



LMST NEWS

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New Information Highlighted in

Upcoming Practice Time Changes

Through the end of 2024!

11/26 (T.) → Normal evening practice times for all groups (including Diamond dryland)

11/27 (W.), 11/29 (F.), 11/30 (Sat.) → ALL LMST practice groups will train in the morning over Thanksgiving break (please read page 2 for practice times during this week)

11/28 (Th.) → There is **NO practice** for the Bronze, Silver, Gold, Platinum, Diamond, Senior & National groups due to **Thanksgiving**.

Week of 12/2 → Morning practices will begin for the Senior practice group:

- Mondays & Thursdays → Swim from 6:00 to 7:45 AM
- Tuesday & Friday → Lift from 6:00 to 7:00 AM

12/5 (Th.) → There will be no Diamond & Senior AM practice will be *cancelled* tomorrow, Thursday, December 5th. Sleep in, swimmers!

12/6 (F.) → There is LMST **NO PM practice** due to the December Invite Distance Session

12/7 (Sat.) → There is **NO practice** for the Gold, Platinum, Diamond, Senior, & National groups due to the December Invite.

12/10 & 12/17 → There is LMST **NO PM practice** due to LM High School Dual meets.

Winter Break → LMST will plan to have practices in the morning for all groups during school breaks. Exact practice times are included on the Practice calendar on the Linn-Mar Swim Team website.

12/25 & 1/1 → There is LMST **practice** due to school district holidays.



Pictured Above: LMST swimmers Graham Goldsmith and Lily Fireman holding their high point award trophies from this past weekend's DASH Giving Thanks Invitational in Dubuque (source: Shannon Kelley).

Meet Recap

DASH Giving Thanks Invite

November 22nd - 24th | Dubuque Community Schools Aquatic Center

Congratulations to all Linn-Mar Swim Team athletes who competed at the DASH Giving Thanks Invite in Dubuque, Iowa. LMST had 71 total swimmers entered in the meet. Here are a few highlights from this past weekend's competition:

10&U Individual High Point Winners (top 3 places)

- Lily Fireman → 3rd, 8 & Under Girls
- Graham Goldsmith → 3rd, 8 & Under Boys
- Saniha Deepak → 3rd 10 & Under Girls

Swimmers who legally finished an event for the first time

- 25 BR → Dhyan Deepak
- 50 FL → Aarush Govinda Raju
- 100 IM → Nora Kray
- 200 IM → Adi Fireman, Lily Fireman, Jackson Kray
- 400 IM → Ori Fireman, Eli Garms, Stella Goertzen

New Central Zone Championship "AAA" Times

- Francesca Martino (11-12 Girls) → 50 FR, 100 FR, 100 FL
- Levi Richards (11-12 Boys) → 100 FR, 1000 FR

New 2024-25 Short Course IASI Championships "Q" Times

- Adi Fireman (10&U Boys) → 50 FR
- Kennedee Gates (13-14 Girls) → 200 FR
- Alexa Goertzen (10&U Girls) → 500 FR
- Megan Kueper (13-14 Girls) → 100 FR
- Annie Landherr (11-12 Girls) → 100 FR, 200 FR, 100 BR
- Levi Richards (11-12 Boys) → 200 FL
- Jensen Rickels (13-14 Boys) → 100 BR, 200 IM
- Greg Wittnebel (10&U Boys) → 100 BR

LMST Female Suit

First Come, First Serve

The Linn-Mar Swim Team coaching staff is in possession of a brand-new size 28 A3 Performance Solid Female X-Back. If you are interested in the suit, please contact Jackson.

A3 Black Friday

Deals through A3 Performance

Black Friday starts early at A3 Performance. Now through Cyber Monday (12/2), **SAVE UP TO 50%** on almost *everything*, while supplies last! Shop **tech suits, training gear, and swim essentials** that will help you feel and swim your best.

LMST Dec. Invite

Email Jackson if Not Available

If your swimmer was signed up for events that they will not compete in for the LMST December Invite on 12/6-12/8, please let Jackson know ASAP so that swimmers on the meet waitlist can compete.

Practice Calendar

LMST Thanksgiving Practice Schedule

Practice Times for All Groups over Thanksgiving Break

Wednesday, November 27 th	Friday, November 29 th	Saturday, November 30 th
Bronze → 8:00 to 9:00 AM	Bronze → 10:00 to 11:00 AM	Bronze → N/A
Silver → 9:00 to 10:30 AM	Silver → 11:00 AM to 12:15 PM	Silver → 9:30 to 11:00 AM
Gold → 8:15 to 9:00 AM (Dryland), 9:00 to 10:30 AM (Swim)	Gold → 10:00 to 11:30 AM	Gold → 9:30 to 11:00 AM
Platinum → 8:00 to 10:00 AM (Swim), 10:00 to 10:30 AM (Dryland)	Platinum → 10:00 AM to 12:00 PM	Platinum → 9:30 to 11:00 AM
Diamond → 8:00 to 10:00 AM	Diamond → 9:15 to 10:00 AM (Dryland), 10:00 AM to 12:00 PM (Swim)	Diamond → 9:30 to 11:00 AM
Senior → 8:00 to 10:00 AM	Senior → 10:00 AM to 12:00 PM	Senior → 9:30 to 11:00 AM



Pictured Above: LMST swimmer Peter Wittnebel competing in the 100 yard freestyle preliminaries at the 2024 A3 Midwest Challenge on Sunday, November 10th (source: Chris Pose Photography).

Team Iowa Registration

2025 14&U Midwest All Star

Team Iowa Registration is 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 (about each 12 each age group/gender), with each swimmer being allowed to swim in a maximum of five individual events.

- **Deadline to Register for Team Iowa is FRIDAY, DECEMBER 13th.**
- **TEAM IOWA ROSTER INVITATIONS ANNOUNCED on DEC 18th**

All LMST swimmers with an **"A"** [motivational time](#) encouraged to apply!

Meet Information

Dec. Invite Updates

Check the Entry Report!

Thank you to the **130 students** who signed up to participate in this year's LMST December Invite on 12/6-12/8.

There is a new [Entry Report](#) (updated 11-26) now available on the Linn-Mar Swim Team website. A few things to note:

- Bronze students ages 9-12 were only entered in the 50 FR for the Sunday morning session of the meet. All other events offered that day are 100s and 200s of stroke.
- Most 10&U swimmers will be entered in 200 FR Relay on Saturday morning (end of the session). Relay team assignments are TBA.
- The meet has reached max capacity on Saturday afternoon, and exceeded max capacity on Sunday morning. We will no longer be accepting entries for those sessions.
- We are still accepting entries for the Saturday morning session. If you missed that deadline, please contact Coach Jackson at Jackson.allmon@linnmar.k12.ia.us ASAP!
- Please review all entries for your swimmers and let me know if you see any errors with entries times or events entered.
- Since the meet has exceeded capacity on Sunday, if you know that your swimmer cannot swim that day, email Jackson so we can remove their entries ASAP (Events #44-75).
- If your Platinum, Diamond, or Senior swimmer is entered in the 400 IM or 1000 FR on the first night and wants to swim the other event, please email Jackson ASAP.

