



LMST NEWS

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Wednesday, May 1st, 2024 • Volume IV, Edition VI



New Information Highlighted in **■**

IFLY and ICE Meet Entry Deadlines

Deadline → Friday, May 3rd

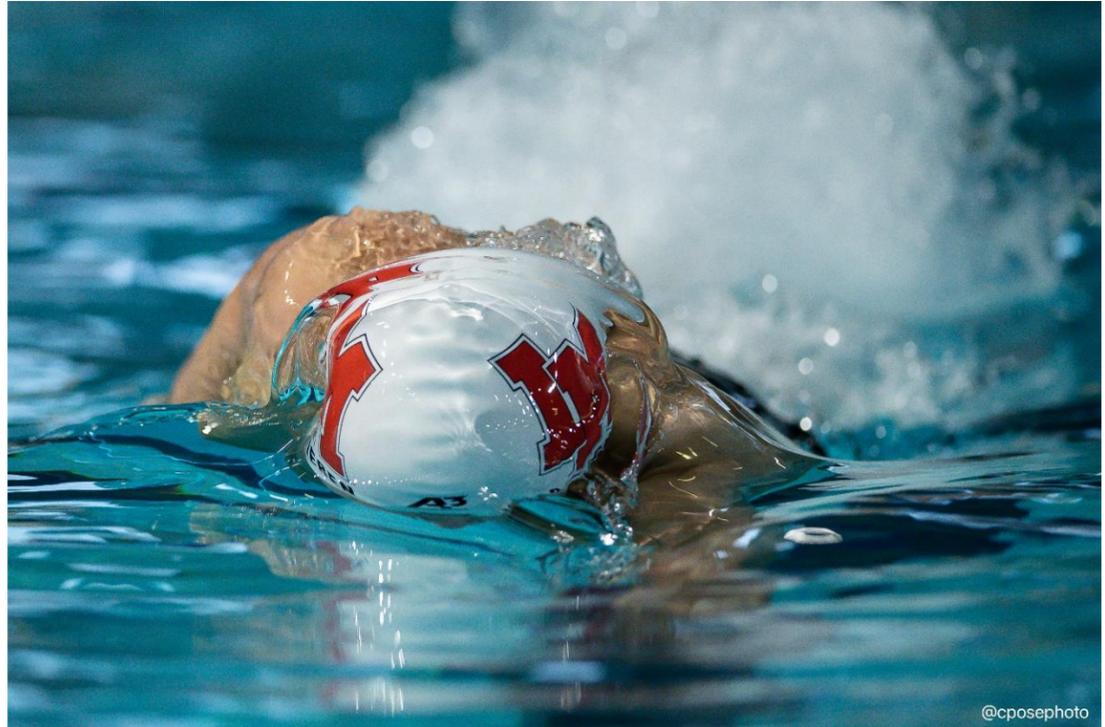
LMST parents are now able to enter their child (via the Commit Parent Portal) for the *2024 Armbruster Open (13 and Over Swimmers ONLY)* at the University of Iowa on Friday, May 17th to Sunday, May 19th and the *2024 Splash Out Hunger Meet (Open to ALL LMST Swimmers)* at Mercer Aquatic Center in Iowa City on Saturday, June 8th and Sunday, June 9th.

Please note the following entry deadlines:

- **Splash Out Hunger Entry Deadline & Armbruster Second Chance Entry Deadline:** Friday, May 3rd at 11:45 PM
- This Armbruster deadline will serve for those that were not able to sign their 13&O child up by the 4/30 guaranteed entry deadline. There is a good likelihood that entries sent to the host team on Saturday morning will be accepted. However, there are no guarantees that the meet will not reach max capacity before this date.
- This date will also serve as the only ICE Splash Out Hunger deadline for all swimmers (**Bronze through National**).

Again, sorry for the delay in communication and for the extremely short period to sign your child up. Attending teams just received meet information for these meets in the past couple of days. If you are having troubles getting your swimmer signed up for any of these meets, please let me know ASAP and I can enter them on my end.

Meet information for the JR Armbruster meet (12 and under swimmers ONLY) on Saturday, June 1 and Sunday, June 2 should come out shortly (please watch out for when that entry opens and when the entry deadline is communicated).



Pictured Above: An LMST swimmer competing at the 2024 IASI Short Course Championships in Des Moines, IA on Saturday, February 24th, 2024.

Meet Recap

LMST Spring Splash Recap

Congratulations to All Swimmers who Competed!

Thank you to all the parents who were able to officiate, volunteer and donate their time over the weekend, the meet wouldn't have run as smoothly without your help.

LMST had 119 total swimmers entered in the meet, the most ever for our annual Spring Splash!

Pentathlon High Point Winners (Top Cumulative Time):

- 14 & Under Girls → Teresa Zhang (5:22.66)
- 14 & Under Boys → Clayton Treharne (5:04.80)
- 15 & Over Boys → Hudson Huberg (4:35.90)

The final pentathlon results are included on the [2024 LMST Spring Splash](#) meet page. Congratulations to all swimmers who completed all five 100's of stroke legally.

New IASI Long Course Championships Qualifying Standards ("Q" Times):

- Rory Breitbach → 10&U Girls 50 FR
- Saniha Deepak → 10&U Girls 100 FR, 100 IM
- Anna Larson → 10&U Girls 50 BK
- Catherine Sklarsky → Girls 11-12 50 FL

Biggest Time Drops in Each Practice Group:

- Bronze → Caroline Gjerde, 100 FR (-16.72 seconds)
- Silver → Charlotte Biedermann, 100 FR (-26.09 seconds)
- Gold → Oliver Snyder, 50 FL (-24.48 seconds)
- Platinum → Stella Goertzen, 200 FR (-28.98 seconds)
- Diamond → Peyton Adair, 100 BK (-2.77 seconds)
- Senior → Tom Fireman, 100 FL (-10.46 seconds)

May Practice Billing

Email to Inactivate Account

All swimmers who are active at the beginning of a month are automatically billed monthly dues. If a swimmer is not planning on swimming during this upcoming month, please contact Parker or Jackson so that swimmer's status can be changed to in-active in TeamUnify.

LMST White Caps

Available at LMAC

All LMST swimmers competing at meets are encouraged to wear the white "LM" cap. Jackson just received a new batch of caps. If your swimmer interested in a cap, email Jackson and your family's TU account will be billed \$14 for each cap received. Caps will be given at practice.

Bronze Practice Group

Spots Now Available in Group

LMST now has spots available within the Bronze practice group for students that have advanced to Station 6 of the SwimAmerica Lessons curriculum. If your child or a friend is interested joining LMST, reach out to [Head Coach Jackson Allmon via email](#).

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: LMST swimmer Gabe Garms competing at the 2024 IASI Age Group Championships in Iowa City, IA on Saturday, February 17th, 2024.

Opinion Article

Shouts from the Stands: Comparison is the Thief of Joy

Read the full lifestyle piece on swimswam.com

My favorite college psychology professor, Catherine Sanderson, often posts reels with quick social psychology tips regarding happiness. Recently, she was revisiting the famous Theodore Roosevelt quote, “Comparison is the thief of joy.” She discusses this quote often, as it is quite important in the context of many social psychology concepts. I couldn’t help but link this to some valuable advice I received from a seasoned swim parent when my kids had just started in the sport.

Of course, the best advice is to let the coaches coach and the parents parent. However, realistically, parents sit in the stands for hours upon hours, talking to

other parents, watching other kids swim, and comparison is just a natural human tendency. So how do we engage in comparison responsibly and in a way that is respectful to our swimmers?

I was sitting at a prelims/finals meet with a friend who also happens to be a former Olympian. His son was in high school at the time and my friend was telling me about his progress. He advised me that the best way to measure a swimmer’s progress is to compare a swimmer’s results from a particular meet to the swimmer’s results from the same meet (or a meet around the same time) in the prior year.

LMST & Beyond

College Commitment: Ellie Junk

Congrats, Ellie!

Congratulations to Linn-Mar Swim Team Senior swimmer Eleanor Junk on announcing her commitments to study and swim at the college level in the fall of 2024!

Ellie has committed to swim for Dordt University in Sioux Center, IA. Dordt will field a men’s and women’s swimming team for the first time this upcoming season. Dordt is a National Association of Intercollegiate Athletes (NAIA) school that competes in the Great Plains Athletic Conference (GPAC). She is planning on studying Criminal Justice and French.

Ellie represented the Linn-Mar High School Girls team this past Fall. She was an IGHSAU State meet qualifier and District meet medalist. Ellie is also an aquatic center lessons instructor and assistant coach for the LMST Silver practice group.

If you read more upon Ellie’s commitment, read the Dordt Athletics Press Release: [Swim Commit | Eleanor Junk](#)

Congratulations Ellie, way to represent LMST!



