



# LMST NEWS

Inspire Learning. Unlock Potential. Empower Achievement.

Wednesday, April 24<sup>th</sup>, 2024 • Volume IV, Edition V



New Information Highlighted in ■

## Volunteer Assignments Spots Still Available!

The current L-M Spring Splash Volunteer Assignments are located on the 'Jobs' tab of the Commit Parent Portal. Timers, runners, and awards helpers are expected to arrive to your position 20 minutes before your session's start time. Announcer and Timing Computer Operator are to arrive at the start of warmups.

All volunteers upon arrival will check in with Nisha Raghvani (Volunteer Leader) upstairs to confirm that they are present and gain a better understanding of their role/responsibilities.

LMST is still looking for parents to volunteer in the following positions:

- AM Session
  - Timers (8)
  - Door Monitor (1)
  - Announcer (1)
  - Awards (1)
- PM Session
  - Door Monitor (1)

The deadline to sign up for volunteer positions is Friday, April 26<sup>th</sup>. If you are interested and are having trouble signing up, reach out to Jackson. **Reminder that the LMST Volunteer Credit Policy applies for this meet!**

Please consider signing up to volunteer, so that we can continue to host home meets for LMST students and families.

Families that signed up to donate food to Hospitality are strongly encouraged to bring items to the aquatic center Thursday (4/25) or Friday night (4/26) during evening practice. Jackson will put a table outside his office to place donations on Thursday.

Families with fresh items may bring them down to the classroom on deck on Saturday before warmups. Those that are unable to bring their items Th. or Fri. may also drop off food before Saturday warmups.

Thank you LMST families for helping produce a great swim meet!



Pictured Above: LMST swimmer Levi Richards competing at the 2024 IASI Age Group Championships in Iowa City, IA on Friday, February 16<sup>th</sup>, 2024.

## Meet Information

# 2024 LMST Spring Splash

Saturday, April 27<sup>th</sup> | Linn-Mar Aquatic Center, Marion, IA

On Saturday, April 27<sup>th</sup>, LMST is hosting our annual Spring Splash at the Linn-Mar Aquatic Center.

The current meet information, psych sheet, warmup assignments, and session/timeline report have been posted to the Spring Splash meet page:

[LMST Spring Splash Meet Page](#)

A pdf of the entries is also posted on the Linn-Mar Swim Team website under the "Team Schedule" tab.

[LMST Spring Splash Entries](#) (As of 4-17-24)

Heats Sheets and Event/Heat/Lane Assignments will be posted on the meet page tomorrow.

Please also note the time changes for the afternoon session. Warmups and start time will be delayed 15 minutes from what was originally communicated.

### AM Session Itinerary (12 and under)

- Arrival Time on Deck: **7:45 AM** (Swimmers should arrive in their swimsuits, ready to warm-up)
- Meet with Group Coaches to discuss warmup: **7:55 AM**
- Meet Warm-Ups: **8:00-9:10 AM**
- Writing Event, Heat, Lanes Assignments on Swimmers: **8:00-9:10 AM** (If possible, help your child write down E/H/L assignments before arrival to help save coaches' time)
- Team Meeting on Deck: **9:10 AM**
- Meet Start: **9:20 AM** (Please refer to the Session Report/Timeline to find out when your child is swimming each event)
- Meet Conclusion: **1:10 PM**

### PM Session Itinerary (14&U, 15&O)

- Arrival Time on Deck: **1:00 PM**
- Meet Warm-Ups: **1:15 PM**
- Meet Start: **2:15 PM**
- Meet Conclusion: **4:30 PM**

## Armbruster Meet

### Still on Schedule

Reminder that the LMST is scheduled to attend the Armbruster Invite (13&O only) on May 17-19, and the JR Armbruster (12&U) on June 1-2 in Iowa City. We have not received any meet information from the host yet. A signup will hopefully be posted next week.

## Spring Splash Scratches

### Notify Jackson ASAP

If your child was entered to compete in this Saturday's meet, but you know that they will not be able to attend/participate, please reach out to Jackson as soon as possible. We already have relay teams assigned for the morning. This will help coaches find substitutes if need be.

## LMST White Caps

### Available at Spring Splash

All LMST swimmers competing at the Spring Splash are encouraged to wear the white "LM" cap. Jackson will have caps available for the swimmers at the meet. If your swimmer asks for a cap, your family's TU account will be billed \$14 for each cap received.

## 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 Head Coach Jackson Allmon, and LMST Swimmers Luke Kelley, Mason Turner, and Hudson Huberg at the United States Olympic Training Athlete Center.

## LSC Event

# IASI Altitude Select Camp

## [Swim Swam Article on Select Camp](#)

The Iowa Swimming LSC hosted its second ever Iowa Swimming Select Camp this past weekend. The five-day camp was held at the US Olympic Training Center in Colorado Springs, CO.

Modeled after USA Swimming's Select Camps, the roster includes Futures, Junior National, and Olympic Trials qualifiers from across the state. The camp was conducted similarly to the USA Swimming camps with a mix of swimming, dryland, and educational sessions.

Highlights of the camp included meetings with USA Swimming Team Services, Hiking the Garden of the Gods, Visiting the Air Force Academy, Team Meals with members of Team USA, and a karaoke night.

The LSC hopes to host next year's version back in Iowa and will alternate between a state site and an altitude site every year.

Congratulations to Hudson Huberg, Luke Kelley, and Mason Turner for attending this year's version of the camp!

## Practice Schedule

# End-of-the-School Year Schedule

## Modifications to Practice Calendar from 5/20 - 6/1

Due to the Linn-Mar Aquatic Center Evening Lessons program coming to an end on Thursday, May 16th, LMST has decided to modify its Practice Calendar to take advantage of the open pool space during the last two weeks of the school year.

Below will be the practice schedule from Monday, May 20<sup>th</sup> to Saturday, June 1<sup>st</sup>:

**Bronze:** Monday through Thursday evenings → 6:00 to 7:00 PM

**Silver:** Monday through Thursday evenings → 5:45 to 7:00 PM, Friday Evenings → 5:15 to 6:45 PM

**Gold:** Monday through Thursday evenings → 5:30 to 7:00 PM, Friday Evenings → 5:15 to 6:45 PM

**Platinum:** Monday, Wednesday afternoons → 3:45 to 5:30 PM, Tuesday, Thursday evenings → 5:30 to 7:00 PM, Friday afternoons → 3:45 to 5:15 PM

**Diamond:** Monday through Thursday afternoons → 3:45 to 5:45 PM, Monday Mornings → 5:30 to 7:00 AM, Tuesday and Thursday Dryland → 5:45 to 6:45 PM, Friday afternoons → 3:45 to 5:15 PM

**Senior and National:** Monday through Thursday afternoons → 3:45 to 5:45 PM, Monday, Thursday Mornings → 5:30 to 7:15 AM, Tuesday and Friday Weights → 6:15 to 7:15 AM, Friday afternoons → 3:45 to 5:15 PM

(Note: Memorial Day practice time subject to change)

