



LMST NEWS

Inspire Learning. Unlock Potential. Empower Achievement.

Wednesday, May 15th, 2024 • Volume IV, Edition VIII



New Information Highlighted in

June Meet Deadlines

PAC Tri and Beat the Heat

LMST parents are now able to view the following meet information on Commit:

- *Panther Aquatic Club & Dubuque Area Swimmn' Hurricanes Tri Meet (Open to Bronze through Senior)* at the UNI Wellness and Recreation Center in Cedar Falls on Tuesday, June 25th **(New Meet Addition!)**
- *CIA Beat the Heat Meet (Open to Silver and Above Swimmers)* at Wellmark Aquatic Center in Des Moines on Friday, June 28th to Sunday, June 30th.

Please note the following entry deadlines:

PAC/DASH Tri Meet Entry Deadline:
Sunday, June 16th (Parents can enter swimmers soon!)

LMST will compete against PAC and DASH swimmers at the University of Northern Iowa's pool on the evening of Tuesday, June 25th.

Warmups will begin at 4:15 PM with a meet start time of 5:00 PM. The meet should not last more than a couple of hours.

This is a great opportunity for swimmers to race in a short course pool and achieve "Q" times before the end of the summer season.

Beat the Heat Entry Deadline: **Sunday, May 26th at 11:45 PM**

Only swimmers in the Silver, Gold, Platinum, Diamond, Senior, and National groups will be able to participate in this Timed Final meet.

The 1500 FR/400 IM Friday afternoon session is for Platinum-National ONLY.

All swimmers are eligible to compete in the *Fast 50's* on Friday evening. Medals will be awarded for the high point winners, both male and female, of Sessions 2's Friday Night Fast 50's for all age groups. (8 & Under, 9-10, 11-12, 13-14, 15 & Older)



Pictured Above: The logo for the 2024 David Armbruster Invite in Iowa City, Iowa. Iowa City is the birthplace of the "butterfly stroke." David Armbruster, Head Coach of the University of Iowa Swimming and Diving teams, developed and implemented the stroke discipline into international swimming.

Meet Information

2024 David Armbruster Open

Warmup/Start Times, Psych Sheet, Session Report/Timeline

The David Armbruster Open (13 and over), hosted by the Iowa Flyers Swim Club, is this weekend (Friday, May 17th to Sunday, May 19th) at the University of Iowa Campus and Recreation Wellness Center in Iowa City, IA.

LMST has 29 total athletes competing this weekend.

The meet will be handing out the David Armbruster "Iron Award," for swimmers in each age group who accumulate the highest USA Swimming Age Group Points in all butterfly events offered.

The meet also has the Jack Seig Dueling 50 Butterfly Event, where 13 and over swimmers will compete for a spot in a quarterfinal, semifinal, and final format. For more information, click the link below:

[Meet Landing Page](#)

Meet Itinerary (WU Time/Start Time)

- **Friday PM** (400 FR, 200 IM, 100 FL, 50 FR) → 3:30 PM/5:00 PM
- **Saturday Late AM** (50 FL, 200 FR, 100 BR, 200 BK, 50 FL, 400 IM) → 10:00 AM/11:30 AM
- **Sunday AM** (1500 FR) → 9:00 AM/10:00 AM
- **Sunday Late AM** (200 FR-R, 200 BR, 100 FR, 200 FL, 100 BK) → 12:45 PM/2:00 PM

[Psych Sheet](#)

[Session Timelines](#)

Admissions: CASH ONLY

Everyone originally entered in 400 FR, 400 IM, or 1500 FR should be able to swim in those events!

No Gold/Silver – 5/17

Practice Cancelled on Friday

Evening Practice for the Silver and Gold groups will be cancelled on Friday, May 17th. There will still be practice from 3:45 to 5:15 PM for swimmers in the Platinum, Diamond, Senior, and National groups not attending the Armbruster meet this weekend.

Updated Entry Reports

Available on LMST Site

Updated Entry Reports for the JR Armbruster and Splash Out Hunger meets are now uploaded to the "[Meet Entries](#)" tab of the LMST website. There will be a relay on Saturday of SOH for most 11&O swimmers.

5/20-6/1 Calendar

Please Check Team Schedule!

Reminder to LMST parents that the practice calendar will change for the last two weeks of May! More information on practice times for each group is included on page 2. There will be no practice on Memorial Day (5/27). **Practice on 6/1 for non-JR Armbruster swimmers is TBD.**

Practice Schedule

2024 LMST Summer Practice Calendar

LMST Practice Calendar for Monday, June 3rd to Friday, July 19th

Bronze: Monday through Thursday evenings → 5:30 to 6:30 PM

Silver: Monday through Thursday evenings → 5:30 to 6:45 PM (different start time M-Th than last year), Friday Mornings → 10:30 AM to 12:00 PM

Gold: Monday through Thursday evenings → 5:15 to 6:45 PM, Monday Dryland → 4:45 to 5:15 PM, Friday Mornings → 9:00 AM to 10:30 AM, Saturday Mornings → 7:30 to 9:00 AM

Platinum: Monday, Wednesday, afternoons → 2:00 to 3:45 PM, Monday Dryland → 3:45 to 4:45 PM, Tuesday, Thursday evenings → 5:15 to 6:45 PM, Tuesday, Friday Morning → 6:15 to 8:15 PM, Saturday Mornings → 7:30 to 9:30 AM

Diamond: Monday through Thursday afternoons → 2:00 to 3:45 PM, Tuesday and Thursday Dryland → 3:45 to 5:00 PM, **Tuesday**, Friday Morning → 6:15 to 8:15 PM, Saturday Mornings → 7:30 to 9:30 AM

Senior & National: Monday, Tuesday, Thursday, Friday Morning Swim → 6:15 to 8:15 AM; **Wednesday Morning Swim → 7:00 to 8:30 AM (National ONLY);** Monday, Wednesday Afternoon Lift → 2:00 to 3:00 PM; Tuesday, Thursday Afternoon Swim → 2:00 to 4:00 PM; Wednesday Afternoon Swim → 3:00 to 4:00 PM; Friday Morning → 6:15 to 8:15 PM, Saturday Mornings → 7:30 to 9:30 AM

For any questions about the Spring/Summer Calendar, please reach out to Jackson



Pictured Above: City Park Pool in Iowa City, Iowa. Swimmers in the Gold through National groups will have the opportunity to train in an outdoor, 50 meter long course pool this Summer!

Practice Calendar

City Park Pool (IC) Practices

50-Meter Practices in Iowa City starting week of 6/10

Thanks to the Iowa City Eels (ICE) swim club and the Iowa City Aquatics department, LMST is able to practice at City Park Pool (200 Park Road Iowa City, IA 52245) starting the week of June 19th on Tuesday and Saturday mornings.

The following groups are able to swim at City Park on these dates from **7:15 AM to 8:45 AM:**

Tuesday Mornings (6/18, 7/2) → Platinum, Diamond, Senior, National

Saturday Mornings (6/15, 6/22, 7/6) → Gold, Platinum, Diamond, Senior, National

Reminder that practices are *optional*. There will be a practice opportunity at Linn-Mar with Coach Cameron from 6:15-8:15 AM for those who cannot attend in IC on Tuesday mornings! Saturday opportunities in the Summer at LM are TBD.

This is a great opportunity to get some long course training in this Summer under the sun *without any extra costs or fees*. Let me know if you would be interested in carpooling athletes to these practices!

Practice Schedule

End-of-the-School Year Schedule

Schedule Starts Next Week!

Due to the Linn-Mar Aquatic Center Evening Lessons program coming to an end on Thursday, May 16th, LMST has decided to modify its Practice Calendar to take advantage of the open pool space during the last two weeks of the school year.

Below will be the practice schedule from Monday, May 20th to Saturday, June 1st:

Bronze: Monday through Thursday evenings → 6:00 to 7:00 PM

Silver: Monday through Thursday evenings → 5:45 to 7:00 PM, Friday Evenings → 5:15 to 6:45 PM

Gold: Monday through Thursday evenings → 5:30 to 7:00 PM, Friday Evenings → 5:15 to 6:45 PM **(No Monday Dryland)**

Platinum: Monday, Wednesday afternoons → 3:45 to 5:30 PM, Tuesday, Thursday evenings → 5:30 to 7:00 PM, Friday afternoons → 3:45 to 5:15 PM **(No Monday Dryland)**

Diamond: Monday through Thursday afternoons → 3:45 to 5:45 PM, Monday Mornings → 5:30 to 7:00 AM, Tuesday and Thursday Dryland → 5:45 to 6:45 PM, Friday afternoons → 3:45 to 5:15 PM

Senior and National: Monday through Thursday afternoons → 3:45 to 5:45 PM, Monday, Thursday Mornings → 5:30 to 7:15 AM, Tuesday and Friday Weights → 6:15 to 7:15 AM, Friday afternoons → 3:45 to 5:15 PM

(Note: No Practice on Memorial Day. Practice on Saturday, June 1st for 13&O swimmers in Gold-National is TBD.)

