

Inspire Learning. Unlock Potential. Empower Achievement.

Volume VI, Edition IV

Wednesday, April 16th, 2025

2025 LMST SPRING SPLASH

DEADLINE TO ENTER ON COMMIT IS **TONIGHT!**



Pictured Above: LMST Rylee Sieren competing at the 2025 IASI Short Course Championships at the University of Iowa on Saturday, March 1st (Source: Chris Pose).

On Saturday, April 27th, LMST is hosting our annual Spring Splash at the Linn-Mar Aquatic Center. All swimmers registered with LMST are encouraged to participate. **The deadline to enter is TONIGHT.**

LMST will post a pdf of the entries on the LMST website under the "Team Schedule" tab by Friday, April 18th. Please contact Jackson if there are any errors with your swimmers' current events.

LMST is still looking for parents to volunteer for the following positions in the 12&U morning session:

- Timers - 11
- Awards - 1

The team is also still looking for families to donate brownies, apples, and crackers to hospitality.

The deadline to sign up for volunteer positions & donations is tomorrow, Friday, April 25th. If you are interested and are having trouble signing up through Commit, reach out to Jackson. Reminder that the [LMST Volunteer Credit Policy](#) applies for this meet!

Please consider signing up to volunteer, so that we can continue to host home meets for LMST students and families.

Families that signed up to donate food to Hospitality are strongly encouraged to bring items to the aquatic center Thursday (4/24) or Friday night (4/25) during evening practice. Jackson will put a table outside his office to place donations on Th./Fri.

Families with items that need refrigeration can send their items with their swimmers on deck, and Jackson can put them in the aquatic center fridge.

AM Session Itinerary (12&U)

- Arrival Time on Deck: **7:40 AM** (Swimmers should arrive in their swimsuits. Swimmers who need Event/Heat/Lane written on their arms can arrive earlier)
- Meet Warm-Ups: **8:00 AM**
- Meet Start: **9:00 AM**
- Meet Conclusion: **1:00 PM** (Most students are in relays at the end! Swimmers should check in with a coach before leaving)

PM Session Itinerary (13-14, 15&O)

- Arrival Time on Deck: **12:45 PM**
- Meet Warm-Ups: **1:00 PM**
- Meet Start: **2:00 PM**
- Meet Conclusion: **5:30 PM** (students are welcome to leave once they have competed in their final event)

Upcoming Spring/Summer Meets and Entry Deadlines

David Armbruster Open (Iowa City, Friday, May 9th to Sunday, May 11th)

Entries for the guaranteed deadline were sent to the host team last week. For those that have already entered their child into the meet, an entry report can be found on the LMST website:

LMST Meet Entries

For those that may have missed the initial entry deadline, LMST administration will hope to send follow up entries to the host team tomorrow.

If your child is not entered in this meet but is interested in competing, please email coach Jackson by TONIGHT, Wednesday, April 16th.

The entry portal on Commit will be closed during this secondary entry period. Please contact Jackson for any questions regarding entries.

Waukee Waves Open Summer Invite (Waukee, Friday, June 20th to Sunday, June 22nd)

Waukee Waves will host the inaugural Open Summer Invite at the NEW Waukee Natatorium from Friday, June 20th to Sunday, June 22nd. This competition is Timed Final for 12&U swimmers, and Prelim/Final for 13&O swimmers.

This 50-meter pool will serve as host for this year's Iowa Swimming LSC Long Course Championships.

Swimmers in the Silver, Gold, Platinum, Diamond, and Senior groups are eligible to compete in this meet. The meet's design allows for a family friendly travel schedule.

Families must enter their swimmers by **Wednesday, May 7th** to guarantee entry! This meet will fill up fairly quickly, do not miss the deadline!

DASH-LMST-PAC June Tri Meet (Cedar Falls, Thursday, June 26th)

LMST will compete against Panther Aquatic Club and Dubuque Area Swimmin' Hurricane athletes at the University of Northern Iowa's pool on the evening of Thursday, June 26th. This meet will be contested in a 25-yard short course pool.

Warmups will begin at 4:00 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.

Families must enter their swimmers by **Friday, June 13th.**

2025 IASI Select Camp

Congratulations to LMST swimmers Clayton Treharne and Bradyn Weis for being selected to participate in the 2025 Iowa Swimming LSC Select Camp on Friday, April 18th and Saturday, April 19th. The two-day camp will be held at the Waukee Natatorium in Waukee, IA.

Modeled after USA Swimming's Select Camps, the roster includes 13-14 Zone qualifiers, Sectionals qualifiers, and Junior National qualifiers from across the state. Campers will participate in a mix of swimming, dryland, and education sessions. Congrats, LMST swimmers!

2026 IASI Winter Regionals Host Site - Linn-Mar

Congratulations to the Linn-Mar Swim Team on being selected to host the 2026 Iowa Swimming Winter Regional Championships at the Linn-Mar Aquatic Center on February 14th and 15th.

The Winter Regionals meet acts as championship meet for non-Age Group and Short Course Champ qualifiers, and is a "last chance" event for the aforementioned competitions. Congrats, LMST!



Pictured Above: LMST Senior swimmers Clayton Treharne and Bradyn Weis competing at the 2025 IASI Age Group Championships at the Des Moines Wellmark YMCA on Saturday, February 22nd (Source: Chris Pose).

LMST New Team Apparel - Splash Multisport

The deadline to new Splash apparel shown below is **Sunday, April 20th at Midnight**. Apparel can be purchased through the [LMST Splash Multisport Team Store](#).

All new apparel orders made through the team store by April 20th will be delivered and handed out at the Spring Splash meet on Saturday, April 26th. No items will be shipped directly to you. New LMST apparel available this Spring will also be featured at the Splash vendor set up at the meet.

In addition to the new apparel, there are also custom "LM" water bottles, jackets, and hats still available on the team store. For questions on orders, contact orders@splashmulti.com.



2025 Central Zone Athlete Summit

The Iowa Swimming LSC is excited to announce an opportunity for athletes to attend the Central Zone Athlete Summit this summer! IASI is still looking for three additional athletes, aged 16 and over, to join them for this event.

Details:

- Dates: June 19–22, 2025
- Location: Cleveland State University, Cleveland, Ohio
- Covered by the LSC: Airfare, accommodations, and meals
- Who should apply: Athletes 16+, preferably those who have attended the Athlete Leadership Summit or are involved in the LSC—though this is not required.

If you're passionate about athlete leadership and want to connect with other athletes from across the zone, you are encouraged to apply: [Application Link](#). The application form is due by **Sunday, April 20th at Midnight**.

If you have any questions, please reach out to Mehal Raghwani at Mehal.raghwani@iaswim.org

LMST Personalized Caps - A3 Team Store

The deadline to order LMST Silicone Caps 2-Pack with Names (aka personalized caps) is **Monday, April 21st**. Caps can be purchased through the [LMST A3 Performance Team Store](#).

All personalized caps ordered through the team store will be delivered to the Linn-Mar Aquatic Center to be passed out by the coaching staff. Caps with names will arrive to the aquatic center before the Armbruster Open in May. All other items that can be ordered on the team page will be delivered directly to your mailing address.

For those that are interested in caps before the Spring Splash meet in April, Jackson has plain "LM" caps in stock at the aquatic center. If your swimmer would like a plain cap, reach out to Jackson, and he can give your swimmer a cap at the next practice that they attend. Families who want a cap will be billed \$14 for each cap requested on Commit.



Pictured Above: LMST swimmers (from left to right) Ruhan Raghwani, Everett Burr, Clayton Treharne, Mehal Raghwani (Iowa Swimming At-Large Athlete Representative), Shay Williams, Elizabeth Yetter, and Mackenzie Tristan at the 2025 IASI Leadership Summit at the Waukee Natatorium on Sunday, April 13th (source: Jodi Treharne). Way to represent LMST, swimmers!

2025 IASI Leadership Summit - Waukee, IA

On Sunday, April 13th, Iowa Swimming LSC representatives hosted a Leadership Summit at the Waukee Natatorium for interested athletes 13 years of age or older within the state.

LMST had 7 of the 32 athletes who participated in the Summit. LMST athletes who attended the clinic include

Everett Burr, Mehal Raghwani, Ruhan Raghwani, Clayton Treharne, Mackenzie Tristan, Elizabeth Yetter, and Shay Williams.

Athletes participated in workshops led by LMST swimmer and LSC At-Large Representative Mehal Raghwani, along with her fellow IAS Board of Director athlete representatives.

The Summit participants were also a part of presentations regarding how to be involved in IASI Governance, and how to be servant leaders within their own home club teams.