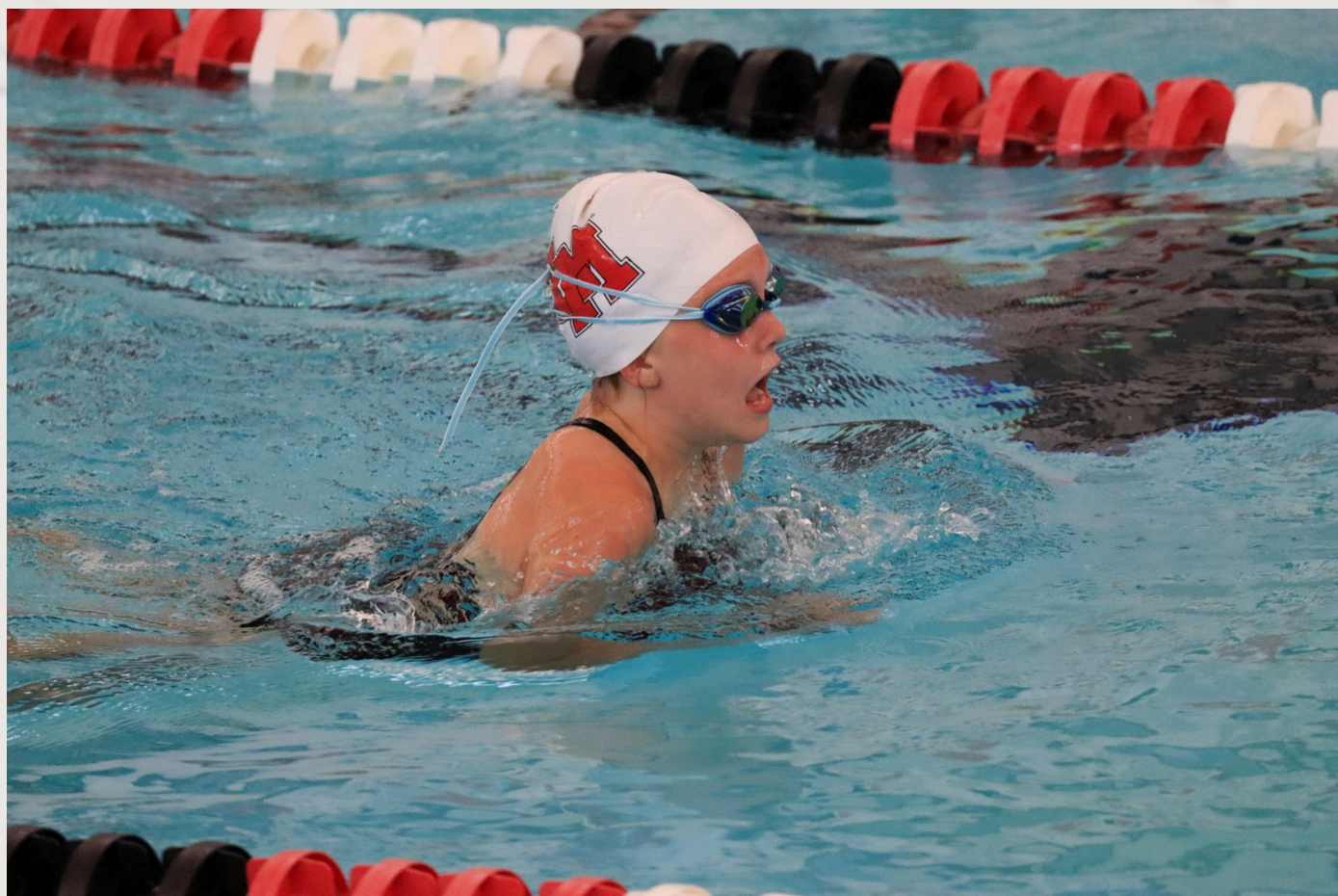


IASI SUMMER REGIONALS

REGIONALS/8&U MEET PAGE → PSYCH SHEET, TIMELINES



Pictured Above: LMST Bronze swimmer, Eden Tucker competing at the 2026 LMST "School's Out" Triangular Meet on Friday, June 12th at the Linn-Mar Aquatic Center in Marion, IA (Source: Karen Thompson).

The 2026 Iowa Swimming LSC Regional and 8 & Under Championships, hosted by the Dubuque Area Swimmin' Hurricanes, is this weekend (Saturday, July 18th and Sunday, July 19th) at the Dubuque Community Schools Aquatic Center.

LMST has 60 total athletes competing, exactly double the amount of participating athletes last year! Wow!

LMST is required to provide times for every session of the meet!

If you are interested in timing, sign up on the "Jobs" tab of the Commit Parent Portal. LMST's Volunteer Credit Program applies for this event.

No glass is allowed in the aquatic center. No colored drinks or coffee is allowed on the pool deck.

Tentative Timeline

Psych Sheet

Warm-Up Assignments

Meet Itinerary

- **Saturday Morning** (9-10, 11-12): Warm-Up- 7:00 am; Start- 8:30 am
- **Saturday Afternoon** (8&U CHAMPS): Warm-Up- 12:15 PM; Start- 1:00 pm
- **Saturday Evening** (13&O): Warm-Up- 4 pm; Start- 5 pm
- **Sunday Morning** (12&U): Warm-Up- 7:40 am; Start- 8:30 am
- **Sunday Afternoon** (13&O): Warm-Up- 12:30 pm; Start- 1:30 pm

July Practice Calendar Updates

Week of 7/13 – 7/19

7/16 (Th) → Senior AM practice will be only offered for Futures swimmers & LC Champ Distance swimmers. This will be the last day of practice for Bronze non-LC Champ qualifiers. **STAFF WILL KEEP AN EYE ON THE HEAT & WILL COMMUNICATE ASAP IF THAT MAY AFFECT SCHEDULED PRACTICES.**

7/17 (F) → This will be the last day of practice for Silver-Senior non-LC Champ qualifiers.

7/18 (Sat.) → Platinum, Diamond, and Senior LC Champ Qualifiers will practice from 7:30-9:30 AM.

7/19 (Sun.) → Senior will have a practice this morning from 8:30-9:30 AM. This is for swimmers to “flush out” any lactate in the body and help prevent stiffness for the following week of training and competition.

Week of 7/20 – 7/26

7/20 (M), 7/21 (T) → Diamond & Senior LC Champ Qualifiers from 2-3:30 PM, Bronze-Platinum LC Champ Qualifiers from 5:40-6:55 PM.

7/22 (W) → Diamond & Senior LC at same time, Bronze -Platinum LC Champ Qualifiers from 3:00-4:00 PM. The team will have a team activity immediately proceeding (see page 3).

Week of 7/27 – 8/2

7/27 (M) → 14&U Zones & Futures Qualifiers will practice from 2:00 to 3:30 PM

7/28 (T) - 7/31 (F) → 14&U Zones Qualifiers and Futures qualifiers will practice from 7:15 to 8:45 AM.

8/1 (Sat.) → 14&U Zone Qualifiers practice time is still TBD.

Week of 8/3– 8/9

8/3 (M), 8/4 (T) → 14&U Zones Qualifiers will practice from 7:15 to 8:45 AM.

BLST Summer Sizzler Recap

Congratulations to all swimmers who participated in the 2026 BLST Summer Sizzler in Cedar Falls this past weekend!

Many of our LMST swimmers, especially our 12&U swimmers, who attended the meet, either achieved a new personal best, or completed a race legally for the first time. Way to go, LMST swimmers!

New IASI Champ “Q” Times:

- Carter Beierschmitt - Boys 10&U 100 BK
- Aatreya Dutta - Girls 11-12 100 FR
- Saniha Deepak - Girls 11-12 200 FL
- Alexa Goertzen - Girls 11-12 200 BK
- Megan Kueper - Girls 13-14 200 IM
- Max Macho - Boys Senior 50 BR
- Bradyn Weis - Boys Senior 100 BR
- Carson Weis - Boys 11-12 100 FR, 200 BK
- Benji Yetter - Boys 13-14 50 FL

Thank you to all LMST families who were willing to make the trip, especially with the forecasted severe weather. The swimmers had fun hanging out with each other under the tents and competing in a different environment (including the 12&U cannonball contest and 13&O lazy river race).

A thank you is also in order to the Linn-Mar Swim Team coaching staff! They did a great job of organizing warmups and cheers, giving excellent feedback, and staying positive and full of energy during a long, four-day meet!

2026-27 Academic Year Registration

Registration for the 2026-27 Fall/Winter Season is set to begin next month on the homepage of the [Linn-Mar Swim Team website](#) via Commit Swimming.

Starting this Fall, students must have reached Station 7 in the [SwimAmerica Lessons curriculum](#) to join our new “Prep” practice group. **Updated practice group requirements for Prep, Bronze, Silver and beyond will be posted on the team website before registration opens.**

This academic year, registration will be split between First Priority families (returning families, or families who inquired about the team before 2/1/26) Second Priority (new families or families who inquire about the team after 2/1/26). First Priority registration will begin on Saturday, August 1st, 2026. Second Priority registration will begin on Saturday, August 8th.

As a part of the registration process, families will pay a registration fee. This fee will last the student through the remainder of the 2026-2027 academic year (includes our Spring/Summer season). In addition to the team's registration fee, each family is billed monthly practice dues, varying between practice groups and whether your child is a Linn-Mar Community School District student.

The official practice start date for the 2026-27 Fall/Winter season is Monday, August 24th. Athletes will practice and compete through February.

LMST LC Champ Team & General LMST Team Apparel

IASI Long Course Champs team, along with standard team apparel for all families are now available to order on the [LMST Splash Multisport Team Store](#).

The “Incredibles” themed apparel is this season’s LC Champs theme. T-shirt and hoodie LC Champs apparel options will have the names of qualifiers (individual and relay) on the back. All attending swimmers are highly encouraged to purchase an “Incredibles” themed shirt. Parents are also welcome to buy as well.

The apparel with the plain “LMST” print is available to ALL families. The one-color print will be very easy and light to wear for the remainder of the summer, and will be great to have at the start of the SCY (Fall/Winter) season.

LMST SPLASH ORDERS ARE DUE SUNDAY, JULY 19TH AT MIDNIGHT. Orders will be shipped to the meet to be distributed to families that weekend. All other orders not distributed at LC Champs, can be picked up at the aquatic center after the meet (pickup days/times TBA).



IA LC Championship Meet Apparel

IASI Long Course Championship meet apparel can now be purchased through the Phelps store:

[IFLY “Phelps” Online Store Champ Apparel Flyer](#)

Get your apparel ahead of the LSC championship meet! The store will remain open through July 31st.

LC Champs Team Activity

On Wednesday, July 22nd, LMST will host a “Team Decorating” activity for LC Champs qualifiers in the Linn-Mar Aquatic Center classroom.

Swimmers will convene in the classroom after the conclusion of their practice. All swimmers on this day will have practice starting at 2:00 PM.

2026-27 LMST Fall Practice Calendar

The Linn-Mar Swim Team coaching staff and administration is still working on a practice calendar for the 2026-27 short course season. Advancement emails will be sent to families in the next couple of weeks. **Reminder that the summer season ends this Friday, July 17th for non-championship swimmers.**