



LMST NEWS

Inspire Learning. Unlock Potential. Empower Achievement.

Wednesday, January 1st, 2025 • Volume V, Edition XIX



New Information Highlighted in **■**

WW Volunteers

Arrival Times, Hospitality

All volunteers upon arrival will check in with Nisha Raghwani (Volunteer Leader) upstairs to confirm that they are present and gain a better understanding of their role/responsibilities. All volunteers are expected to report at least 20-30 minutes before the session's start time.

LMST is still looking for parents to volunteer for following positions (sign up via "Jobs" tab on Commit):

Sunday AM (12&U)

- Timers (4)

Sunday PM (13&O)

- Timers (8)
- Awards (1)

The deadline to sign up for volunteer positions or to donate is Friday, January 3rd.

Members of LMST receive a \$25 credit when they volunteer to work a session at an LMST Invitational Swim Meet. For more details, please refer to the [LMST Volunteer Credit Policy](#).

Families that signed up to donate to Hospitality are strongly encouraged to bring items to the aquatic center Friday or Saturday during morning practice. Jackson will put a table outside his office to place donations on those days.

LMST is still looking for the following hospitality donations this weekend (sign up via "Jobs" tab on Commit):

- Bananas - 8-10 (1)
- Bag of Apples (1)
- Bag of Cuties (1)
- Grapes - 2 Pack (1)
- Dozen Donuts (3 - All Sunday AM dropoff)

Families with fresh/perishable items may bring them down to the classroom before warmups of the session signed up for.



Hopefully all LMST swimmers and parents have been able to stay safe with the recent reduction in visibility outside!

Meet Information

Winter Whiteout (Sun. 1/5)

[Meet Landing Page](#) → Warmups, Psych Sheets, Timelines, etc.

Sunday AM Session - 12&U (Events #5-36)

- Arrival Time on Deck: **7:15 AM** (Swimmers should arrive in their swimsuits, ready to warmup)
- Meet with Group Coaches: **7:25 AM**
- Meet Warm-Ups: **7:30 AM - 8:10 AM**
- Writing Event, Heat, Lane Assignments on Swimmers: **8:10 AM - 8:40 AM** (if possible, help your child write down E/H/L assignments before arrival to help save coaches' time)
- Team Meeting on Deck: **8:50 AM**
- Meet Start: **9:00 AM**
- Session Conclusion: **1:00 PM** (Swimmers may leave after once they have competed in their final race, but they must check-in with a coach before they leave for the day)

Note - There will be no relays offered for the Sunday Morning session due to the number of athletes entered in the meet.

Sunday PM Session - 13&O (Events #37-60)

- Arrival Time on Deck: **12:45 PM**
- Meet Warm-Ups: **1:00 PM**
- Team Meeting on Deck: **2:40 PM**
- Meet Start: **2:50 PM**
- Session Conclusion: **7:00 PM**

Entry List with Event, Heat, and Lane Assignments and Heat Sheets will be posted on the Winter Whiteout Meet Landing Page at the end of the week.

[Officials Sign Up](#) (LMST is still looking for volunteer officials!)

Athletes **MUST** be registered with USA Swimming for the year of 2025 to compete at the Winter Whiteout this Sunday.

[USA Swimming Premium & Seasonal Registration Link for LMST](#)

Outreach families reach out to Jackson ASAP for a registration link!

IASI Champ Meets

Entries are Now Open!

Meet info and entries for the 2025 Iowa Age Group Champs (14&U State) and Senior Champs (15&O State) in addition to Winter Regionals and 8&U Champs entries are now available on Commit!

Winter Blues Apparel

Available for Preorder!

The deadline to order meet apparel for the Central Iowa Aquatics Winter Blues Buster is on Thursday, January 9th: [2025 Winter Blues Buster Apparel \(Elmore Swim Shop\)](#)

Winter Break Calendar

[LMST Practice Calendar](#)

The practice calendar for the rest of Linn-Mar's Winter Academic break is updated on the LMST website. LMST will resume its Fall/Winter practice schedule on Monday, January 6th.

Meet Calendar

January - March Short Course Meet Schedule

Last Day of Practice for Non-Championship Qualifiers is Fri., February 14th.

LMST Winter Whiteout- January 5th (Linn-Mar Aquatic Center)

Psych Sheets and Session Reports are now available on the meet landing page.

CIA Winter Blues Buster- January 24th to 26th (Waukee, IA)

Entries have been sent to host team. Entry report available on [LMST Entries tab](#).

LMST Intrasquad- February 9th (Linn-Mar Aquatic Center)

LMST swimmers compete against each other in a “last chance” meet at the aquatic

center on Sunday. More meet info will be released soon...

IASI Winter Regional and 8 & Under Championships- February 15th and 16th (Dubuque, IA)

ALL Swimmers not qualified for AG Champs or SC Champs encouraged to enter.

IASI Age Group Champs- February 21st - 23rd (Des Moines, IA)

ALL 10&U, 11-12, 13-14 Swimmers with a “[Q Time](#)” encouraged to enter. Relay-only swimmers may be selected.

IASI Short Course Champs- February 27th - March 2nd (Iowa City, IA)

Swimmers of any age with a Senior “[Q Time](#)” are eligible to enter (15 and over swimmers with times are highly encouraged to attend)

Central Zone Spring Sectionals- March 7th to 10th (Rochester, MN)

ALL swimmers with a [Sectionals cut](#) are encouraged to enter. Relay-only swimmers may be selected. Meet is conducted in Short Course Yards.



LMST has partnered with Splash Multisport to offer swim team t-shirts for sale! The black shirts will be available for purchase this weekend at the Winter Whiteout. Both the black and red shirts will be available to purchase online shortly (stay tuned)..

Team Cancellations

Winter Weather Reminders

Linn-Mar Swim Team Winter Weather Policy

In the event there is a school closing or early dismissal due to weather LMST will not have practices. If there is a late start, LMST will still hold evening practice.

Morning practice cancellations for Platinum and above will be made the evening before and will be communicated to families as soon as possible.

If the actual temperature is -15 or colder, school will be delayed or canceled. If

there is a wind chill advisory that would be in effect at the start of the school day, there may be a two-hour delay. School will be canceled if heavy snow and/or icy conditions make it hazardous for students and employees to report to school safely.

School weather decisions will be made by 5:30 a.m., when possible, for late starts and cancelations. Notification on a practice cancelation will be distributed to the entire team via email.

Meet Information

LMST Midwest All Star Champs Qualifiers

Congrats, LMST Swimmers!

Congratulations to LMST swimmers for being selected to represent Team Iowa in the 2025 All Stars Swim Meet!

- Rory Breitbart
- Everett Burr
- Saniha Deepak
- Frankie Martino
- Levi Richards
- Clayton Treharne
- Teresa Zhang

The Midwest All-Stars Meet is a multi-state, short course meet for swimmers who are 14 & under. Team Iowa will compete against the top age group swimmers from Colorado, Midwestern (Nebraska/Western Iowa), Missouri Valley (Kansas/Western Missouri), North Dakota, and South Dakota.

The meet will take place at the Wellmark YMCA in downtown Des Moines on January 10th to 12th.

Only 12 swimmers from each age group/gender were selected for the Iowa All Star team. Team Iowa selections were based on each swimmer’s ability to best represent Team Iowa across all possible events. Each swimmer will compete in six individual events and may be selected to race on relays.

Good luck swimmers, and way to represent LMST!

