



LMST NEWS

Inspire Learning. Unlock Potential. Empower Achievement.

Wednesday, April 10th, 2024 • Volume IV, Edition III



New Information Highlighted in **■**

LMST A3 Store

Cap Deadline TODAY!

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 10th**.

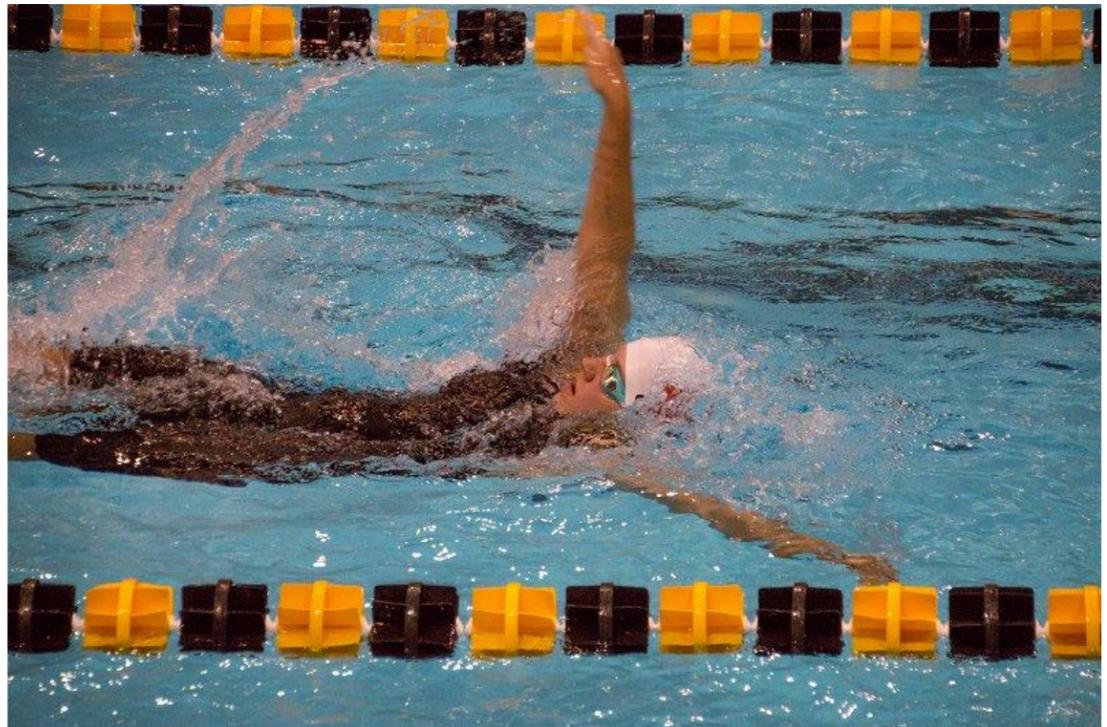
Any families that have previously reached out to me to reserve an LMST cap should go ahead and order directly through the A3 website. LMST will order a bulk of plain white caps that will be available for purchase through the team once they arrive to the aquatic center, for those that miss out on ordering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

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 27th.

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) 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: LMST swimmer Kennedy Gates competing at the 2024 IASI Age Group Championships in Iowa City, IA on Friday, February 16th, 2024.

Meet Information

2024 LMST Spring Splash

Entry Deadline → **Monday, April 15th** | Marion, IA

On Saturday, April 27th, 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.

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 competing in the afternoon session, you are highly encouraged to compete in all 5 race offerings.

An Officials Sign Up Genius is now available for LMST parents that are *already officials*. If you are taking an officiating class in the upcoming month, please do not sign up for this meet. Andrea Kelley will reach out to prospective officials that are eligible to apprentice.

The Volunteer 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), Awards (2)

PM Session - Timers (3)

Since there were issues with the previous Hospitality sign up on Commit, the team has created a new Sign-Up Genius to replace the previous sign up.

[Spring Splash Hospitality Sign Up](#)

Deadline to Sign up is Friday, April 26th.

Donut Sign Up

Saturday Morning Practices

A [Donut Sign Up Genius](#) is now available for Gold, Platinum, Diamond, Senior, and National families for Saturday morning practices this season. The team anticipates 30+ swimmers to attend each Saturday AM.

4/12 Afternoon Dryland

Plat., Diam., Senior, Nat.

LMST swimmers in the Platinum, Diamond, Senior, and National groups will participate in a Dryland at 3:45 PM practice. Swimmers are asked to bring a pair of tennis shoes!

Spring Splash

Multiple Volunteer Positions

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 on the Commit site (note: [Volunteer Credit Policy](#))

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, 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

Platinum and below practice times now on Calendar!



Pictured Above: A swimmer executing a freestyle flipturn (courtesy: My Swim Pro).

Practice Calendar

LMST Turn Clinic

4/23 at 7:00 PM for Evening Groups (Platinum & ↓)

All Bronze, Silver, Gold, and Platinum swimmers are invited to attend the LMST Turn practice on Tuesday, April 23rd from 7:00-8:15 PM.

All Tuesday evening training groups will practice at this time (Gold/Platinum will start 15 minutes later, Bronze will end 15 minutes later.

From 7:00-7:30 PM, Jackson will explain the importance of a fast turn in practice and in competition. During this time, students will watch Senior/National swimmers demonstrate a perfect

turn, while coaches explain the fundamentals step-by-step.

After 30 minutes, the students will separate into their regular practice groups and will practice flip-turns and open turns with their group's coach.

Improving turn efficiency and technique are crucial when it comes to maintaining speed during the swim portion. Focus on turns may be the difference between remaining complacent in meet times and achieving swimmer goals.

Save the date, LMST parents!

Practice Schedule

End-of-the-School Year Schedule

Modifications to Practice Calendar from 5/20 - 6/1

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

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

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: Memorial Day practice time subject to change)

