



# LMST NEWS

Inspire Learning. Unlock Potential. Empower Achievement.

Wednesday, April 3<sup>rd</sup>, 2024 • Volume IV, Edition II



New Information Highlighted in **■**

## LMST A3 Store

Cap Deadline → **Extended to Wednesday, April 10<sup>th</sup>**

The Linn-Mar Swim Team is excited to continue our partnership with A3 Performance to bring families a year-round team store for the 2024 Long Course season!

### [LMST Team Store - A3 Performance](#)

The only items that will have a specific deadline to order by will be the LMST Silicone Caps 2-Pack with Names (aka personalized caps) and LMST Silicone Caps. Deadline to order all caps is **Wednesday, April 10<sup>th</sup>**.

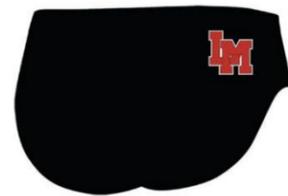
Any families that have previously reached out to me to reserve an LMST cap should go ahead and order directly through the A3 website. LMST will order a bulk of plain white caps that will be available for purchase through the team once they arrive to the aquatic center, for those that miss out on ordering their own before the 10<sup>th</sup>.

We are optimistic that caps with and without names ordered through the link will all be delivered to the aquatic center before the Spring Splash meet on April 27<sup>th</sup>.

**A3 Suits with the LMST logo are now available on the team store!** Suits with our team's logo are available in the Sprintback and Xback version for Females, and the Jammer and Brief version for Males (as seen on the picture in the top right).

Feel free to contact A3 with any inquiries about your cap order, suit recommendations, or sizing via email ([info@a3performance.com](mailto:info@a3performance.com)) or by phone at 888-369-7946.

All non-cap items ordered will be shipped directly to the mailing address used at checkout.



Pictured Above: A3 Performance Solid Female Sprintback, Solid Female Xback Swimsuit, Solid Male Jammer, and Solid Male Brief now offered on the LMST Store with team logos included!

## Meet Information

# 2024 LMST Spring Splash

Entry Deadline → Wednesday, April 15<sup>th</sup> | Marion, IA

On Saturday, April 27<sup>th</sup>, LMST is hosting our annual Spring Splash at the Linn-Mar Aquatic Center. All swimmers registered with LMST (Bronze, Silver, Gold, Platinum, Diamond, Senior, and National) are encouraged to participate.

New this year, we will be having an afternoon session in addition to our traditional 12&U morning session. For the afternoon session we will be offering a Pentathlon (100 FL, 100 BK, 100 BR, 100 FR, 100 IM). 12&U swimmers in Diamond are welcome to compete in the afternoon session. **If you are competing in the afternoon session, you are highly encouraged to compete in all 5 race offerings.**

Parents may choose to commit (enter) their swimmers by logging into their Commit accounts. Parents may select their swimmers' events (Note: LMST staff have ultimate discretion when adding/removing events).

**If you are having trouble signing up on the new site or want verification that your swimmer is in fact entered for the meet, feel free to reach out to Jackson.**

The Volunteer and Hospitality sign up is now available to families through Commit (note: if your family is interested in signing up for multiple slots for one job, reach out to Jackson as he is able to sign families for more than one slot).

LMST is currently looking for the following number of workers/donations for each session:

AM Session - Timers (9), Runner (1), Awards (2)

PM Session - Timers (6)

Hospitality - *No slots have been filled!*

## [New LMST Website](#)

Create an Account Today!

Families should have received an invitation to join our new website, Commit, on 2/7. If you have not received an invitation yet and would like an account, please reach out to Jackson ASAP.

## [Time Standards](#)

Now Available on Site

The 2024 Iowa Swimming Championship Qualifying Standards and the 2021-2024 USA Swimming National Age Group Motivational Time Standards are now available on the LMST website under the Records/Results tab.

## **NO 4/6 AM**

No AM Practice on Sat.

There will be no morning practice for the Gold, Platinum, Diamond, Senior, and National groups this Saturday, April 6<sup>th</sup>. Saturday morning swim and drylands will begin next week on April 13<sup>th</sup>.

## Team Calendar

# LMST Spring Practice Group Schedule

All Practices are Updated on the LMST Website → [Team Calendar](#)

Thank you to the LMST parents who have consistently checked the Team Calendar on our new website to begin the Long Course season. The calendar has been updated through Friday, May 17<sup>th</sup>. The Summer practice calendar will be posted on the LMST website sometime within the next week. Thank you for your patience.

Here are some practice additions for each LMST practice group in the next week and a half as we get into full swing of the new season:

### Gold

- Monday Dryland will begin on April 8<sup>th</sup> → 6:15 to 6:45 PM

- Saturday Morning Swim & Dryland will begin on April 13<sup>th</sup> → 7:30-9:30 AM

### Platinum

- Monday Dryland will begin on April 8<sup>th</sup> → 5:15 to 6:15 PM
- Saturday Morning Swim & Dryland will begin on April 13<sup>th</sup> → 7:30-10 AM

### Diamond

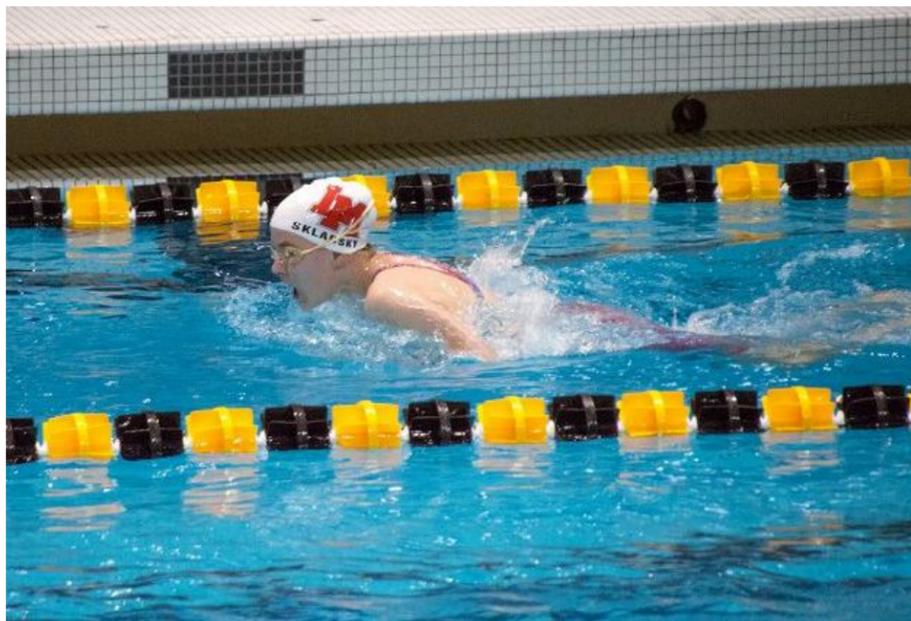
- Monday Morning Swim will begin on April 8<sup>th</sup> → 5:30-7 AM
- Tuesday & Thursday Dryland will begin on April 9<sup>th</sup> → 5:30-6:45 PM
- Saturday AM same as *Platinum*

### Senior

- Monday Morning Swim will begin on April 8<sup>th</sup> → 5:30-7:15 AM
- Tuesday & Friday Morning Lift started yesterday (Dryland for this Friday, 4/5 is *cancelled*, will continue as normal on 4/9) → 6:15-7:15 AM
- Saturday AM same as *Platinum*

### National

- Monday Morning Swim will begin on April 8<sup>th</sup> → 5:30-7:15 AM
- Thursday Morning Swim will begin tomorrow, April 4<sup>th</sup> → 5:30-7:15 AM
- Tuesday & Friday Morning Lift → Same as *Senior*
- Saturday AM same as *Platinum*



Pictured Above: LMST swimmer Catherine Sklarsky competing at the 2024 IASI Age Group Championships in Iowa City, IA on Saturday, February 17<sup>th</sup>, 2024.

## IASI LSC News

# 2024 IASI Select Camp

## Congratulations to LMST Swimmers Selected!

Congratulations to LMST swimmers Hudson Huberg, Luke Kelley, and Mason Turner on being chosen to attend the second edition of the IASI Select Camp in Colorado Springs at the US Olympic Training Center on April 17<sup>th</sup> to 21<sup>st</sup>.

The official purposes of the IASI Select Camp for the athletes are:

1. Introduction to the Zone/National Team camp culture.
2. Education for better training and performance.

3. Offer a unique motivational, inspirational opportunity to move our top LSC performers to 'the next level.'
4. Provide training with top performers in the LSC.

Swimmers will train with other Iowa Futures/JNAT level athletes at altitude, covering the full range of strokes and components. This will be a great opportunity to bring swimmers from various backgrounds together to learn and enjoy the experience of practicing with new and different people.

Way to represent LMST, swimmers!

## Tutorial

### New Website Navigation

#### [New LMST Website](#)

Thank you LMST families for your patience regarding our transition to our swim team only website through Commit swimming!

The club is still working out details related to billing and registration through Commit. In the meantime, we will continue to use the outgoing Linn-Mar Aquatic Center website through TeamUnify for billing/registration purposes. Through the end of the academic school year. The goal is to bill families on Commit for June monthly dues. We will communicate to families when the team is ready for families to set up automatic billing.

All other LMST related information (newsletter, practice updates, meet information, etc.) will be communicated through Commit in perpetuity.

When team staff/administration refers to Commit, it is all encompassing ([The Linn-Mar Swim Team website](#) and the portal associated with the website). For in depth video on how to navigate the parent portal, please watch this video: [Commit Parent Portal Navigation](#). (Note: this video shows navigation with the older website format... the newer, updated version looks similar and has similar features/functionality).

If you have any specific questions concerning the website, Jackson would be happy to help answer or research more about your inquiry.



