

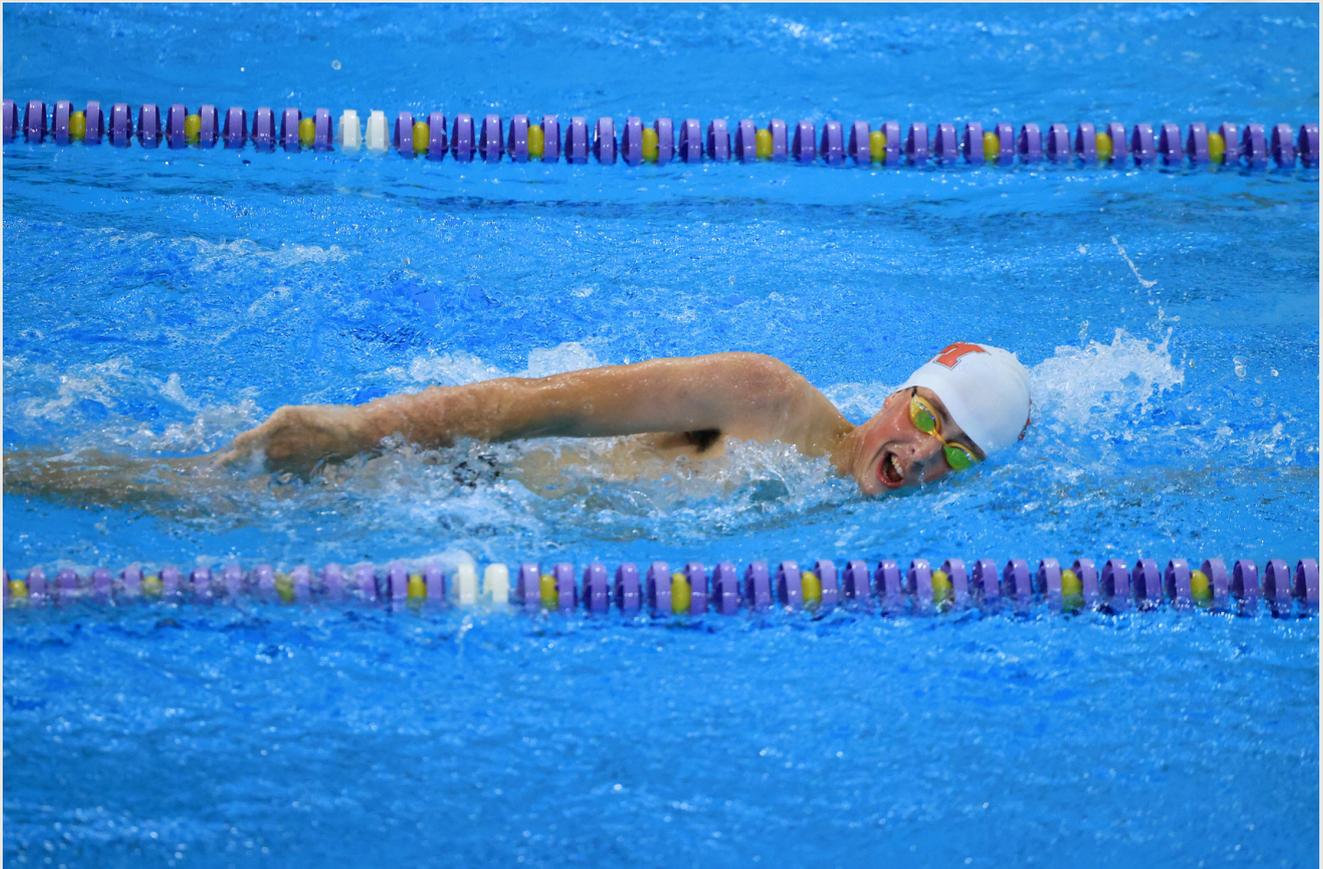
Inspire Learning. Unlock Potential. Empower Achievement.

Volume VII, Edition III

Wednesday, September 3rd, 2025

LMST PUMPKIN PLUNGE

MEET ENTRY DEADLINE - WEDNESDAY, SEPTEMBER 10TH



Pictured Above: LMST Senior swimmer Tom Fireman competing during the Thursday evening session of the DASH- LMST-PAC June Tri Meet at the University of Northern Iowa on June 26th (source: Shaun Elhard).

On Saturday, October 4th, LMST is hosting our annual Pumpkin Plunge (formerly known as the Fall Invite) at the Linn-Mar Aquatic Center. All swimmers registered with LMST (Bronze, Silver, Gold, Platinum, Diamond, Senior) are encouraged to participate.

For the second year, swimmers 10 years of age or younger will compete in our morning session, and swimmers 11 years of age or older will compete in our afternoon session. Warmups for the morning are tentatively scheduled

for 8 AM with a 9 AM competition starts. The afternoon session will have 12:30 PM warmups with a 1:30 PM start

Parents may choose to commit (enter) their swimmers by logging into their Commit accounts. Parents do not have to choose events for events and may have the coaches select their swimmers' events.

There is not an entry fee for LMST swimmers to enter this meet. **The entry deadline is Wednesday, September 10th, 2025.**

The volunteer sign up is now available to families (note: if your family is interested in signing up for multiple slots for one job, reach out to Jackson and he will sign up for you). **The LMST Credit Policy does apply for this event.** A signup for hospitality donations will be released within the next week.

The meet's hosted and attended by LMST are all USA Swimming sanctioned swim meets. For students to participate in USA Swimming sanctioned swim meets, students must be a current member of USA Swimming.

USA Swimming Registration

The link to register your athlete for a USA Swimming **Premium or Seasonal membership** is now available:

[LMST USA Swimming Registration Link](#)

Outreach/Free or Reduced Lunch families should not use the link above.

A USA Swimming membership is only required for athletes who wish to participate in a swim meet with the Linn-Mar Swim Team. The meets hosted and attended by LMST are all USA Swimming sanctioned swim meets.

Payment is required as a part of registration. LMST families will receive a credit on their Commit

accounts for the cost of their student's registrations. Once the registration is complete, please email the receipt of the registration to Parker Crow (parker.crow@linnmar.k12.ia.us) to receive this credit.

Premium - Membership purchased after September 1st will last until December 31st, 2026.

Seasonal - Membership lasts 150 days after purchase. Note: a membership purchased on September 3rd, 2025, will only last until January 31st, 2026 (check meet calendar on Page 4).

Seasonal to Premium Upgrade - For swimmers whose membership expires

during the short course season and want to compete in USA Swimming meets through August 31st, 2026.

Outreach - Low-cost, year-round membership for qualified athletes/families. Families only have to pay \$5 for meet entry fees for each child. Only the head coach and club administrator are privy to their club's Outreach membership information. Contact Parker Crow (parker.crow@linnmar.k12.ia.us) if your family qualifies.

For more information on membership types and how to register for USA Swimming, check our updated page on the Linn-Mar Swim Team website: [Registering for USA Swimming.](#)

A3 Performance - LMST Team Store

The Linn-Mar Swim Team is excited to announce that we are partnering with A3 Performance again to bring families a year-round team store for the 2025-256 school year!

[LMST Team Store - A3 Performance](#)

The following items on the team store have an order deadline of Friday, September 12th:

- [LMST Custom Sublimated Mesh Equipment Bag](#)
- LMST Dome Caps
- LMST Silicone Caps 2-Pack with Names (aka personalized caps)
- LMST Silicone Caps

Any families that have previously reached out to me are welcome to 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 12th. All caps ordered

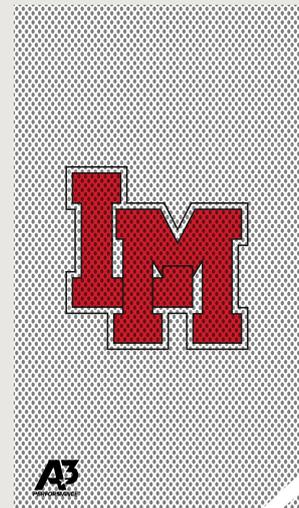
through the link will all be delivered to the aquatic center before the Pumpkin Plunge on October 4th. All Mesh bags will also be delivered to the aquatic center.

All other items ordered will be shipped directly to the mailing address used at checkout. Other items on the team store include:

- Training Suits
- Jackets
- Backpacks
- T-Shirts
- Goggles
- Training Equipment

Feel free to contact A3 with any inquiries about your cap order, suit recommendations, or sizing via [email](#) or by phone at 888-369-7946.

**Note: Bronze, Silver, and Gold swimmers are encouraged train and compete in the solid colored training suits (sprint-back, x-back, jammer, brief) at the top of the page.*



LMST CAP COLORS

INSPIRE LEARNING. UNLOCK POTENTIAL.
EMPOWER ACHIEVEMENT.



NATIONAL CAP

SECTIONAL CAP

STANDARD CAP

"IMX" CAP

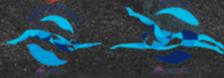
NATIONAL

LMST SWIMMERS EARN THIS CAP WHEN QUALIFYING FOR WINTER JUNIORS, SUMMER JUNIORS, OR OPEN WATER JUNIORS (18&U)



SECTIONAL

LMST SWIMMERS EARN THIS CAP WHEN QUALIFYING FOR SPRING SECTIONALS, SUMMER SECTIONALS, OR FUTURES



STANDARD

ALL LMST SWIMMERS MAY WEAR THE STANDARD CAP AT PRACTICES & MEETS, PERSONALIZED CAPS AVAILABLE THROUGHOUT COURSE OF YEAR



"IMX"

LMST SWIMMERS EARN THIS CAP WHEN THEY LEGALLY COMPETE IN A 200 FR, 400 FR (LCM) OR 500 FR (SCY), 200 BK, 200 BR, 200 FL, 200, IM, & 400 IM OVER THE COURSE OF A SEASON



BLST-LMST-PSC Tri Cedar Falls - 10/18

Future Lions Night- Tuesday, September 9th

On Saturday, October 18th, LMST will attend a meet in Cedar Falls. This meet is for swimmers 13 years of age or older in the Platinum, Diamond, and Senior groups. The meet is tentatively scheduled to take place at the new Cedar Falls High School Athletic Complex (which is set to open at the end of the month). Holmes Junior High School will be the backup location if the new facility is not ready in time.

LMST will swim against the Black Hawk Area Swim Team (BLST) and Piranhas Swim Club (PSC). The meet will conclude with a BBQ for all participating families/volunteers.

This meet is the same weekend as the Kohawks Harvest Invite at Coe College. All swimmers 12 years of age or younger are encouraged to attend the meet at Coe. Swimmers 13 years of age or older in the Silver, Gold, and Platinum groups are also encouraged to attend the Coe meet (although 13&O swimmers in the Platinum group are welcome to swim at the BLST meet).

More meet information will be posted on Commit in the upcoming weeks.

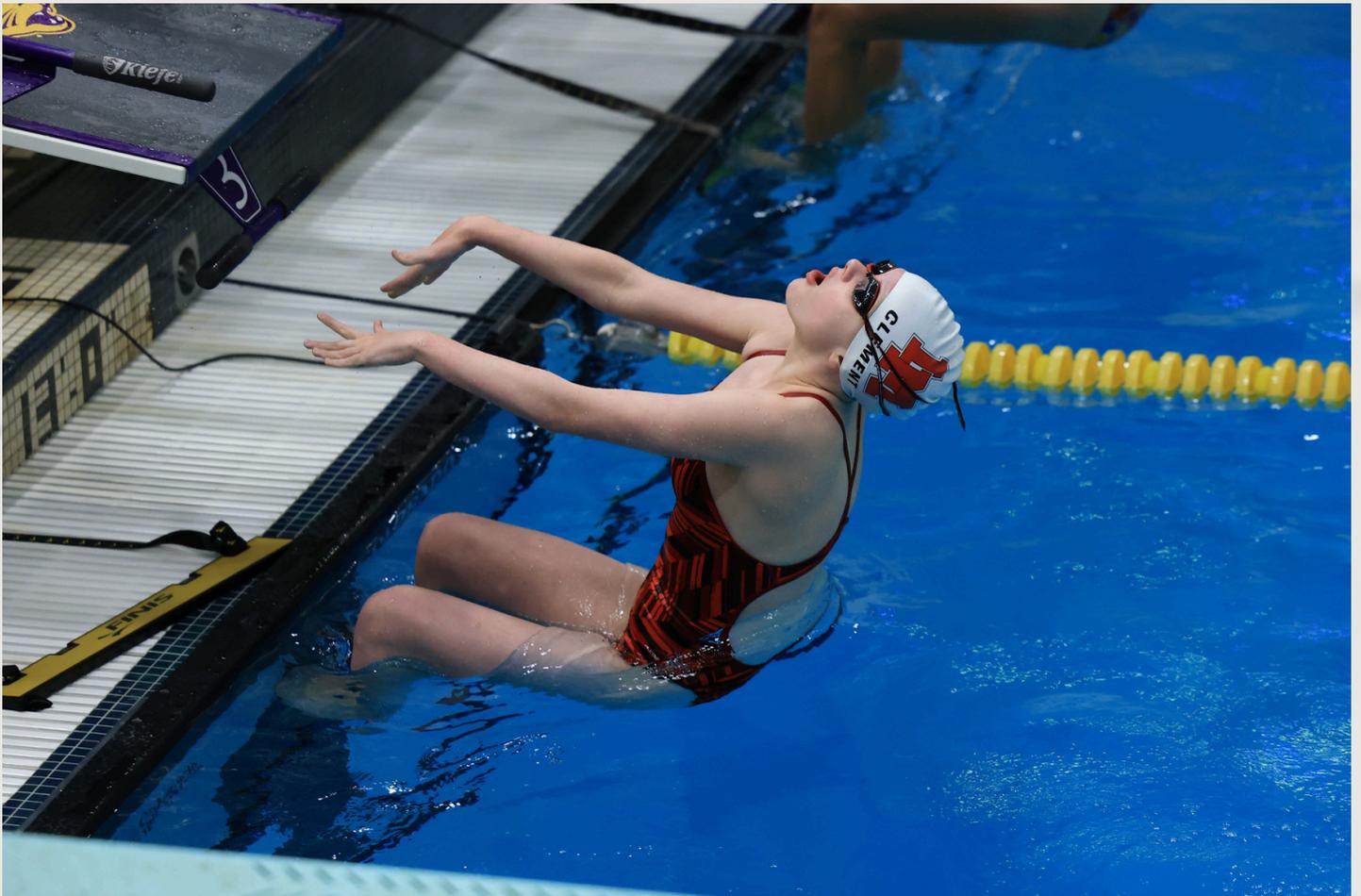
Linn-Mar CSD female swimmers are invited to come watch the Linn-Mar HS Girls Swim and Dive Team take on Cedar Falls on their Senior night on Tuesday, September 9th at 6 PM.

If your daughter is interested, sign up by using the Google Form below. By signing up, your swimmer's name will be put on a list to get into the meet for free. Parents will still be required to pay to enter.

[Future Lion's Night at the Girl's Meet](#)

Please come out to support the girls' team. Many of the current HS swimmers have either swum with LMST, currently swim for LMST, or coach for LMST. Families are also welcome to share this email with LM students who are going out for the Oak Ridge or Excelsior Middle School girls swim teams this Fall.

For any questions, please reach out to LM HS Girls Assistant Coach Jayden Steffen at jayden.steffen@linnmar.k12.ia.us.



Pictured Above: LMST Platinum swimmer Lizzie Clement competing during the Thursday evening session of the DASH- LMST-PAC June Tri Meet at the University of Northern Iowa on June 26th (source: Shaun Elhard).

Parent Info Meeting - 9/5 @ 6:30 PM

LMST staff will host a beginning of the year informational meeting at the Linn-Mar Aquatic Center on Friday, September 5th at 6:30 PM in the Linn-Mar Aquatic Center lobby.

Coach Jackson will discuss the following during this evening:

- Team Mission & Values
- Practice Group Structure
- Parent & Athlete Expectations
- Team, Practice & Meet Fees
- Meet Athlete Registration & Entries
- Volunteering Opportunities

This meet is catered for Bronze/Silver families and/or new families on the team. We hope to see you there!

Practice Updates - Weeks of 9/1 & 9/8

- **9/6 (Sat.)** - First Saturday morning practice of the season for Platinum, Diamond, and Senior - 7:30 to 9:30 AM
- **9/8 (M)** - First Diamond dryland of the season - 5:30-6:15 PM on Mondays and Fridays
- **9/9 (T)** - NO LMST Evening practice for Silver, Gold, Platinum, Diamond, and Senior due to LM HS Girls Swim meet.
- **9/9 (T)** - Senior will have dryland from 4-4:45 PM on days that there is a LM HS Girls Swim Meet. The Men's locker will be used by the Cedar Falls swim and dive team, and will be unavailable to use by LMST male swimmers.
- **9/13 (Sat.)** - Diamond and Senior will swim from 7-8:30 AM due to LMHS girls invite. Men's locker room will be unavailable to LMST students. NO Platinum practice this morning.

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 DECEMBER INVITE\$	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