



LMST NEWS

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Wednesday, December 18th, 2024 • Volume V, Edition XVIII



New Information Highlighted in --

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 Breitbach
- 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!



PLEASE encourage your swimmers to dress appropriately for the weather when arriving and leaving swim practice. NO shorts, flip flops, crocs, etc.!

Entry Deadlines

Upcoming LMST Meet Deadlines

January Meets: LMST Winter Whiteout & CIA Winter Blues Buster

LMST Winter Whiteout Entry Deadline:
Friday, December 20th

Open to Bronze through Senior (No Meet Entries Fees for all LMST swimmers!)

The Linn-Mar Swim Team will host our annual, Winter Whiteout meet on Sunday, January 5th. **Volunteering and Hospitality positions are now available!**

8&U, 10&U, and 11-12 swimmers will compete in the Sunday morning session. 13-14 and Senior swimmers will compete in the Saturday afternoon session.

Rubber Ducks will be presented to the heat winners for each event and for any individual or relay team who finishes with a final time that ends in 25/100's!

11-12-year-old LMST swimmers in Platinum and Diamond are welcome to swim in IMX events in afternoon to achieve Silver cap, so long as the swimmer does not exceed four (4) individual events for the day.

CIA Winter Blues Buster Entry Deadline:
Wednesday, December 18th (TODAY)

Open to Silver through Senior

Central Iowa Aquatics will host their annual Winter Blues Buster at the NEW Waukee Natatorium from Friday, January 24th to Sunday, January 26th.

This pool will serve as a host to the 2025 Missouri Valley Conference (NCAA Division 1) Championships and other future USA Swimming championship meets.

This CIA meet is highly recommended for swimmers who have a "Q" time (state qualifying time) or are looking to obtain a "Q" time. This "Timed Final" meet is also a good first meet for swimmers looking to attend their first "out-of-town" competition.

Families must enter their swimmers by this Wednesday, December 18th to guarantee entry into the meet!

Water Bottles

Students Encouraged to Bring!

LMST swimmers of *all practice groups* are encouraged to bring water bottles of their own to drink during swim practice and dryland. Hydration is essential for sport performance and endurance. **Glass bottles are prohibited.**

USA Swim. Reg.

[USAS Reg. FAQ Page](#)

Many students' USA Swimming memberships are set to expire on December 31st, 2024. To able to compete in swim meets, make sure your swimmer's membership is up to date (**around 50 swimmers who have competed this Fall need to re-register**).

IASI Winter Regionals

Entries are Now Open!

Meet info and entries are now available for the 2025 Iowa Winter Regionals and 8&U Champs in Dubuque on 2/15 & 2/16. All swimmers without a "Q" time are encouraged to attend. This is the 8&U state championship meet. There are no qualifying times for this meet!

Practice Calendar

LMST December/January Practice Times

Primary Practices will be Moved to AM over Winter Break Starting 12/23

Bronze will practice during the following days and times over Winter Break:

- 12/24 (Tuesday), 12/25 (Wednesday), 12/31 (Tuesday), and 1/1 (Wednesday) → NO Practice
- 12/23 (Monday), 12/26 (Thursday), 12/27 (Friday), 1/2 (Thursday), 1/3 (Friday), → 10:00 to 11:00 AM
- 12/28 (Saturday) & 1/4 (Saturday) → 8:00 to 9:00 AM
- Noon Year's Eve Practice (12/30 - Monday) → 11:30 AM to 1:00 PM

Silver will practice during the following days and times over Winter Break:

- 12/24 (Tuesday), 12/25 (Wednesday), 12/31 (Tuesday), and 1/1 (Wednesday) → NO Practice
- 12/23 (Monday), 12/26 (Thursday), 12/27 (Friday), 1/2 (Thursday), 1/3 (Friday), → 11:00 AM to 12:15 PM

- 12/28 (Saturday) & 1/4 (Saturday) → 9:00 to 10:30 AM
- Noon Year's Eve Practice (12/30 - Monday) → 11:30 AM to 1:00 PM

Gold will practice during the following days and times over Winter Break:

- 12/25 (Wednesday) and 1/1 (Wednesday) → NO Practice
- 12/23 (Monday), 12/26 (Thursday), 12/27 (Friday), 1/2 (Thursday), 1/3 (Friday), → 10:00 to 11:30 AM
- 12/24 (Tuesday) and 12/31 (Tuesday) → 10:30 AM to 12:00 PM
- 12/28 (Saturday) & 1/4 (Saturday) → 9:00 to 10:30 AM
- Noon Year's Eve Practice (12/30 - Monday) → 11:30 AM to 1:00 PM

Platinum, Diamond, and Senior will practice during the following days and times over Winter Break:

- 12/25 (Wednesday) and 1/1 (Wednesday) → NO Practice
- 12/23 (Monday), 12/26 (Thursday), 12/27 (Friday), 1/2 (Thursday), 1/3 (Friday), → 10:00 AM to 12:00 PM
- 12/24 (Tuesday) and 12/31 (Tuesday) → 10:30 AM to 12:00 PM
- 12/28 (Saturday) & 1/4 (Saturday) → 8:00 to 10:00 AM
- 12/30 (Monday) → 10:00 to 11:30 AM (swimmers are welcome to come to Noon Year's Eve, but should prioritize this practice first)

Winter Break Dryland

- Gold → 12/26 (Thursday) & 1/2 (Thursday) at 11:30 AM to 12:15 PM
- Platinum → 12/26 (Thursday) & 1/2 (Thursday) at 9:00 to 10:00 AM
- Diamond → 12/24 (Tuesday) & 12/31 (Tuesday) at 9:30 to 10:30 AM; 12/27 (Friday) & 1/3 (Friday) at 9 to 10 AM
- Senior → TBA by Coach Cameron



Pictured above: LMST swimmer Hudson Huberg at the 2024 USA Swimming Junior National Championships - West at the University of Texas Lee & Joe Jamail Natatorium on Saturday, December 14th (Source: Cameron Kelley).

Meet Recap

USA Swim Junior Nationals

Congratulations, Hudson and Cameron!

Congratulations to LMST Senior swimmer Hudson Huberg on competing at the 2024 USA Swimming Junior Nationals - West competition in Austin, Texas on December 11th to 14th!

LMST Senior Lead Coach Cameron Kelley also attended the meet this past weekend. This was a great experience for the both of them!

Hudson competed against the best 18 & under swimmers in the country, including many who were on the United States National Senior team!

- 50 Free - 105th
- 100 Free - 89th
- 200 Free - 66th

Way to represent, LMST!

Special Practice

LMST Noon Year's Eve Monday, Dec. 30th at 11:30 AM

On Monday, December 30th from 11:30 AM to 1:00 PM, LMST will host its annual "Noon Year's Eve" practice. Swimmers from all groups are invited to participate in this special event.

The Linn-Mar Aquatic Center will open the pool for free swim. LMST will bring out the "Wibit" and will have a diving board open to jump off.

We will also have diving toys and swim noodles available for the swimmers. At 11:59, the team lines up along the side of the pool and counts down until noon when everyone jumps in the pool shouting, "Happy New Year."

Families are welcome to bring treats for the swimmers once the practice has concluded. We will distribute treats to swimmers in the front lobby as they leave for the day.

LMST still plans on having a Platinum, Diamond, Senior, & National practice from 10:00 to 11:30 AM that morning. Swimmers in those groups are welcome to attend either or both practices (high schoolers should prioritize the 10:00 AM practice that day over the 11:30 AM event).

