

## LMST MEET RECAPS (10/18-10/19)

**KOHAWK HARVEST INVITE (CR) & BLST TRIANGULAR MEET (CF)**



Pictured Above: LMST 10 and under swimmers (from left to right) Kenzie Schwartzhoff, Harper Wiese, Evalyne Nie, Lila Washburn, and Claire Phillips competing at the Saturday morning session of the 2025 Kohawk Harvest Invitational on October 18<sup>th</sup> (Source: Stephanie Washburn).

### Kohawk Harvest Invitational Recap

LMST had 71 total swimmers compete across all three sessions of the Kohawk Harvest Invitational at Coe College Natatorium. Congratulations to everyone who competed, as most achieved a new personal best time!

*New 2026 IASI Short Course Champ Qualifying Standards ("Q" Times):*

- Rory Breitbach - Girls 11-12 500 FR, 200 BK
- Bentley Brodeur - Boys 13-14 200 BR, 200 FL
- Norah Foreman - Girls 11-12 50 FR, 500 FR
- Colette Junk - Girls 11-12 50 BR

- Anna Larson - Girls 10&U 100 FR, 100 FL
- Shay Williams - Girls 13-14 400 IM

*First- Time Legal Swims:*

- Yazhini Anburaj - 50 BK
- Sawyer Ehm - 25 BR
- Dhyan Deepak - 50 BR
- Keegan Gaud - 50 BK
- Liam Gaud - 50 BK
- Addison Harris - 25 FL
- Pratyush Jaya Karthikeyan - 50 FL
- Evalyne Nie - 50 FL
- Thaneesa Puviarasan - 50 BR
- Saatvik Vignesh - 25 FL
- Quinn Yarker - 50 BR, 100 IM

### BLST Triangular Meet Recap

LMST had 23 of the 38 total swimmers at the BLST Fall Triangular at the new Cedar Falls Natatorium on Saturday, October 18<sup>th</sup>.

The hour plus morning session concluded with a fun tailgate for families of BLST, LMST, and PSC!

*New 2026 IASI Short Course Champ Qualifying Standards ("Q" Times):*

- Ava Lutz - Girls 13-14 100, 200 FL
- Jensen Rickels - Boys 13-14 100 BK
- Rylee Sieren - Boys Senior 200 FL
- Bradyn Weis - Boys 13-14 50 FR
- Shay Williams - Girls 13-14 200 IM

# SafeSport Team Renewal Courses

USA Swimming has provided training materials for athletes (ages 5-17) and parents to help teach the signs of abuse and how to create a more positive environment. For LMST to be recognized as a Safe Sport club we need all athletes and parents to complete the following:

**Athletes Course** (ages 5-17) → “Optional Course – Safe Sport for Youth Athletes”

**Parents Course** → “Parents Guide to Misconduct”

**Instructions** on how to complete the programs were sent in **email on Monday, October 13<sup>th</sup>** from Parker Crow.

We need the following number of swimmers and parents to complete the courses by the end of the week to earn enough points to earn SafeSport certification:

- Swimmers (Ages 5-12) - [15-20 more athletes](#)
- Swimmers (Ages 13-17) - [10-15 more athletes](#)
- Families - [15-20 more parents](#)

- To take the courses, athletes must create their own login and password.
- When an athlete creates their login it can take up to 24 hours for the course to appear for them.
- If the athlete does not yet have an account–To create a login, the parent who has the athlete in their “My Family” box needs to login to their account. In the “My Family” box, select “View” next to the athlete’s name. Then select “Create a Login Account.” This account will be for the athlete. This is the account they must take the APT course from.
- Log-in accounts can be created through their Parent’s account for athletes ages 8-17 (not sure if this part is current).
- If the athlete is unable to create their login from their parent’s account and are already 18, they must go to [hub.usaswimming.org](http://hub.usaswimming.org) and create a new account. They must then link their membership record to this account.
- The athlete should NOT take the course underneath their parent’s login account.

## Practice Updates - October & Beyond

**10/23 (Th) - Tomorrow, the LMST Senior practice group will have swim practice from 4-6 PM in the deep end (as HS divers are in CF), and dryland from 6-7 PM. All other group practice times will remain the same.**

**10/24 (Fri.) - On Friday, Senior will swim from 4:30-6:30 PM (because of HS swimming at earlier time). Consequently, Gold will swim from 6:30-8 PM. All other practice times will remain the same.**

**10/28 (T) - LMST PM practice on Tuesday, October 28<sup>th</sup> will be moved back due to the first MS Girls meet at the aquatic center. Silver & Gold will practice from 7:30-8:30 PM. Platinum, Diamond, and Senior will practice from 7:30-8:45 PM. Senior Dryland time is from 6:15-7:30 PM**

**10/29 (W) & 10/31 (Fri.) - See Below.**

**11/3 (M) & 11/4 (T.) - Senior will tentatively plan to swim from 4:30-6:30 PM on this Monday and Tuesday as the HS team is opting to practice earlier because of no school. All other groups will swim at normal time.**

**Week of 11/10 - On this week, both LM HS Girls and Boys swim teams will practice at the aquatic center. For current practice times, check the [LMST Practice Calendar](#). Bronze will NOT on Monday (11/10) and Wednesday (11/12) of this week. (Note - the MS Swim Meet has been moved from 11/13 to 11/12. Thus, LMST will have NO Practice on Wed., and will have normal practice times on Thurs.)**

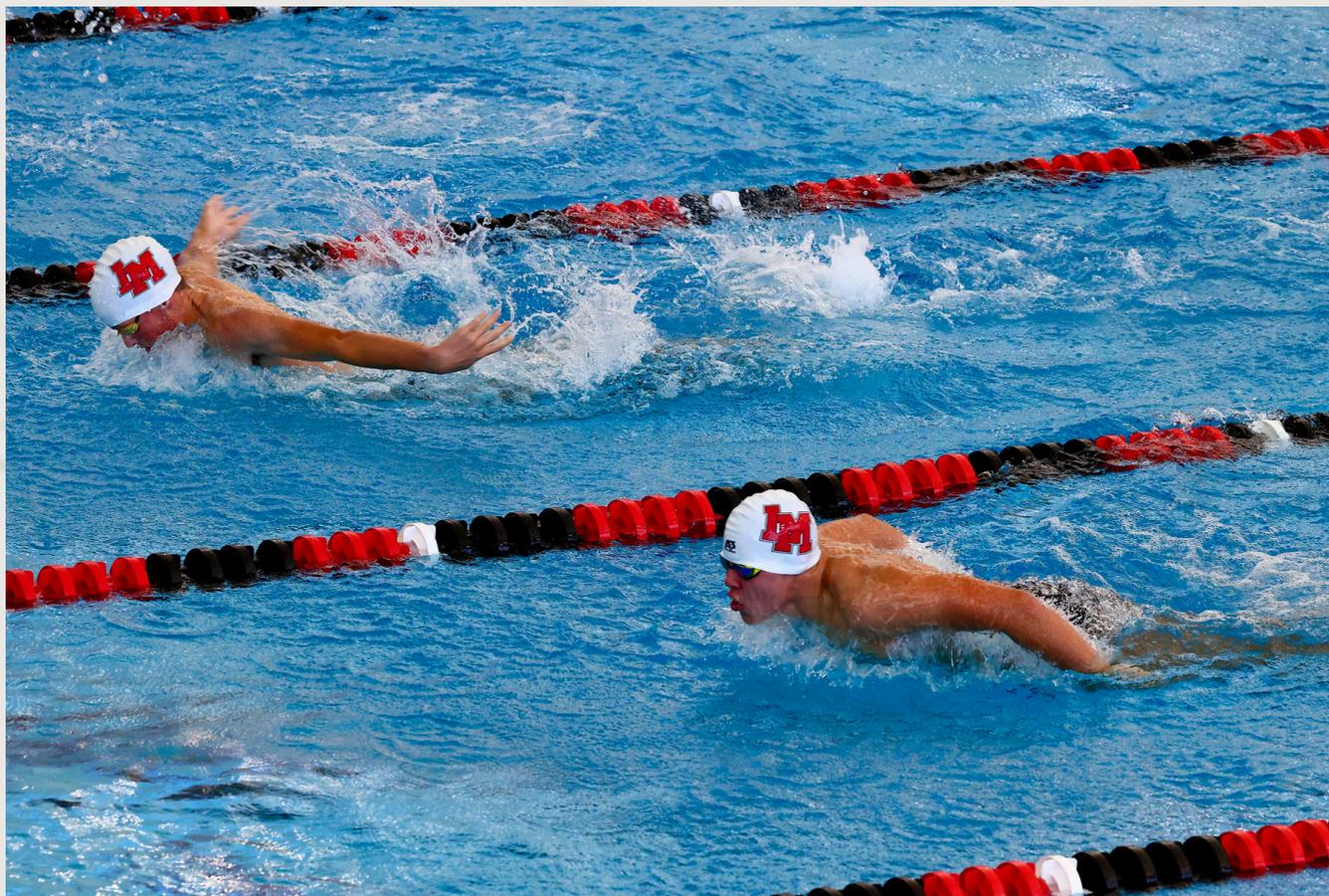
## LMST Halloween Practice - 10/29 (W)

On Wednesday, October 29th, LMST will host a **Halloween**-themed practice for swimmers in groups Bronze–Diamond from 6:30 to 8:00 PM.

Swimmers and coaches will wear their Halloween costume before practice, and the team will have a competition to see who is best dressed based on the following categories: scariest, funniest, most creative, fan favorite. Students should arrive with their swimsuits on underneath their costumes. Prizes will be awarded to students selected by the coaching staff.

**If you are interested in donating candy for the Halloween practice, please use the Commit “Jobs” signup on your login/account. As of now, we have zero families signed up to donate. The more families who donate, the better!**

On the morning of Wednesday, October 29th, Diamond and Senior will have normal practice at 6 AM. On Friday, October 31<sup>st</sup>, there will be NO LMST PM practice. Diamond and Senior swimmers who are not attending the Friday session of Midwest will have practice from 6:15 - 7:15 AM.



Pictured Above: LMST Senior swimmers Tom Fireman and Bentley Brodeur competing in the 100-yard butterfly during the Saturday morning session of the 2025 BLST Fall Triangular on Saturday, October 18<sup>th</sup> (source: Shaun Elhard).

## *Aquatic Center Locker Rooms*

It has been brought to the club's attention of some ongoing issues in both the Boy's and Girl's locker rooms during LMST practice. The lack of respect and complete disregard for the state of the facility, staff tasked with cleaning it and other's belongings are extremely upsetting.

Going forward, team staff encourage all the athletes to consider the following actions:

- 1) Swimmers in Bronze-Diamond are encouraged to bring their stuff out of the locker rooms to be placed on the bleachers.
- 2) High-School/Senior swimmers may continue to use the lockers that they may have been assigned during their respective high school season. Please remember to lock these so items in your lockers are not misplaced.
- 3) If your swimmer sees any example of wrongdoing in the locker rooms, please report these incidents to a coach as soon as possible.

Thank you for your continued support of this facility and its programming.

## *LMST Fast & Flurrious Invite*

On Friday, December 5<sup>th</sup> to Sunday, December 7<sup>th</sup>, LMST is hosting our annual *Fast & Flurrious Invitational Meet* (formerly known as the December Invite) at the Linn-Mar Aquatic Center. All swimmers registered with LMST (Bronze, Silver, Gold, Platinum, Diamond, and Senior) are encouraged to participate.

LMST swimmers will compete in the following sessions:

- Friday PM Session (Platinum, Diamond, and Senior)
- Saturday AM Session (12&U)
- Saturday PM Session (13&O)
- Sunday AM Session (12&U)

The Friday evening will have the 11-12 400 IM, the 13 & Over 400 IM and then the 50's of Fly, Back, Breast and Free for 13 & Overs. The 8 & Under, 10 & Under and 11-12 age groups will swim on Saturday and Sunday mornings with the 13 & Overs only swimming Saturday afternoon

There is not an entry fee for LMST swimmers to enter this meet. **The entry deadline is Friday, November 7<sup>th</sup>.**

LMST MEET SCHEDULE

# FALL/WINTER (SCY) 2025-26

DATE	MEET	LOCATION
OCTOBER 4, 2025	LMST PUMPKIN PLUNGE\$	LINN-MAR AQUATIC CENTER
OCTOBER 18, 2025	BLST-LMST-PSC 13&O TRI MEET	CEDAR FALLS HS NATATORIUM
OCTOBER 18-19, 2025	COE COLLEGE HARVEST INVITE	COE COLLEGE NATATORIUM
OCTOBER 31- NOVEMBER 2, 2025	IFLY A3 MIDWEST CHALLENGE!	CRWC, IOWA CITY
NOVEMBER 21-23, 2025	DASH GIVING THANKS INVITATIONAL	DUBUQUE AQUATIC CENTER
DECEMBER 5-7, 2025	LMST "FAST & THE FLURRIOUS"\$	LINN-MAR AQUATIC CENTER
DECEMBER 19-21, 2025	BLST HOLIDAY CLASSIC	CEDAR FALLS HS NATATORIUM
JANUARY 4, 2026	LMST WINTER WHITEOUT\$	LINN-MAR AQUATIC CENTER
JANUARY 16-18, 2026	ACAC THE TUNDRA	DAN FLANNERY POOL
FEBRUARY 14-15, 2026	IASI REGIONALS 8&U CHAMPIONSHIPS	LINN-MAR AQUATIC CENTER
FEBRUARY 20-22, 2026	IASI AGE GROUP CHAMPIONSHIPS!	CEDAR FALLS HS NATATORIUM
FEBRUARY 26- MARCH 1, 2026	IASI SENIOR CHAMPS!	WELLMARK YMCA, DM

\$ = MEET ENTRY FEES ARE FREE WITH COST OF LMST TEAM REGISTRATION

! = QUALIFICATION TIMES REQUIRED FOR ENTRY TO EACH MEET

QUESTIONS?

Contact Jackson Allmon