



LMST NEWS

Inspire Learning. Unlock Potential. Empower Achievement.

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New Information Highlighted in **---**

Becoming an Official

Fall/Winter Training 24-25

Are you looking to get more involved in your child's sport, while getting the best views in the pool? The Linn-Mar Swim Team and the state of Iowa are looking for new officials to help with IASI sanctioned swim meets.

This is the [Introduction to Officiating Clinic](#) video from the IASI Officials Committee. The team would recommend watching this if you are interested in becoming an official.

Stroke and Turn Course (*most common officiating position for beginners*)

This course is now taught through [USA Swimming University](#). You must take the Foundations of Officiating and the Stroke and Turn Certification Course.

AO, Starter, Referee, and CJ Course (*advanced*)

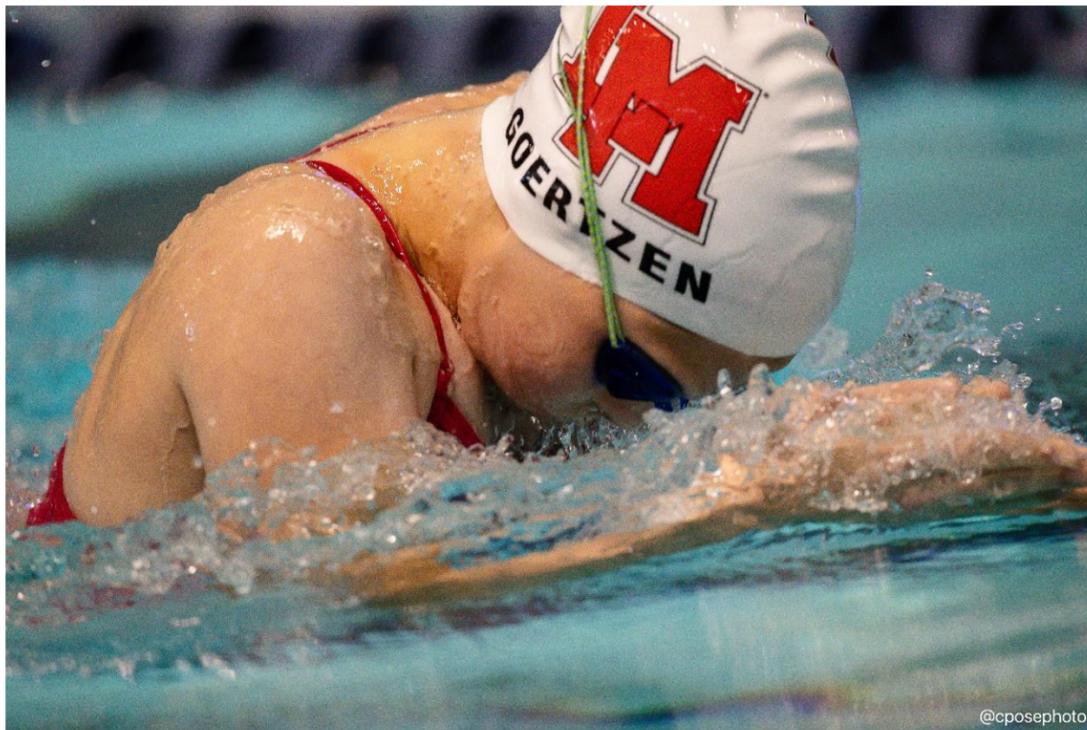
If you are interested in becoming an Administrative Official, Starter, Referee or Chief Judge, reach out to LMST Official [Andrea Kelley](#).

[USA Swimming Officials Certification Process Flowchart](#)

[Iowa Swimming Officials: Become and Official Link](#)

LMST Officials that volunteer at LMST home meets will receive double the credit (\$50) per session than an ordinary volunteer. For more info on the LMST Volunteer Credit Program click [here](#). (LMST Volunteers and Officials do not receive credits when volunteering to work at non-LMST hosted meets). LMST will cover your registration, background check costs.

For more questions about officiating, contact Jackson or Andrea.



Pictured Above: LMST Swimmer Stella Goertzen competing at the 2024 IASI Long Course Championships in Des Moines, IA on Sunday, July 28th (Source: Chris Pose).

Meet Information

Fall Invite Additional Details

Volunteering/Hospitality Signups, LM Robotics Food Drive.

On Saturday, October 5th, LMST is hosting our annual [Fall Invite](#) at the Linn-Mar Aquatic Center. All swimmers registered with LMST (Bronze, Silver, Gold, Platinum, Diamond, Senior, and National) are encouraged to participate.

The entry deadline has not passed. If your child is interested in participating and is not signed up, please reach out to Jackson by the end of the day today!

The Hospitality Donation signup is finally now up and working on Commit!

The volunteer sign up is also 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 [Linn-Mar Volunteer Credit Policy](#) does apply for this event.

Linn-Mar Robotics is organizing a food drive to benefit the Linn-Mar Pride Pantry. The Linn-Mar Pride Pantry is an amazing resource for students experiencing food insecurity within the Linn-Mar Community School District.

A collection point will be available at the swim meet at the Linn-Mar Aquatic Center on October 5th.

Acceptable items to donate are non-perishable, such as canned vegetables/fruits, peanut butter, pancake mix, pasta, jarred pasta sauce, crackers, cereal, or other similar non-perishables. Expired goods will not be accepted.

All donations will be a huge help to this essential cause. More details will be announced soon...

Meet Schedule Change

CIA Meet Removed

Due to a change in location with the CIA Fall Mixer in Des Moines on 10/26-27 team admin has decided to remove this meet from our schedule and add the [BLST IMX Challenge in Cedar Falls on Sunday, November 3rd](#). This meet will be open to all LMST swimmers!

2025 Spring Sectionals

Rochester, MN | 3/13-3/16

The [Central Zone North Section Spring Championships Time Standards](#) are now available on the Central Zones website for Diamond, Senior and National families. LMST hopes to take as many individual and relay qualifiers as possible to the meet.

9/21 AM Practice

Diamond, Senior, National

This Saturday, September 21st, the Diamond, Senior, and National groups will practice from 7:30 to 9:30 AM. Gold and Platinum will not practice on this day. Male swimmers will not be allowed to go into the locker room after practice due to the LM HS Girls Diving Invite.

Meet Schedule

Upcoming Meet Entry Deadlines

LMST Quad Meet, BLST IMX Challenge, DASH Giving Thanks

LMST Quad Meet

On Saturday, October 19th, LMST will be hosting a Quad Meet at the Linn-Mar Aquatic Center. This meet is *only* for swimmers 13 years of age or older in the Platinum, Diamond, Senior, and National groups.

The deadline to enter this meet is **Tuesday, October 8th**. There will be a meet entry fee for this meet (\$20 flat fee per athlete entered).

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 this meet (although 13&O swimmers in the Platinum group are welcome to swim at the LMST meet). Information for Coe is TBA.

BLST IMX Challenge

On Sunday, November 3rd, LMST will attend the Black Hawk Area Swim Team IMX Challenge meet at Holmes Junior High School in Cedar Falls, IA. All swimmers who are currently registered with the team are eligible to participate.

The deadline to enter this meet is **Friday, September 27th**. There will be a \$30 flat fee for each swimmer, in addition to a \$6 IASI swimmer surcharge fee (fees are \$5 for Outreach swimmers).

Those who swim the full 5-event line-up in their age group will be competing for the coveted IMX Challenge awards! 12 and under swimmers will compete in the morning session (warmups at 8 AM). 13 and over swimmers will compete in the afternoon session (warmups no earlier than 12 PM).

DASH Giving Thanks

On Friday, November 22nd to Sunday, November 24th, LMST will attend the DASH Giving Thanks meet at the Dubuque Community Schools Aquatic Center. All swimmers who are currently registered with the team are also eligible to participate in this meet.

The deadline to enter this meet is **Friday, October 4th**. There will be a fee per event entered (\$8 per timed final event, \$6 per prelim/final event in addition to a \$6 IASI swimmer surcharge fee).

Friday will be a distance session where only swimmers in Gold and above are eligible to compete. Saturday, 11&O swimmers will have a prelim/final format (top 16 for 11-12, top 24 for 13&O). Sunday Afternoon, 11&O swimmers will compete in Timed Finals. 10&U will compete in Timed Finals Saturday Afternoon and Sunday Morning.



Pictured Above: LMST Swimmer Emerick Wilcox competing at the 2024 IASI Long Course Championships in Des Moines, IA on Sunday, July 28th (Source: Chris Pose).

Team Store

A3 Performance Items

Non-Cap Items Have Arrived at the Aquatic Center!

A shipment of LMST pack-and-hold orders (excluding team caps) from A3 Performance has recently arrived at the Linn-Mar Aquatic Center.

Jackson, along with other lead coaches on the team, plan to pass out items that were shipped to the pool this week. If you ordered items with the pack-and-hold code and do not receive your orders by the end of this week, please contact Jackson.



USA Membership

USA Swimming Registration

Register before Fall Invite!

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.

As a part of the registration process, payment is required for the registration through the family's end. LMST families will receive a credit on their Commit accounts for the cost of their student's registrations if they email the receipt to Jackson or [Parker](#).

[USA Swimming Registration FAQ](#)

USA Swimming Memberships Include:

- Premium → This is the recommended membership for swimmers interested in attending meet the upcoming Fall/Winter and Spring/Summer seasons. Membership lasts to 12/31/25
- Seasonal → This is recommended for swimmers who will compete this Fall/Winter, but not in the Spring/Summer. Membership lasts 150 days
- Outreach → [Membership Criteria List](#), Contact Parker if Interested

