

*Inspire Learning. Unlock Potential. Empower Achievement.*

Volume VIII, Edition VIII

Wednesday, May 13th, 2026

## 2026 ARMBRUSTER MEET RECAP

**CONGRATULATIONS TO ALL LMST SWIMMERS WHO COMPETED!**



Pictured Above: LMST Gold Swimmer Colin Janda competing at the 2026 IFLY Armbruster Open on Saturday, May 9<sup>th</sup> (Source: Chris Pose). Congratulations to Colin on winning the 10&U Iron Butterfly Award for the most World Aquatic Power Points in the 50 and 100 FL at the meet!

Congratulations to all 77 LMST swimmers who competed at the 2026 IFLY Armbruster Open this past weekend at the University of Iowa.

A big thank you to all participating LMST families who supported their swimmers on Mother's Day weekend! Thank you to those parents who also volunteered to officiate this past weekend. Your commitment does not go unnoticed by the LMST staff!

### [2026 Armbruster Meet Landing Page](#)

- Results PDF
- Chris Pose Photos
- Meet Evaluation Form

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

- Rory Breitbach - Girls 11-12 100 FR
- Saniha Deepak - Girls 11-12 50 FR, 100 BK, 100 FL
- Isaiah Elhard - Boys Senior 50 BK, 50 FL
- Alexa Goertzen - Girls 11-12 200 FR
- Owen Goertzen - Boys 10&U 100 FR, 100 BK
- Graham Goldsmith - Boys 10&U 50 FR
- Claire Phillips - Girls 10&U 100 FR, 200 FR, 100 BK, 200 IM
- Rylee Sieren - Boys Senior 400 IM
- Carson Weis - Boys 11-12 100 BK

### **Armbruster "Iron" Butterfly Award Winner:**

- Colin Janda - Boys 10&U Champion

### **Armbruster Dueling 50's Finalist:**

- Clayton Treharne - Boys Senior

### **New USA Swimming Futures Champs Qualifying Standards:**

- Clayton Treharne - Boys 50 FL

### **New LMST Long Course Team Records:**

- Dhyan Deepak - Boys 8&U 50 BK
- Colin Janda - Boys 10&U 100 FL
- Teresa Zhang, Caite Schaffel, Frankie Martino, Mackenzie Tristan - Girls Senior 200 Medley Relay



**TRAIN WITH THE TEAM**

**TRAIN WITH THE BEST.**

**RACE THE BEST.**

**BECOME WHAT'S NEXT.**

LED BY LMST SENIOR ATHLETES

**JOIN US!**

**MAY 16<sup>TH</sup>, 2026**

**10:00AM - 12:30PM**

**LINN-MAR AQUATIC CENTER**

**LM** **SWIM. LEARN. COMPETE.**  
**YOUR FUTURE STARTS HERE.**



## LMST "Train with the Team" Swim Clinic Registration - 5/16 (Sat.)

On Saturday, May 16th, the Linn-Mar Swim Team will host their inaugural "Train with the Team" swim clinic at the Linn-Mar Aquatic Center from 10 AM to 12:30 PM.

### Registration is still OPEN to the following groups of students:

- LMST Bronze, Silver, Gold, and Platinum athletes
- Linn-Mar Community School District Middle School Swimmers
- Any Prospective LMST Athlete
  - At least a Station 5 SwimAmerica Lessons student (Advanced Lessons)
  - Interested in joining the Linn-Mar Swim Team in the Fall of 2026

Activities over the course of the 2.5-hour clinic will include:

- Senior Group Swimmer Introductions
- Discussion about Personal Competitive Swimming Experiences
- Intro into Future Competitive Opportunities within LMST, IASI Swimming, and USA Swimming
- Senior Athlete In-Water Instruction of Drills (lead by Senior swimmers)
- Race our Senior Swimmers!

Students must be 7-years old to register. There will be a **\$40 registration fee** for each swimmer. Registration for LM Free and Reduced Lunch students is \$5. Families will pay in person the day of either via cash, or check made payable to the Linn-Mar Swim Team.

**WE STILL HAVE 30+ SPOTS AVAILABLE!!** This is a great opportunity for swimmers to learn from some of the best swimmers in our area - many of whom are also aquatic instructors for LM swim lessons - and gain valuable guidance and expertise in the sport of swimming. Each of the athletes have been exactly where your swimmer is today and they enjoy working with and mentoring the next "generation" of swimmers within our district! Swimmers from Bronze-Platinum are highly encouraged to attend! Please feel free to share with students outside of LMST who are interested in joining the team!

A majority of the proceeds from the event will go towards the Senior athletes attending the team's Select Altitude Training Trip at Colorado Mesa University at the end of June. There will also be a table set up in the front lobby upon the check-in/check-out process where families are welcome to donate additional an amount to the Colorado Mesa trip (total donations will be split amongst all attending athletes).

## School's Out Tri - Friday, June 12th!

LMST will host our first iteration of the School's Out Summer Tri on **FRIDAY, JUNE 12<sup>TH</sup>** (this meet is not on Saturday the 13<sup>th</sup>, coaching staff apologies for any previous confusion)!

This meet will be against the Iowa City EELS and Black Hawk Area Swim Team. Warmups will start at 3 PM, with a meet start of 4 PM. The competition is open to all ages and practice groups. The meet is expected to last a couple hours

There will be 25s, 50s and 100 IM offered for 8&U swimmers. For 9-10, just 50s and 100 IM will be offered. For 11-12, 13-14, 15&O, 50s and 200s will be offered. We will end the meet with mixed relays. Entries will be opened in the next week.

After the conclusion of the competition, LMST will host a "Cook out" on the practice field behind the aquatic center for all participating teams' athletes, families, coaches, and officials. LMST will post a donation sign up on Commit for dinner items. We also hope that family can bring "tailgating-esque" games to play on the field after the meal.

## LMST Summer Practice Calendar - 6/8-7/17

### Bronze

- Monday, Tuesday, Thursday - 5:40-6:40 PM

### Silver

- Monday through Thursday - 5:40-6:55 PM
- Friday - 9:30-11 AM

### Gold

- Monday through Thursday - 5:40-7:10 PM
- Friday - 9:30-11 AM

### Platinum

- Monday through Thursday - 5:25-7:10 PM
- Wednesday Dryland - 4:30-5:25 PM
- Friday - 9:30-11 AM

### Diamond

- Monday through Thursday - 2-4 PM
- Monday & Thursday Dryland - 4-5 PM
- Tuesday Morning - 6:15-7:45 AM
- Friday - 7:30-9:30 AM

### Senior

- Monday, Tuesday, Thursday Mornings - 6:15-8:15 AM
- Monday, Wednesday, Thursday Afternoon - 2-4 PM
- Friday - 7:30-9:30 AM
- Drylands - POSTED ON [Summer Practice Calendar](#)

Saturday morning practice times for Gold, Platinum, Diamond, and Senior are TBA

## Upcoming LMST Entry Reports - LCM 2026

LMST's first entry file for the Waukee meet has been accepted! Jackson hopes to send EELS and VAC entries to the respective meet hosts tomorrow. Stay tuned...

For the latest accepted entry reports **as of TODAY, Wednesday, May 13th**, check out the links below:

- [DASH Spring Pentathlon Entry Report](#)
- [EELS Splash Out Hunger Entry Report](#)
- [WW Waukee Summer Open Invite Entry Report](#)
- [VAC Vinton Annual Summer Invite Entry Report](#)

## Team Iowa Registration Summer 2026

**TEeam Iowa registration is officially open for the 2026 Central Zone Summer Meet season!**

- **2026 Central Zone Open Water Championships** (June 11-12, 2026 at Lake Andrea, Pleasant Prairie RecPlex in Pleasant Prairie, WI)
- **2026 Central Zone Multi-Cultural Meet** (June 19-21, 2026 at Soderholm Aquatics Center, Nicholas Recreation Center - University of Wisconsin in Madison, WI)
- **2026 14 & Under Central Zone Championships** (August 6 - 9, 2026 at Jean K Freeman Aquatic Center - University of Minnesota in Minneapolis, MN)

These meets provide athletes the chance to compete against top swimmers from across the Central Zone and represent Iowa Swimming at a high level.

To be considered for any or all Central Zone summer meets, athletes must first complete the Team Iowa registration regardless of if they had registered with Team Iowa in the past. Swimmers must meet the minimum criteria for an event in order to be eligible to compete in that event. Minimum time standards and criteria for each event can be found on the Team Iowa webpage.

### Please note:

1. Team Iowa registration is a **two-step process**. Registration instructions can be found on the Team Iowa website.
2. Complete the registration on the Team Iowa website.
3. The most important step, declare your swimmer's intention for the events they wish to enter on the "Events" tab.
4. **2026 USA Swimming Registrations required.**

Please visit the [Team Iowa](#) website for more information or to register your athlete with Team Iowa. If you have any questions, please contact Iowa Swim AG Chair [Greg Morse](#).

LMST MEET SCHEDULE

# 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
<b>FRI, JUNE 12TH</b> <b>(UPDATED 5-13)</b>	'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