



LMST NEWS

Inspire Learning. Unlock Potential. Empower Achievement.

Wednesday, December 4th, 2024 • Volume V, Edition XVI



New Information Highlighted in **■**

2025 CIA Winter Blues

Deadline to Enter → 12/18 (W)

Entries are now open for the 2025 Central Iowa Aquatics Winter Blues meet on Friday, January 24th to Sunday, January 26th! This Timed Final meet will be held at the new Waukee School District Natatorium that opened this past Fall.

Swimmers in the Silver, Gold, Platinum, Diamond, Senior, and National groups eligible to enter!

Sessions (Warmup/Start)

- Friday PM (Platinum and Above ONLY) - 6 PM/7 PM
- Saturday AM (12&U) - 7:30 AM/8:30 AM
- Saturday PM (8&U, 13&O, Open) - 12:30/1:30 PM
- Sunday AM (12&U) - 7:30 AM/8:30 AM
- Sunday PM (8&U, 13&O, Open) - 12:30/1:30 PM

Swimmers may enter up to 4 individual events and 1 relay per session.

LMST Platinum and Diamond 12&U swimmers may choose to compete in either session each day, but not both (morning session is *recommended*). 12&U swimmers who opt to compete in Sessions 1, 3, and 5 will receive no points from these events that will be counted towards the High Point awards. Only events swum in Sessions 2 and 4 count toward High Point awards for 12&U swimmers.

LMST 8 & Under swimmers also do have the option to swim in 12 & Under events on Saturday and Sunday mornings; however, the only events that will count toward High Point for 8 & Under will be the 8 & Under events.

If you have any question regarding what session to sign your 8&U swimmer for, please contact Jackson.

The deadline to enter for this meet is Wednesday, December 18th. This meet is rumored to fill up very fast, so please do not miss out on the opportunity to sign up!



Pictured Above: LMST Gold Group swimmer Saniha Deepak with her high point award trophy from the 2024 DASH Giving Thanks Invitational at Dubque Community Schools Aquatic Center (source: Julia Wittnebel).

Meet Information

December Invite (12/6–12/8)

[Meet Landing Page](#) → Heat Sheets, Psych Sheets, Timelines, etc.

Friday PM Session (400 IM and 1000)

- Arrival Time on Deck: **6:15 PM**
- Meet Warm-Ups: **6:30 PM**
- Team Meeting on Deck: **7:15 PM** (all Fri. swimmers will be asked to count!)
- Meet Start: **7:30 PM** (1000's will be swum from *slowest to fastest*)

Saturday AM Session (10 and under)

- Arrival Time on Deck: **7:40 AM** (Swimmers should arrive in their swimsuits, ready to warmup)
- Writing Event, Heat, Lane Assignments on Swimmers: **7:40 AM – 7:55 AM** (if possible, help your child write down E/H/L assignments before arrival to help save coaches' time)
- Meet with Group Coaches: **7:55 AM**
- Meet Warm-Ups: **8:00 AM – 8:35 AM**
- Team Meeting on Deck: **8:45 AM**
- Meet Start: **8:50 AM**
- Session Conclusion: **11:15 AM** (Most swimmers will be entered in a relay at the end of the Saturday AM session!)

Saturday PM Session (11 and over)

- Arrival Time on Deck: **11:50 PM**
- Meet Warm-Ups: **12:10 PM**
- Team Meeting on Deck: **1:45 PM**
- Meet Start: **2:00 PM**
- Session Conclusion: **6:05 PM**

Sunday AM Session (14 and under)

- Arrival Time on Deck: **7:00 AM**
- Meet Warm-Ups: **7:10 AM**
- Meet Start: **9:00 AM**
- Session Conclusion: **1:15 PM**

Families can also find LMST entries with Event, Heat, and Lane Assignments on the December Invite Meet Landing Page tomorrow (12/5)! (more information included in [LMST News 10/2](#)).

For new families, I recommend writing their E/H/L the evening before their session, so it is not a worry the morning of. We will also have assistant coaches on deck to help after warmups to write down E/H/L on swimmers for those that haven't already.

No PM Practice (12/10)

High School Meet on Tuesday

There will be no LMST evening practice on Tuesday, December 10th due to the Linn-Mar HS Boys dual meet. Gold-Senior boys families should have received an email yesterday (12-3) for information on LM Lion's Night!

Plain "LM" Caps

Available at LM Dec. Invite

Coach Jackson will have plain white "LM" caps available for swimmers on deck at the December Invite. If your swimmer is interested in wearing an LM cap, email Jackson and he will bill your Commit account \$14 for each cap.

12/5 Practice Changes

Tomorrow for Diamond/Senior

There will be no morning swim practice on Thursday, December 5th for the Diamond and Senior groups. Diamond will also have dryland *cancelled* tomorrow (will resume next Tuesday). Senior will have AM lift on Friday (12/6).

Team Iowa Registration

2025 14&U Midwest All Star Championship

[Team Iowa Registration](#) is now OPEN, Register Today!

Iowa Swimming would like to invite you to register for participation in the 2025 Team Iowa Midwest All-Stars meet. **The All-Stars meet will be held at the Wellmark YMCA in Des Moines, IA on January 10-12th, 2025.**

Team Iowa Registration is now open! Please Note: Registration is a [TWO STEP process](#) through the IASI Team Unify site for Team Iowa consideration! Make sure you have *Committed* to the MAS event on Team Iowa's TeamUnify website. That is the most important step in the registration process.

Swimmers will be selected for Team Iowa based on their best times achieved during this short course season beginning September 1st, 2024, through December

15th, 2024. Only events with official times will be considered (no unofficial intermediate splits, or times achieved outside the eligibility period will be allowed). These times can be obtained from any sanctioned USA Swimming meet in any state. Team Iowa will be allowed 72 total swimmers in the meet, with each swimmer being allowed to swim in a maximum of five individual events.

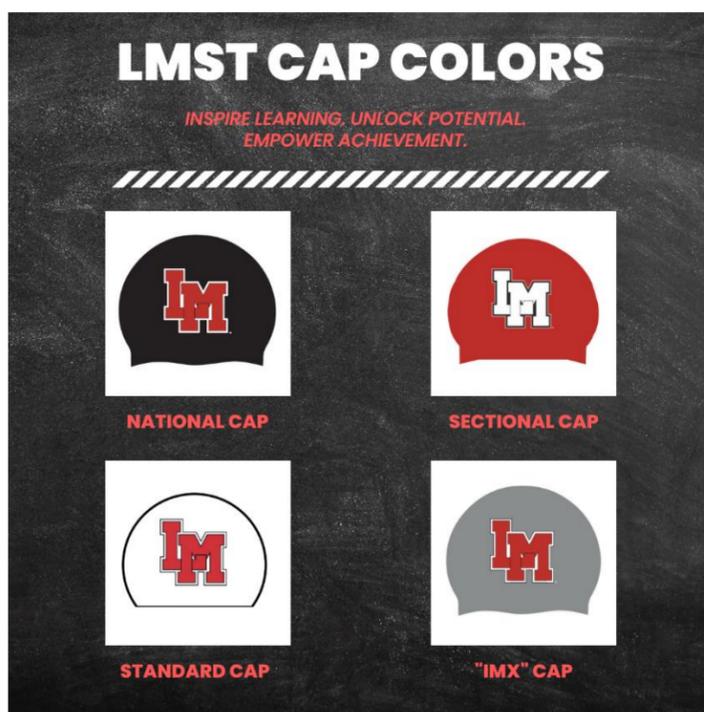
- **Deadline to Register for Team Iowa is FRIDAY, DECEMBER 13th.**
- **USA Swimming Registrations MUST be renewed for 2025!**

Beginning Monday, December 16th, your swimmer will be considered for all events that they have swum during the consideration window (9/1/24-12/15/24).

Times will be supplied by the IASI Office from the USA Swimming database. Since you have committed to the meet, you have created an 'entry' for each of your swimmers who would like to be considered.

- December 18th - **TEAM IOWA ROSTER INVITATIONS ANNOUNCED**
- December 20th - **TEAM IOWA ROSTER FINALIZED**
- December 23rd - **APPAREL ORDER DEADLINE**

For more information on the announcement made by Iowa swimming, click [here](#). For questions on whether your student should apply, email Jackson at jackson.allmon@linnmar.k12.ia.us.



Reminder: As we near the halfway point of the season, check the requirements to achieve each cap on the Linn-Mar Swim Team website: [Linn-Mar Swim Team!](#)

Meet Apparel

IASI Commemorative Caps

Caps can be picked up at the meet admissions table!

This year, Iowa Swimming will have commemorative caps for the 2025 IASI Short Course Championship meet in late February. This is a meet for swimmers with a Senior "Q" time.

Caps are now available for sale **via pre-order**.

If any families are interested in purchasing a cap (\$20, cash only), Fill out the this [Google Form](#) before January 15th.



Volunteering

Dec. Invite Volunteers

Arrival Time, Hospitality

All volunteers upon arrival will check in with Nisha Raghvani (Volunteer Leader) upstairs to confirm that they are present and gain a better understanding of their role/responsibilities. All volunteers are expected to report *at least* 20-30 minutes before the session's start time.

LMST is still looking for parents to volunteer for following positions (sign up via "Jobs" tab on Commit):

Saturday AM (10 and under)

- Timers - 4
- Awards -2

Saturday PM (11 and over)

- Timers - 2
- Awards -2

Sunday AM (14 and under)

- Timers - 4
- Awards - 3

Hospitality Donations

- Greek Yogurt
- Donuts (Saturday and Sunday AM)
- Cookies/Brownies (Sat./Sun. AM)

The deadline to sign up for volunteer positions or to donate is tomorrow, Thursday, December 5th. Families that signed up to donate to Hospitality are strongly encouraged to bring items to the aquatic center Thursday during evening practice. Jackson will put a table outside his office to place donations on Thursday.

Families with fresh/perishable items may bring them down to the classroom before warmups of the session signed up for.

