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Volume VI, Edition XI

Wednesday, June 4th 2025

2025 SPLASH OUT HUNGER

[MEET LANDING PAGE](#): MEET INFO, OFFICIALS SIGNUP, TIMELINE



Pictured Above: LMST athletes in the Diamond and Senior practice groups after their Saturday morning practice at the Marion Outdoor pool on May 24th (source: Jackson Allmon).

The 2025 Splash Out Hunger Meet, hosted by the Iowa City Eels, is this weekend (Saturday, June 7th and Sunday, June 8th) at the Mercer Aquatic Center in Iowa City, IA.

The meet is held in an indoor, 50-meter pool, but the outdoor patio behind the pool is available as a crash area for swimmers. LMST will provide tents for the swimmers to protect them from the sun. Parents will be briefly allowed onto the patio prior to warm ups to help set up tents, but they will not be permitted to enter the pool deck area via the patio entrance.

Swimmers will need to go the long way around the pool before and after their events (in front of the spectators).

LMST families are encouraged to bring non-perishable food items to the meet for donation to the food banks at local schools.

There will be a team award for the "Top Donor." In addition, the top 3 place finishers in each event will be awarded donation items to add to their team's donation box.

[Splash Out Hunger Meet Landing Page](#)

Meet Itinerary (WU Time/Start Time)

- Saturday Morning (10&U) → 8:00 AM/9:00 AM
- Saturday Afternoon* (11&O) → 11:00 AM/12:00 PM
- Sunday Morning (All Ages) → 9:00 AM/10:00 AM

*Swimmers must provide their own timer and lap counter for the 800 Free

[Session Report](#)
[Psych Sheet](#)

[Food Pantry Suggested Donations](#)

Coaching Adjustments

It's bittersweet news for LMST, but Coach Cameron Kelley will be leaving our Linn-Mar Swim Team coaching staff.

Coach Cameron will relocate to the Minneapolis area, as he has accepted a new job offer to be closer to family. We are excited for him in the next chapter of his life! He will remain on deck at LMST through the next week of practices.

We thank him for his service to the team and for all the great work he's done with Senior/National groups in addition to his work in other programming at the aquatic center over the years. Please send him congratulations and wish him luck.

LMST has already found coverage for the rest of the summer season to fill the holes in Cameron's absence. LMST families experience with the Senior and Diamond groups will provide consistency moving forward.

Congrats again to Coach Cameron, LMST will truly miss you!



Pictured Above: LMST Coach Cameron Kelley cheering on a swimmer during the 2025 IASI Age Group Short Course Championships in Des Moines, IA (source: Chris Pose).

USA Swimming Summit- Women in Governance

Congratulations to LMST coach Meredith Nash on being selected to participate in the 2025 USA Swimming Women Swim Coaches in Governance program!

The Women in Governance program is geared towards identifying, educating, supporting and mentoring female coaches who wish to be more involved in organizational governance. The program consists of approximately 59 individual members

This program is a 9-week course that includes 8 online educational courses and an in person professional development opportunity at the USA Swimming Annual Summit held in Denver, Colo. September 24-28, 2025.

Topics of discussion include:

- Why We Need You in Governance
- How to Take Ownership of Being the Only Female in the Room
- Career Growth and Development
- Learning from Female Officials
- Business 101
- Female Head Coaches
- LSC Governance and Structure
- USA Swimming Committees and Working Groups
- Career Reflections
- Course Wrap-Up and What's Next

Way to represent LMST, Coach Meredith!

Para Swimming Clinic - 6/28 (Cedar Falls)

US Paralympic Swimming, in partnership with Iowa Swimming and the University of Northern Iowa, is hosting an Introduction & Orientation to Para Swimming clinic on Saturday, June 28th in Cedar Falls! This clinic is free to all participants.

The clinic is open to anyone interested in learning more about paralympic swimming! A portion of the clinic will be in-water for the swimmers, but all are welcome to observe. Additionally, lunch for participants in the clinic will be provided.

[Para Swimming Clinic Registration Link](#) (more information provided on SignUp Genius)

Interested participants should contact UNI Coach Ben Colin (NorthMountainParaRegionCoach@gmail.com).

Sizzler Entries - Secondary Deadline

The initial entry deadline for the Summer Sizzler (Cedar Falls - 7/10-7/13) has passed. **LMST will be extending the deadline to Friday, June 6th** for any families that have missed the original sign-up date. DO NOT miss out on your last opportunity to sign up for this fun outdoor meet!

LMST Summer Practice Schedule - 6/9 (M) to 7/18 (F)

- **Bronze**
 - Monday-Thursday → 5:45 to 6:45 PM
- **Silver**
 - Monday-Thursday → 5:45 to 7:00 PM
 - Every other Friday → 8:15 to 9:45 AM
 - Dates with Friday AM practices:
 - 6/20
 - 7/4
 - 7/18
- **Gold**
 - Monday-Thursday → 5:30 to 7:00 PM
 - Every other Friday → 8:15 to 9:45 AM
 - Dates with Friday AM practices:
 - 6/20
 - 7/4
 - 7/18
 - Thursday Dryland → 4:45 to 5:30 PM
 - **Saturday → 7:00 to 8:30 AM (Marion Outdoor)**
 - **Start time moved 30 minutes back!**
- **Platinum**
 - Monday-Thursday → 5:15 to 7:00 PM
 - Friday → 6:15 to 8:15 AM
 - Tuesday Dryland → 4:30 to 5:15 PM
 - Saturday → 6:30 to 8:30 AM (**Marion Outdoor**)
- **Diamond**
 - Monday-Thursday Afternoons → 2:00 to 4:00 PM
 - Tuesday & Friday Mornings → 6:15 to 8:15 AM
 - Monday & Wednesday Dryland → 4:00 to 4:45 PM
 - Saturday → 6:30 to 8:30 AM (**Marion Outdoor**)
- **Senior**
 - Monday-Thursday Afternoons → 2:00 to 4:00 PM
 - Tuesday, Thursday & Friday Mornings → 6:15 to 8:15 AM
 - Monday & Wednesday Dryland → 4:00 to 4:45 PM
 - Saturday → 6:30 to 8:30 AM (**Marion Outdoor**)



Pictured Above: LMST athletes Olivia Janda (left) and Sarvagya Gahlaut (right), competing at the 2025 Armbruster Open in Iowa City on Sunday, May 11th (source: Shaun Elhard).

Coe College Practice Schedule - 5/25 (M) to 6/6 (F)

- 6/4 (W)
 - Senior- 4-6 PM (Shallow from 5:20-6 PM)
 - Diamond- 4-6 PM (Shallow from 5:20-6 PM)
 - Platinum- 7-8:30 PM
 - Gold- 7-8:30 PM
 - Silver- 7-8:30 PM
 - Bronze- 7-8 PM
- 6/5 (Th)
 - Senior- 5:50-7:20 AM & 8-9:30 PM
 - Diamond- 8-9:30 PM
 - Platinum- 4:15-6 PM (Shallow pool from 5-6 PM)
 - Gold- 4:15-6 PM (Shallow pool from 5-6 PM)
 - Silver- 7-8 PM (Shallow)
 - Bronze- 6-7 PM (Shallow)
- 6/6 (F)
 - Senior- 4-6 PM (Shallow pool from 5-6 PM)
 - Diamond- 4-6 PM (Shallow pool from 5-6 PM)
 - Bronze, Silver, Gold, Platinum- N/A