



# LMST NEWS

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Wednesday, November 20<sup>th</sup>, 2024 • Volume V, Edition XIV



New Information Highlighted in   

## Upcoming Practice Time Changes

Now Until Winter Break!

**11/21 (Th.)** → Diamond & Senior AM practice will be *cancelled* tomorrow, Thursday, November 21<sup>st</sup>. Sleep in, swimmers!

**11/23 (Sat.)** → There is **NO** practice for the Gold, Platinum, Diamond, Senior, & National groups due to the Dubuque Giving Thanks meet.

**11/25 (M.)** → There is LMST **NO PM** practice due to the Middle School Girls Conference Meet.

**11/26 (T.)** → Normal evening practice times for all groups (including Diamond dryland)

**11/27 (W.), 11/29 (F.), 11/30 (Sat.)** → ALL LMST practice groups will train in the morning over Thanksgiving break (please read page 2 for practice times during this week)

**11/28 (Th.)** → There is **NO** practice for the Bronze, Silver, Gold, Platinum, Diamond, Senior & National groups due to **Thanksgiving**.

**Week of 12/2** → Morning practices will begin for the Senior practice group:

- Mondays & Thursdays → Swim from 6:00 to 7:45 AM
- Tuesday & Friday → Lift from 6:00 to 7:00 AM

**12/6 (F.)** → There is LMST **NO PM** practice due to the December Invite Distance Session

**12/7 (Sat.)** → There is **NO** practice for the Gold, Platinum, Diamond, Senior, & National groups due to the December Invite.

**12/10 & 12/17** → There is LMST **NO PM** practice due to LM High School Dual meets.



Pictured Above: LMST swimmer Tyler Brekke competing in the 200 yard backstroke preliminaries at the 2024 A3 Midwest Challenge on Sunday, November 10<sup>th</sup> (source: Chris Pose Photography).

## Meet Information

# DASH Giving Thanks Invite

Warmup/Start Times, Psych Sheet, Session Report/Timeline

The [2024 Giving Thanks Invitational](#), hosted by the DASH, is this weekend (Friday, November 22<sup>nd</sup> to Sunday, November 24<sup>th</sup>) at the Dubuque Community Schools Aquatic Center at Hempstead High School.

Reminder, the 11&O events on Saturday are **Prelim & Finals**, with A&B finals for 11-12 and A-B-C- finals for 13&O on Saturday night. *This means that the top 16 swimmers in each 11-12 event, and top 24 for each 13&O event will qualify for finals.* Some of these events have less than 16 or 24 entries for their age group, so most everyone **WILL QUALIFY** for finals.

If your swimmer does not intend to compete in finals, your family must let Jackson know ASAP, so they can scratch within 30 minutes of the announcement of the prelims results. If a swimmer fails to scratch within 30 minutes and is a no show for finals, they will be scratched from all remaining events.

### Meet Itinerary (WU Time/Start Time)

- Friday Evening Open Prelims (Events #1-6) → **4:30 PM (Not allowed on deck before 4:15)** | 5:30 PM
- Saturday Morning 11&O Prelims (Events #23-34) → **9:00 AM (Not allowed on deck before 8:45 AM)** | 10:30 AM
- Saturday Afternoon 10&U Timed Finals (Events #7-22) → **2:00 PM** | 2:50 PM
- Saturday Evening Open Finals (Events #23-34) → **5:00 PM** | 6:00 PM
- Sunday Morning 10&U Timed Finals (Events #35-56) → **7:30 AM** | 8:20 AM
- Sunday Afternoon 11&O Timed Finals (Events #57-78) → **10:10 AM** | 11:40 AM

[Tentative Timeline/Session Report](#)

[Psych Sheet](#)

[Warmup Assignments](#)

[Meet Information](#)

Heat Sheets (Available on [Meet Page](#))

## No Thurs. AM (11/21)

Morning Cancelled Tomorrow

There will be no morning practice for the Diamond and Senior groups tomorrow, Thursday, November 21<sup>st</sup>. Evening swim and Diamond dryland will go on as usual tomorrow.

## 11/25 (M) Practices

NO Monday PM Practice

Practice in the evening on Monday, November 25<sup>th</sup> for the Bronze, Silver, Gold, Platinum, Diamond, Senior groups has been cancelled due to the Girls Middle School conference meet.

## Dec. Invite Volunteers

Positions Still Available

LMST is still looking for volunteer workers and hospitality donations for our annual December Invite on 12/6-12/8. Sign-up can be done through the "Jobs" tab on the Commit parent portal!

## Practice Calendar

# LMST Thanksgiving Practice Schedule

## Practice Times for All Groups over Thanksgiving Break

Wednesday, November 27 <sup>th</sup>	Friday, November 29 <sup>th</sup>	Saturday, November 30 <sup>th</sup>
Bronze → 8:00 to 9:00 AM	Bronze → 10:00 to 11:00 AM	Bronze → N/A
Silver → 9:00 to 10:30 AM	Silver → 11:00 AM to 12:15 PM	Silver → 9:30 to 11:00 AM
Gold → 8:15 to 9:00 AM (Dryland), 9:00 to 10:30 AM (Swim)	Gold → 10:00 to 11:30 AM	Gold → 9:30 to 11:00 AM
Platinum → 8:00 to 10:00 AM (Swim), 10:00 to 10:30 AM (Dryland)	Platinum → 10:00 AM to 12:00 PM	Platinum → 9:30 to 11:00 AM
Diamond → 8:00 to 10:00 AM	Diamond → 9:15 to 10:00 AM (Dryland), 10:00 AM to 12:00 PM (Swim)	Diamond → 9:30 to 11:00 AM
Senior → 8:00 to 10:00 AM	Senior → 10:00 AM to 12:00 PM	Senior → 9:30 to 11:00 AM



Pictured Above: Coach Jackson cheering on a swimmer at the 2024 A3 Midwest Challenge. *If you see coach using this hand signal for your swimmer during a race, that means that they need to kick more!*

## Team Activity

# 2024 Hawkeye Invitational

## Local Club Swimmers Invited to Watch for Free!

The Iowa Swimming and Diving Coaching staff would like to invite local club teams to come out to the Hawkeye Invitational on November 21-23, 2024.

Iowa will host 8 teams next week. (Arkansas, Colorado State, Illinois, Iowa, Iowa State, Kansas, Nebraska, Northern Iowa, San Diego State) This is expected to be one of the premiere collegiate mid-season meets in the country! This will be a great opportunity for club swimmers across the state to see some elite competition in the pool.

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## Meet Information

### Dec. Invite Updates

#### Check the Entry Report!

Thank you to the **127 students** who signed up to participate in this year's LMST December Invite on 12/6-12/8.

The updated [Entry Report](#) for this meet is now available on the Linn-Mar Swim Team website. A few things to note:

- Bronze students ages 9-12 were only entered in the 50 FR for the Sunday morning session of the meet. All other events offered that day are 100s and 200s of stroke.
- Most 10&U swimmers will be entered in 200 FR Relay on Saturday morning (end of the session). Relay team assignments are TBA.
- The meet has reached max capacity on Saturday afternoon, and exceeded max capacity on Sunday morning. We will no longer be accepting entries for those sessions.
- We are still accepting entries for the Saturday morning session. If you missed that deadline, please contact Coach Jackson at [Jackson.allmon@linnmar.k12.ia.us](mailto:Jackson.allmon@linnmar.k12.ia.us) ASAP!
- Please review all entries for your swimmers and let me know if you see any errors with entries times or events entered.
- Since the meet has exceeded capacity on Sunday, if you know that your swimmer cannot swim that day, email Jackson so we can remove their entries ASAP (Events #44-75).
- If your Platinum, Diamond, or Senior swimmer is entered in the 400 IM or 1000 FR on the first night and wants to swim the other event, please email Jackson ASAP.

