

Inspire Learning. Unlock Potential. Empower Achievement.

Volume VIII, Edition IV

Wednesday, April 15th, 2026

LMST SPRING SPLASH - 4/25 (SAT)

AN ENTRY REPORT IS NOW AVAILABLE ON THE TEAM WEBSITE!



On Saturday, April 25th, LMST is hosting our annual Spring Splash at the Linn-Mar Aquatic Center. This is a meet for all swimmers registered with LMST for the 2025-26 academic year (Bronze, Silver, Gold, Platinum, Diamond, Senior).

An [LMST Entry Report](#) (updated as of the afternoon of Thursday, April 9th) has been posted to the team website. Please contact Jackson if there are any errors with your swimmers' current events.

Signups for volunteering and hospitality are now available to families on the Jobs tab (note: if your family is interested in signing up for multiple slots for one job, reach out to Jackson and he will sign you up for multiple slots).

LMST is still looking for parents to volunteer for the following positions to be filled:

AM Session Volunteers Needed (12&U)

- Timers - 5

PM Session Volunteers Needed (13&O)

- Timers - 5

The team is also still looking for families to donate cookies/bars, trail mix, and candies to hospitality.

The deadline to sign up for volunteer positions & donations is Thursday, April 23rd. A reminder that the LMST Volunteer Credit Policy has been updated (read more on [4-1 newsletter](#)).

Families who sign up to donate are asked to bring items next Thursday.

The meets hosted and attended by LMST are all USA Swimming sanctioned swim meets. For students to participate in USA Swimming sanctioned swim meets, students must be a current member of USA Swimming.

As a part of the registration process, payment is required for the registration. LMST families will receive a credit on their Commit accounts for the cost of their student's registrations. For more information, check the link below:

[USA Swimming Registration FAQ](#)

USA Swimming Memberships Include: • Seasonal → Membership lasts 150 days, swimmers eligible for all meets this season is membership purchased today... • Outreach → Contact Parker if Interested

Upcoming LCM Season Meet Information

EELS Long Course Kickoff - Mercer (Saturday, May 2nd and Sunday, May 3rd) & **IFLY David Armbruster Open - CRWC** (Friday, May 8th to Sunday, May 10th)

The deadlines for both Iowa City meets has passed. **If your child is interested in competing in one of these meets, please reach out to Jackson ASAP.** No guarantees that your swimmer will be able to enter. However, the team is optimistic about entry since both meets have not reached maximum capacity yet.

DASH Spring Pentathlon (Dubuque Hempstead)
Saturday, May 23rd

14&U Athletes in Bronze-Diamond are welcome to attend! This will be a Short Course meet. Deadline to enter is **TONIGHT, Wednesday, April 15th.**

WW Waukee Open Summer Invite
Friday, June 19th to Sunday June 21st

All athletes with qualifying times are encouraged to attend! This will be a Long Course meet. For 10&U/ 11-12 entry, swimmers must have USA "B" motivational times in LCM events. For 13-14, 15&O, swimmers must have 13-14 "BB" times in LCM. Deadline to enter is **Wednesday, May 6th.**

VAC Annual Vinton Invite (Vinton Community)
Saturday, June 20th and Sunday, June 21st

This meet will be designed for any swimmer who does not qualify for Waukee. The meet will be Short Course Meters (25 meters) and will be contested in an outdoor pool. **THERE ARE NO QUALIFYING TIMES FOR THE MEET, AND THE UPDATED ENTRY DATABASE ON COMMIT NOW REFLECTS THAT. Deadline to enter is Wednesday, May 6th.**

LMST Winter Regionals and 8&U Champs - 2027

Congratulations to the Linn-Mar Swim Team on being selected to host the 2027 Iowa Swimming Winter Regional Championships at the Linn-Mar Aquatic Center on February 13th and 14th.

The Winter Regionals meet acts as championship meet for non-Age Group and Short Course Champ qualifiers, and is a "last chance" event for the aforementioned competitions. Congrats, LMST!

Colorado Mesa Training Trip - 6/26-7/3

Eligible LMST athletes **can now apply** to our Senior trip to Colorado Mesa University in Grand Junction, CO from 6/26-7/3. Selected swimmers will participate in 12 LCM practices and 3 out-of-the-water strength and conditioning session at altitude, in addition to participating in 3 classroom sessions among other team activities. Swimmers will stay in the dorms on campus overnight.

The following athletes have been invited to apply:

- **1st Priority (Guaranteed)** - 2026 Spring Sectionals Cut
- **2nd Priority** - 2+ 15-16 "AA" Motivational Time Standards + 80% Spring Attendance
- **3rd Priority** - 2+ 15-16 "A" Motivational Time Standards + 80% Spring Attendance

LMST CMU Trip Application - Summer 2026
(Deadline to Fill out Google Form - Saturday, April 18th; Roster Selection Date - Wednesday, April 22nd)

Team and school district administration has now opted to use a travel agency for flights. Families are no longer expected to book and pay for their own flights. Round Trip tickets will be \$509 now to guarantee that everyone is on the same flight, and to help alleviate some of the pressure of booking for families.

A reminder that LMST is currently exploring options with the school-district to fundraise for this event to decrease total overall cost for families. If price is currently a concern for your family at this time, please reach out to Jackson ASAP.

Fitter and Faster Swim Clinic - Iowa City (4/18)

Fitter & Faster's Starts, Turns & Underwaters Swim Camp is coming to Iowa City on April 18-19.

[Find Details & Register Here](#)

Spots are limited and sessions are filling quickly. Swimmers from teams around the area are already registering, including several LMST swimmers — don't miss out.

NOTE - This camp is on the day of the Senior joint practice with IFLY at LMAC. Swimmers in the Senior group should prioritize practice this day)



@cpose

LMST Standard and Personalized Caps - A3 Team Store (Due 4/15)

The deadline to order LMST Silicone Caps (Standard or Personalized with Name) is **TONIGHT, Wednesday, April 15th.**

[LMST A3 Performance Team Store](#)

All caps ordered through the team store will be delivered to the Linn-Mar Aquatic Center to be passed out by the coaching staff. Caps are expected arrive to the aquatic center around early to mid-May. All other items that can be ordered on the team page will be delivered directly to your mailing address.

For those that are interested in caps before the Spring Splash meet in April, Jackson has plain "LM" caps in stock at the aquatic center. If your swimmer would like a plain cap, reach out to Jackson, and he can give your swimmer a cap at the next practice that they attend. Families who want a cap will be billed \$14 for each cap requested on Commit.

USA Swimming Officials Meeting - TONIGHT @ 7 PM

Have you ever thought about becoming an official to help your team and your swimmer(s)? Are you confused as to where to start or what it takes to become an official? This webinar is for you!

The Iowa Swimming LSC will talk through the basics and what it takes to become an official. They will also match you up with a certified official who can help you through the process. Join the meeting, **TONIGHT, Wednesday, April 15th at 7PM.**

Join Meeting here:

Becoming a USA Swimming official
Wednesday, April 15 · 7:00 – 8:00pm

Time zone: America/Chicago

Google Meet joining info

Video call link: <https://meet.google.com/utd-fkay-jnq>

Or dial: (US) +1 402-789-6636 PIN: 942 632 846#

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
JUNE 13TH	'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