimsuit the first day. It is recommended to wear clothes over your swimsuit upon arrival for the duration of the season.

There are locker rooms and single-user restrooms available for the swimmers on deck. However, we want to limit locker room use before practice with the HS team concluding their practice around the same time. Students should also bring a towel of their own with them to practice. No other gear is required.

No parents/adults are allowed to go downstairs, onto the pool deck. Parents are welcome to watch their students from the stadia during their practice.

## Team Records

### LCM Team Records

#### Individual and Relay - 2024

Congratulations to the following Linn-Mar Swim Team athletes who broke a Long Course Meters team record this past summer:

#### Individual LCM Team Records

##### Peyton Adair

- Boys 13-14 200 Meter Breast

##### Hudson Huberg

- Boys Senior 50 Meter Free

##### Clayton Treharne

- Boys 13-14 100 Meter Back
- Boys 13-14 200 Meter Back
- Boys 13-14 200 Meter IM
- Boys 13-14 400 Meter IM

##### Bradyn Weis

- Boys 11-12 800 Meter Free
- Boys 11-12 1500 Meter Free
- Boys 11-12 100 Meter Breast
- Boys 11-12 200 Meter Breast

#### Relay LCM Team Records

##### Peyton Adair, Everett Burr, Clayton Treharne, and Bradyn Weis

- Boys 13-14 200 Meter FR Relay
- Boys 13-14 400 Meter FR Relay
- Boys 13-14 200 Meter Medley Relay
- Boys 13-14 400 Meter Medley Relay

Updated PDFs of the LMST Individual and Relay Long Course records are now included under the [Records/Results](#) tab of the new Linn-Mar Swim Team website.



