

Inspire Learning. Unlock Potential. Empower Achievement.

Volume VII, Edition XV

Wednesday, November 26th, 2025

GIVING THANKS INVITE RECAP

DUBUQUE COMMUNITY AQUATIC CENTER | FRI, NOV. 21ST - SUN, NOV. 23RD



Pictured Above: LMST Platinum swimmer Harper Dumolien swimming in the Sunday afternoon session of the 2025 DASH Giving Thanks Meet in Dubuque, Iowa on November 23rd (source: Shaun Elhard)

Congratulations to all Linn-Mar Swim Team athletes who competed at the DASH Giving Thanks Invite in Dubuque, Iowa. LMST had 85 total swimmers entered in the meet, **a new team record for an away meet!**

10&U Individual High Point Scorers (top 5 places)

- Dhyan Deepak - 3rd, 8&U Boys
- Anna Larson - 5th, 10&U Girls
- Aidan Reddinger - 5th, 8&U Boys
- Lila Washburn - 4th, 8&U Girls

New Central Zone Championship "AAA" Times

- Kennedee Gates - 50 BK
- Frankie Martino - 50 FL

New Central Zone Spring Sectional Qualifying Time

- Rylee Sieren - 1000 FR

Swimmers who legally finished an event for the first time

- Amelia Bautista - 25 BR
- Sawyer Ehm - 50 BR
- Addison Harris - 50 BR
- Reyaansh Karrotu - 50 BR
- Aidan Reddinger - 50 BR
- Madeline Throgmorton - 50 BR, 100 IM
- Lila Washburn - 25 BR, 50 FL
- Quinn Yarker - 50 FL

LMST IMX Silver Cap

- Benji Yetter

New 2025-26 Short Course IASI Championships "Q" Times

- Rory Breitbach - 1000 FR, 200 BR, 200 IM, 400 IM
- Bentley Brodeur - 50 BR
- Saniha Deepak - 1000 FR, 200 BK, 200 IM, 400 IM
- Gabe Garms - 50 BK
- Graham Goldsmith - 50 BR
- Colin Janda - 50 FR, 200 FR
- Megan Kueper - 50 BR
- Anna Larson - 200 FR, 200 IM
- Frankie Martino - 200 BK
- Rylee Sieren - 1000 FR
- Joseph Saputra - 100 BR
- Catherine Sklarsky - 50 FL
- Makayla Tristan - 500 FR
- Bradyn Weis - 50 BR
- Carson Weis - 50 BK

14&U Midwest All Star Registration

Team Iowa and Iowa Swimming extend an invitation to register your athlete for consideration for both Team Iowa and the 2026 Midwest All-Star Championship. The championship meet is scheduled for January 9-11, 2026, at the Wellmark YMCA in Des Moines, IA. To be eligible for registration; swimmers are required to be available for the entire three-day competition (Friday-Sunday), USA Swimming registration must be renewed for 2026, and meet the eligibility requirements. Team Iowa registration will close December 15, 2025.

To be considered for Team Iowa, swimmers must have achieved a minimum of a 'BB' USA Swimming motivational time standard in any Midwest All-Star event. Selections will be based on swimmers' best official times from SWIMS Data Hub, during the SCY from September 1, 2025, to December 21, 2025 (**times from BLST Holiday Classic will be considered**).

The deadline to register/apply for Team Iowa is Monday, December 15th.

All interested swimmers must apply through the Team Iowa website. DO NOT sign up through Commit!



Pictured Above: LMST Platinum swimmer Benji Yetter earning his "Silver cap" at the Giving Thanks meet this past weekend. He earned the cap by swimming a 200 FL, 200 BK, 200 BR, 200 FR, 200 IM, 400 IM, and 500 FR in a season. Congrats. Benji (source: Shaun Elhard).

Fast & Flurrious Volunteers/Donations

On Friday, December 5th to Sunday, December 7th, LMST is hosting our annual Fast and Flurrious meet (formerly known as December Invite) at the Linn-Mar Aquatic Center.

The volunteering and hospitality signups are available under the "Jobs" tab on the Commit parent portal.

LMST MEMBERS WHO SIGN UP TO VOLUNTEER WILL RECEIVE A FREE MEET T-SHIRT FOR THIS YEAR'S F&F!

Please fill out the following Google Form by Sunday, November 30th for shirt sizes: LMST F&F T-Shirt Form

Members of LMST receive a \$25 credit when they volunteer to work a session at an LMST Invitational swim meet (please refer to the LMST Volunteer Credit policy).

Deadline to sign up for a volunteer and hospitality slots is Wednesday, December 3rd. Please drop of donation items by the Assistant Aquatic Center Manager's office on Thursday, December 5th if items are non-perishable.

LMST Winter Whiteout Info

The Linn-Mar Swim Team will host our annual, Winter Whiteout meet on Sunday, January 4th.

Entries are now open on Commit! The deadline to sign up for our one-day, January meet is on Wednesday, December 10th. This meet is open to all LMST swimmers.

This will be the last home meet for the 2025-26 Fall/Winter season that is free of entry fees (entry fees will be required for the February Regionals meet at LM).

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.



Pictured Above: LMST Diamond swimmer Annie Landherr (left) and Platinum swimmer Gabe Garms (right) swimming in the Sunday afternoon session of the 2025 DASH Giving Thanks Meet in Dubuque, Iowa on November 23rd (source: Shaun Elhard)

MS Boys Swimming

Middle School Boy swim practices for Oak Ridge/Excelsior begins on Monday, December 1st. According to the [LMST Monthly Dues page](#), MS swimmers are still eligible for free monthly dues in December, regardless of club attendance.

Jackson will send an email in the next week to MS boy swimming families outlining practice attendance recommendations for your athlete based off of their current practice group at LMST. All swimmers on the MS teams are required to compete in the MS meets. For questions about MS swimming in the LMCS, contact [Jennie Rickels](#) or [Elizabeth Frangella](#).

LMST Meet Entry Reports

Updated Entry Reports for the following meets have been posted to the LMST website:

- [LMST Fast and Flurrious Entry Report \(updated 11-18-25\)](#)
- [BLST Holiday Classic Entry Report \(updated 11-18-25\)](#)

Relay lineups for the BLST meet will be announced at the meet. There will be no relays contested at the LMST meet due to time constraints.

Practice Updates - November & Beyond

11/26 (W) & 11/28 (F) - On this Wednesday and Friday, LMST will practice in the AM. Bronze, Platinum, Diamond and Senior will practice at 9 AM. Silver/Gold will swim at 10 AM.

11/27 (Th) - There will be NO LMST Practice on Thanksgiving.

Week of 12/1 - This is the first week Senior returns to its normal dryland schedule, and Diamond/Senior returns to their normal weekday morning schedule!

12/2 (T) - There will be NO PM LMST Practice on this evening due to the LM HS Boys Dual meet at the aquatic center. This will be the first day Senior will return to afternoon dryland (3:45-4:45 PM).

12/5 (F) - There will be NO PM LMST Practice on this day due to the LMST Fast & Flurrious Invitational.

LMST MEET SCHEDULE

FALL/WINTER (SCY) 2025-26

DATE	MEET	LOCATION
OCTOBER 4, 2025	LMST PUMPKIN PLUNGE\$	LINN-MAR AQUATIC CENTER
OCTOBER 18, 2025	BLST-LMST-PSC 13&O TRI MEET	CEDAR FALLS HS NATATORIUM
OCTOBER 18-19, 2025	COE COLLEGE HARVEST INVITE	COE COLLEGE NATATORIUM
OCTOBER 31- NOVEMBER 2, 2025	IFLY A3 MIDWEST CHALLENGE!	CRWC, IOWA CITY
NOVEMBER 21-23, 2025	DASH GIVING THANKS INVITATIONAL	DUBUQUE AQUATIC CENTER
DECEMBER 5-7, 2025	LMST "FAST & THE FLURRIOUS"\$	LINN-MAR AQUATIC CENTER
DECEMBER 19-21, 2025	BLST HOLIDAY CLASSIC	CEDAR FALLS HS NATATORIUM
JANUARY 4, 2026	LMST WINTER WHITEOUT\$	LINN-MAR AQUATIC CENTER
JANUARY 16-18, 2026	ACAC THE TUNDRA	DAN FLANNERY POOL
FEBRUARY 14-15, 2026	IASI REGIONALS 8&U CHAMPIONSHIPS	LINN-MAR AQUATIC CENTER
FEBRUARY 20-22, 2026	IASI AGE GROUP CHAMPIONSHIPS!	CEDAR FALLS HS NATATORIUM
FEBRUARY 26- MARCH 1, 2026	IASI SENIOR CHAMPS!	WELLMARK YMCA, DM

\$ = MEET ENTRY FEES ARE FREE WITH COST OF LMST TEAM REGISTRATION
 != QUALIFICATION TIMES REQUIRED FOR ENTRY TO EACH MEET

QUESTIONS?
 Contact Jackson Allmon