



# LMST NEWS

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Wednesday, July 3<sup>rd</sup>, 2024 • Volume IV, Edition XV



New Information Highlighted in **■**

## Week of 7/1 Schedule Updates for Remainder of Month

### Week of 7/1 - 7/7

**7/1 (M) to 7/3 (W)** → Evening practices moved up due to no PM swim lessons (Bronze - 4:15 to 5:15 PM, Silver - 4 to 5:15 PM, Gold/Plat. - 3:45 to 5:15 PM)

**7/3 (W)** → Diamond Dryland moved from Tuesday to Wednesday (same time)

**7/3 (W)** → National will now follow Senior's practice schedule for Wednesday afternoons (Lift/Swim starting at 2 PM). No Morning practice for National.

**7/4 (Th) & 7/5 (F)** → Bronze - 8 to 9 AM (NO BRONZE ON 7/4), Silver & Gold - 7:30 to **9:00 AM**, Platinum through National - 7:30 to 9:30 AM (**THERE WILL BE NO PM PRACTICE ON THESE DAYS**)

**7/6 (Sat.)** → **Practice at City Park is CANCELLED.** LMST *does not* want to risk another practice in IC being cancelled due to weather. Practice will start at 7:30 AM for Gold through National (Gold until 9AM, everyone else until 9:30 AM). Stay tuned about a potential Tuesday morning opportunity on 7/9 in IC.

### Week of 7/8 - 7/15

**7/8 (M)** → No AM Swim for Senior & National (will swim in PM instead).

**7/10 (W)** → National will continue to follow Lift and Swim in afternoon at 2 PM instead of swimming in the morning.

**7/11 (Th) & 7/12 (F)** → No Thursday PM or Friday AM practices due to meet (**this includes dryland**).

### Week of 7/15 - 7/22

**7/16 (T)** → No Platinum & Diamond AM

**7/16 (T) & 7/18 (Th)** → Senior & National will attend AM OR PM, not both (meters in morning, yards in afternoon). **Swimmers should not attend both practices!**

*NO Dryland for ALL Groups this week.*



Pictured Above: LMST 2024 Beat the Heat 12 and Under Session High Point Winners Frankie Martino (left) and Bradyn Weis (right).

## Meet Recap

# CIA Beat the Heat Meet Recap

Fri., June 28<sup>th</sup> to Sun., June 30<sup>th</sup> | Wellmark YMCA, Des Moines, IA

Congratulations to all 39 swimmers who competed at the 2024 Central Iowa Aquatics Beat the Heat meet this past weekend in Des Moines.

New Central Zone 14&U Championship Qualifying Times ("AAA" times):

- Levi Richards → 11-12 Boys 800 Meter Freestyle, 1500 Meter Freestyle
- Clayton Treharne → 13-14 Boys 200 Meter Individual Medley

Biggest Time Drops in Each Practice Group:

- Silver → Saniha Deepak, 200 IM (-36.54 seconds)
- Gold → Harper Dumolien, 200 FR (-14.55 seconds)
- Platinum → Catherine Sklarsky, 200 FR (-23.36 seconds)
- Diamond → Mackenzie Tristan, 1500 FR (-43.49 seconds)
- Senior → Gus Martino, 400 FR (-46.31 seconds)
- National → Mehal Raghvani, 200 FL (-17.09 seconds)

New IASI Long Course Championships Qualifying Standards ("Q" Times):

- Peyton Adair → 13-14 50 FR, 200 FL
- Rory Breitbach → 10&U Girls 400 FR, 50 FL
- Tyler Brekke → Senior Boys 1500 FR
- Everett Burr → 13-14 Boys 200 FR, 100 BK
- Saniha Deepak → 10&U Girls 400 FR, 50 FL, 200 IM
- Greta Huberg → 13-14 Girls 200 BR
- Frankie Martino → 11-12 Girls 200 FL
- Ruhan Raghvani → Senior Boys 200 FR, 400 FR
- Mikala Schmidt → Senior Girls 200 IM
- Carson Weis → 10&U Boys 100 BK
- Elizabeth Yetter → 13-14 Girls 100 BK
- Teresa Zhang → 13-14 Girls 400 FR

High Point Winners:

Frankie Martino, 11-12 Girls (3<sup>rd</sup>), Bradyn Weis, 11-12 Boys (2<sup>nd</sup>), Teresa Zhang 13-14 Girls (3<sup>rd</sup>), Clayton Treharne, 13-14 Boys (1<sup>st</sup>), Peyton Adair, 13-4 Boys (2<sup>nd</sup>), Hudson Huberg, Senior Boys (2<sup>nd</sup>)

## Meet Sportsmanship

Way to Go, LMST Parents!

Multiple parents from other teams have reached out to our staff about the great display of sportsmanship by LMST parents during the meet, cheering for other teams' swimmers during difficult races. Keep it up, parents!

## July Practice Dues

No Dues for Rest of Month

Reminder to LMST Families that there are no practice fees for the month of July. The last day of practice is 7/18 (Th.) for Bronze swimmers. The last day of practice for Silver through Senior is 7/19 (F.).

## USA Swim Registration

Membership Required for Meets

To be eligible for the BLST Summer Sizzler, Summer Regionals, or any other meet LMST attends this Summer, you must be a USA Swimming member. For more information on how to register your child, [click here](#).

## Meet Information

# IASI Long Course Championships (7/25-28)

Deadline to enter is Tuesday, July 17<sup>th</sup>; Meet held in Des Moines (Wellmark)

Entries are now open for 2024 IASI Long Course Championships. To check if your swimmer is qualified for their age group, see the [IASI Championship "Q" Times](#). Athletes can qualify with Long Course Meters OR Short Course Yards times. The meet will be held at the Wellmark YMCA in Des Moines from Thursday, July 25<sup>th</sup> to Sunday, July 28<sup>th</sup>.

Athletes that have achieved a qualifying standard in one event and are entered in that event, may enter up to two bonus events. Athletes that have achieved qualifying standards in two events and are entered in those events may enter one bonus event. Swimmers may also compete in Time-Trials

If no more than 4 LMST swimmers in a respective age group qualify, the team may ask swimmers to compete as "relay-only" swimmers. Jackson will reach out to families after the Summer Sizzler if your child is being considered for a relay. If you are interested in being a relay only swimmer, please commit online.

### Thursday through Sunday Preliminary Sessions (13 & Over)

Warmups → Not Before 6:30 AM  
Competition → Not Before 8:00 AM

### Thursday 800 FR Timed Final Sessions (11-12)

Warmups → Not Before 11:30 AM

Competition → Not Before 12:20 PM

### Friday through Sunday Timed Final Sessions (12 & Under)

Warmups → Not Before 11:30 AM  
Competition → Not Before 12:20 PM

### Thursday Finals/Relay Timed Finals (13 & Over)

Warmups → Not Before 3:00 PM  
Competition → Not Before 4:00 PM

### Friday, Saturday, Sunday Finals/Relay Timed Finals (13 & Over)

Warmups → Not Before 4:00 PM  
Competition → Not Before 5:00 PM



Pictured Above: LMST 2024 Beat the Heat 13 and Over Session High Point Winners (from left to right) Hudson Huberg, Clayton Trehame, Peyton Adair, and Teresa Zhang.

## Meet Information

# 2024 Summer Sizzler Sessions

## Themes and Details for LMST by Session

**'Beach Day Thursday'** - Hawaiian shirts aren't required, but the officiating crew will be proudly sporting them around the pool deck. **Triple Crown** - Fastest compiled time of 50FL, 50BK, and 50BR (must compete in all three events to qualify) for Women & Men will each win the coveted Triple Crown kickboard!

**'Fiesta Friday'** - Join in the fun and dress for a fiesta! **Dueling 50's** - Winners of the Women & Men's 50FR will each win a new A3 backpack!

**'Americana' Saturday** - Show off your red, white, and blue proudly! **12&U Cannonball Contest** - Upon conclusion of

the afternoon session, BLST will conduct a cannonball contest for all 12&U swimmers. The winners will receive some great prizes! **13&O Lazy River Race** - Upon conclusion of Finals Saturday night, participants will pair up and race down their tallest water slides into the lazy river and battle to the finish line against the current (full speed of course). BLST will raffle off 30 awesome prizes! Note: Liability waiver required for all participants (available at the meet)

**'Sunday Funday'** - BLST will finish off the FUN weekend with the final 12&U session. Anything goes theme wise...

## Meet Information

# Regionals/8&U Champs

July 20<sup>th</sup> and 21<sup>st</sup> | Dubuque, IA

Swimmers from all practice groups are encouraged to attend Summer Regionals in Dubuque if not already qualified for maximum number of events at IASI Champs. This is an end of the season championship meets for our swimmers that may not have a "Q" time yet. It is also an 8 & Under Championship and team championship. Swimmers in all groups have been preparing to "peak" for this meet.

The LMST Entry Deadline for the meet is Tuesday, July 9<sup>th</sup>.

Meet Information is now available on the aquatic center website. Families can choose events for their swimmers up until the entry deadline. The coaching staff has ultimate discretion when approving events.

In addition to the indoor seating, DASH is working on getting a PA feed to areas outside of the spectator balcony, including an outdoor area near the building entrance. Plan ahead, including canopies for outside.

- Saturday Morning (9-10, 11-12): WU- Not before 7:00 am; Start- 8:30 am
- Saturday Afternoon (8&U CHAMPS): WU- Not before 12:00 pm; Start- Not before 12:45 pm
- Saturday Evening (13&O): WU- Not before 4:00 pm; Start- Not before 5:00 pm
- Sunday Morning (12&U): WU- Not before 7:00 am; Start- 8:30 am
- Sunday Afternoon (13&O): Warm-Up- Not before 12:00 pm; Start- Not before 1:00 pm

