

LMST SPRING PRACTICE CALENDAR

PRACTICE TIMES - MONDAY, MARCH 30TH TO FRIDAY, JUNE 5TH



Bronze

- Monday, Tuesday, and Thursday - 7:00-8:00 PM

Silver

- Monday, Tuesday, and Thursday - 7:00-8:15 PM
- Wednesday and Friday - 6:00-7:15 PM

Gold

- Monday, Tuesday, and Thursday - 7:00-8:30 PM
- Wednesday and Friday - 5:45-7:15 PM

Platinum

- Monday, Tuesday, and Thursday - 6:45-8:30 PM
- Wednesday - 5:45-7:15 PM
- Friday - 4:00-5:45 PM

- Saturday - 7:30-9:30 AM
- Monday Dryland - 5:45-6:45 PM

Diamond

- Monday through Friday - 4:00-5:45 PM
- Thursday Morning - 5:45-7:00 AM
- Saturday - 7:30-9:30 AM
- Tuesday and Thursday Dryland - 5:45-6:45 PM

Senior

- Monday through Friday - 4:00-6:00 PM
- Tuesday and Thursday Mornings - 5:45-7:00 AM
- Saturday - 7:30-10:00 AM
- Wednesday & Friday Dryland - 6:00-7:00 PM

Practice times from early June to late July will be announced at a later time.

Swimmers that registered for the 2025-2026 year (Fall Registration) do not need to do anything before the start of the Summer/Spring season.

All LMST swimmers who registered for the 2025-26 academic year are assumed to be training with the team during the Spring/Summer (long course) season. If your swimmer is not planning to return for the Spring, please email Jackson with your intentions ASAP so your family is not billed on April 1st

Spots in the Bronze, Silver, Gold, and Platinum practice groups are now currently FULL for the 2025-26 academic year. LMST is also no longer accepting new students on the registration waitlist this school year.

IASI Winter Regionals and 8&U Champ Recap

Thank you to all of the Linn-Mar Swim Team parents for helping us host the 2026 IASI Winter Regionals and 8 & Under Championships - East Site this February!

LMST had 110 total athletes entered in the meet, with most achieving personal best times! The LMST staff received outstanding reviews from the meet, and the team hopes to bid for the meet in the future!

Congratulations to the 8&U swimmers on placing 2nd overall! This is LMST's highest placing ever in an 8&U Championship meet.

Another set of congratulations is also in order to the whole team on winning the IASI Sportsmanship and Spirit Award at the 2026 Winter Regionals swim meet! Way to go, LMST!

8 & Under Championships - Runner-Up Team

Gabriel Appel, Biraaj Basu Roy Choudhury, Amelia Bautista, Devansh Bhatt, Dhyan Deepak, Reyaansh Karrotu, Walter Klema, Chloe Limbert, Ruby Nash, Atharv Pandey, Aashritha Polareddy, Aidan Reddinger, Clara Routh, Anders Schroeder, Anaya Sheikh, Saatvik Vignesh, Lila Washburn,

8 & Under High Point (Top 3):

- Dhyan Deepak - 1st (8&U Boys)

New 2026 IASI Champ "Q" Times:

- Kylie Caldwell - Girls 13-14 50 BK, 50 FL
- Saniha Deepak - Girls 11-12 50 FR, 100 FR, 100 FL
- Ori Fireman - Boys 13-14 50 FL
- Alexa Goertzen - Girls 11-12 500 FR, 1000 FR
- Graham Goldsmith - Boys 10&U 100 FR, 100 BK, 200 IM
- Sophia Janda - Girls 11-12 200 FR, 500 FR, 1000 FR
- Jackson Kray - Boys 13-14 50 BK
- Megan Kueper - Girls 13-14 50 FL, 50 FR, 100 BK
- Annie Landherr - Girls 13-14 50 FR, 100 FR, 1000 FR
- Bridget Landherr - Girls 11-12 50 BR
- Landon Lang - Boys 13-14 50 FL
- Lauren Lang - Girls 13-14 50 FR, 100 FR, 200 FR, 50 FL, 400 IM
- Anna Larson - Girls 11-12 50 FL
- Ava Lutz - Girls 13-14 1000 FR
- Utkarsh Mittal - Boys 10&U 100 BR
- Isaac Nielsen - Boys 10&U 100 BK
- Claire Phillips - Girls 10&U 50 BK, 50 FL
- Jensen Rickels - Boys 13-14 100 FR, 100 FL
- Kenzie Schwartzhoff - Girls 10&U 50 BR
- Sheppard West - Boys Senior 50 BR, 100 BR
- Elizabeth Yetter - Girls Senior 500 FR

LMST "Silver Cap" Recipients

- Aatreya Dutta
- Gabe Garms
- Eduardo Fonseca
- Oliver Snyder

IASI 12&U Age Group Championship Recap

Congratulations to all 26 swimmers who competed at the 2026 IASI Age Group Championships in Cedar Falls from Friday, February 20th to Sunday, February 22nd!

For 19 of the 26 swimmers, it was their first time at an LSC championship meet. Thank you to Coach Meredith, Coach Julia, and Coach Wilson for their efforts this weekend!

Congratulations to Rory Breitbach on being named the Iowa Swimming LSC Outstanding 10&U Girls Swimmer for the 2025 Long Course Season. Way to go, Rory!

LMST Podium Finishes:

- Rory Breitbach - Girls 11-12 200 BR (4th)
- Colin Janda - Boys 10&U 500 FR (7th), 50 FL (6th), 100 FL (6th), 200 IM (8th)

New 2026 IASI Champ "Q" Times:

- Gabe Garms - Boys 11-12 100 BK, 200 BK, 200 IM
- Claire Phillips - Girls 10&U 50 FR
- Kenzie Schwartzhoff - Girls 10&U 100 BR
- Oliver Snyder - Boys 11-12 50 BK
- Carson Weis - Boys 11-12 50 BR

LMST Team Records - 2025-26 SCY Season

Bentley Brodeur - Boys 13-14 50-Yard Breaststroke

George Durin - Boys Senior 50-Yard Breaststroke

Lauren Lang - Girls 13-14 50-Yard Breaststroke

Clayton Treharne - Boys 13-14 50-Yard Freestyle, 100-Yard Freestyle, 100-Yard Backstroke, 200-Yard Backstroke, 50-Yard Butterfly, 200-Yard Individual Medley

Gabriel Appel, Dhyan Deepak, Aidan Reddinger, Anders Schroeder

- Boys 8&U 100-Yard Freestyle Relay

Bentley Brodeur, Levi Richards, Jensen Rickels, Bradyn Weis

- Boys 13-14 200-Yard Freestyle Relay

Addison Luck, Jada Ripke, Mackenzie Tristan, Teresa Zhang

- Girls Senior 200-Yard Freestyle Relay

Rylee Sieren, Clayton Treharne, Sheppard West, Peter Wittnebel

- Boys Senior 200-Yard Freestyle Relay
- Boys Senior 400-Yard Freestyle Relay

LM LMST NEWS LM

Inspire Learning. Unlock Potential. Empower Achievement.

Volume VIII, Edition I

Wednesday, March 25th, 2026



Sheppard West - College Commitment

Congratulations to Linn-Mar Swim Team Senior athlete and assistant coach Sheppard West on announcing his commitment to study and swim at Southwest Baptist University (SBU) in Bolivar, Missouri.

SBU competes in the Great Lakes Valley Conference (GLVC) in NCAA Division II.

Sheppard is a Spring and Summer Sectional qualifier for LMST and placed in multiple A-Finals at this past season's 2026 IASI Short Course Championships in Des Moines in March. Sheppard is also a multiple time team record holder in the Senior 200-yard Freestyle and 400-yard Freestyle relays.

Congratulations Sheppard, way to represent the Linn-Mar Swim Team!

IASI 13&O Short Course Champs Recap

Congratulations to the 35 LMST swimmers who competed at the IASI 13&O Short Course Championships in Des Moines from Thursday, February 26th to Sunday, March 1st. LMST placed 6th overall, its highest ever placing at an LSC Senior meet. Way, to go swimmers!

LMST Podium Finishes:

- Kennedee Gates - Girls 13-14 50 BK (3rd), 100 BK (3rd)
- Frankie Martino - Girls 13-14 50 FL (3rd), 100 FL (3rd), 200 FL (1st)
- Bradyn Weis - Boys 13-14 1000 FR (3rd), 1650 FR (2nd)
- Peter Wittnebel - Boys Senior 500 FR (3rd)
- Kennedee Gates, Lauren Lang, Frankie Martino, Shay Williams - Girls 13-14 200 Medley Relay (3rd), 400 Medley Relay (3rd)
- Bentley Brodeur, Jensen Rickels, Levi Richards, Bradyn Weis - Boys 13-14 200 FR Relay (3rd), 400 FR Relay (3rd)
- Clayton Treharne, Rylee Sieren, Sheppard West, Peter Wittnebel - Boys Senior 800 FR Relay (2nd)

New Futures Championship Standards:

- Clayton Treharne - Boys 50 BK

New Spring Sectional Standards:

- Rylee Sieren - Boys 200 FL
- Teresa Zhang - Girls 100 FL
- Peter Wittnebel - Boys 1000 FR, 1650 FR

New Central Zone ("AAA") Championship Standards:

- Bentley Brodeur - Boys 13-14 100 FR, 50 BK, 50 FL

LMST Athlete-Coach Meetings

Jackson will once again have availability to meet with swimmers in Diamond & Senior in April and May to discuss goals, technique, race strategy, etc. - [Schedule Link](#)

For exact days and times for availability, please check the link above. I also plan to have availability during the summer, but those days/times are TBD.

Swimmers are asked to not schedule multiple meetings within a two-week span to allow for as many swimmers to take advantage of this opportunity as possible.

Platinum, Diamond, & Senior - Equipment

Swimmers in the above groups are suggested to start using their own practice gear/equipment including:

- Kickboard
- Fins
- Buoy
- Paddles (small or medium size)
- Snorkel

A link to our A3 Performance team store can be found here:

[Linn-Mar Swim Team Welcome to your A3 Team Store!](#)

Central Zone Speedo Sectionals Recap

congratulations to the following swimmers who competed at the USA Swimming Central Zone Sectionals in Fargo, ND from Thursday, March 12th to Sunday, March 15th:

- Peyton Adair - 500 FR (30th), 200 FR (61st), 400 IM (25th), 100 FR (59th)
- Frankie Martino - 50 FL (38th), 50 FR (121st), 100 FL (53rd)
- Mackenzie Tristan - 200 BK (46th), 500 FR (47th), 400 IM (30th), 100 BK (71st)
- Bradyn Weis - 1000 FR (16th), 500 FR (45th), 400 IM (24th), 1650 FR (15th)
- Peter Wittnebel - 50 FR (31st), 500 FR (7th), 200 FR (8th), 100 FR (12th - prelims only)

LMST swimmers competed against the top HS athletes in the states of Iowa, Illinois, Minnesota, North Dakota, South Dakota, Wisconsin, in addition to many other out-of-section athletes/teams.

Thanks to Coach Jon, and Coach Julia for making the long trip! Way to represent LMST, coaches and swimmers!

SPRING/SUMMER (LCM) 2026

DATE	MEET	LOCATION
APRIL 25, 2026	LINN-MAR SPRING SPLASH (SCY) \$	LINN-MAR AQUATIC CENTER
MAY 2-3, 2026	EELS LONG COURSE KICKOFF	MERCER AQUATIC CENTER
MAY 8-10, 2026	IFLY DAVID ARMBRUSTER OPEN	CRWC, IOWA CITY
MAY 23, 2026	DASH SPRING PENTATHALON (SCY)	DUBUQUE AQUATIC CENTER
JUNE 6-7, 2026	EELS SPLASH OUT HUNGER	MERCER AQUATIC CENTER
JUNE 13TH	'SCHOOL'S OUT" TRI - BLST/EELS (SCY)	LINN-MAR AQUATIC CENTER
JUNE 19-21, 2026	WAUKEE OPEN SUMMER INVITE !	WAUKEE NATATORIUM
JUNE 20-21, 2026	VAC ANNUAL VINTON INVITATIONAL (SCM)	VINTON COMMUNITY POOL
JULY 9-12, 2026	BLST SUMMER SIZZLER	THE FALLS, CEDAR FALLS
JULY 18-19, 2026	IASI REGIONAL AND 8&U CHAMPIONSHIPS (SCY)	DUBUQUE AQUATIC CENTER
JULY 23-26, 2026	IASI LONG COURSE CHAMPIONSHIPS !	CRWC, IOWA CITY
JULY 29 - AUGUST 2, 2026	TYR FUTURES CHAMPIONSHIPS !	MADISON, WI

\$ = MEET ENTRY FEES ARE FREE WITH COST OF LMST TEAM REGISTRATION
! = QUALIFICATION TIMES REQUIRED FOR ENTRY TO EACH MEET

QUESTIONS?
Contact Jackson Allmon