

Inspire Learning. Unlock Potential. Empower Achievement.

Volume IX, Edition IV

Wednesday, September 9th, 2026

LMST PUMPKIN PLUNGE

MEET ENTRY DEADLINE - FRIDAY, SEPTEMBER 11TH (VIA COMMIT)



@cposephoto

On Saturday, October 3rd, LMST is hosting our annual Pumpkin Plunge (formerly known as the Fall Invite) at the Linn-Mar Aquatic Center. All swimmers registered with LMST (Prep, Bronze, Silver, Gold, Platinum, Diamond, Senior) are encouraged to participate. **The meet information packet has also been posted to the meet page on Commit.**

Parents may choose to commit (enter) their swimmers by logging into their Commit accounts. Parents do not have to choose events for events and may have the coaches select their swimmers' events.

There is not an entry fee for LMST swimmers to enter this meet. **The entry deadline is Friday, September 11th, 2026.**

The VOLUNTEER sign up is now available to families (note: if your family is interested in signing up for multiple slots for one job, reach out to Jackson and he will sign up for you). The LMST Credit Policy does apply for this event.

For students to participate in USA Swimming sanctioned swim meets, students must be a current member of USA Swimming.

Saturday morning's session will be for 8 & Under and 9-10 swimmers. Warmups will begin at 8 AM, with a meet start of 9 AM. The afternoon session will be for 11-12 and 13 & over swimmers, with warmups and the meet start at 11:30 AM and 12:30 PM respectively.

Swimmers in each session should arrive in their swimsuit, so that they are ready to warmup as soon as their warmup time begins. All swimmers must warmup with the team for the entirety of the warmup time. If your child is not able to make warmups at the start, please let me know, or your child will be assumed absent.

USA Swimming Registration

The link to register your athlete for a USA Swimming **Premium or Seasonal membership** is now available:

[LMST USA Swimming Registration Link](#)

Outreach/Free or Reduced Lunch families should not use the link above.

A USA Swimming membership is only required for athletes who wish to participate in a swim meet with the Linn-Mar Swim Team. The meets hosted and attended by LMST are all USA Swimming sanctioned swim meets.

Payment is required as a part of registration. LMST families will receive a credit on their Commit

accounts for the cost of their student's registrations. Once the registration is complete, please email the receipt of the registration to Parker Crow (parker.crow@linnmar.k12.ia.us) to receive this credit.

Premium - Membership purchased after September 1st will last until December 31st, 2027.

Seasonal - Membership lasts 150 days after purchase. Note: a membership purchased on September 1st, 2026, will only last until January 28th, 2027 (check meet calendar on Page 5).

Seasonal to Premium Upgrade - For swimmers whose membership expires

during the short course season and want to compete in USA Swimming meets through August 31st, 2027.

Outreach - Low-cost, year-round membership for qualified athletes/families. Families only have to pay \$5 for meet entry fees for each child. Only the head coach and club administrator are privy to their club's Outreach membership information. Contact Parker Crow (parker.crow@linnmar.k12.ia.us) if your family qualifies.

For more information on membership types and how to register for USA Swimming, check our updated page on the Linn-Mar Swim Team website: [Registering for USA Swimming](#).

LMST Head AG Coach Welcome Jon Stivers!

We are excited to announce that Jon Stivers has accepted the position of Aquatic Center Age Group Development & Event Coordinator and Head Age Group Coach, with responsibilities beginning September 8.

This new full-time role was created to strengthen athlete development, coaching consistency, and support for our swimmers and families within our Age Group (Prep, Bronze, Silver, Gold, Platinum) program. Jon brings valuable experience in athlete development, staff leadership, and program planning, along with a strong commitment to technical excellence and the positive team culture that makes LMST special.

Please join us in congratulating Jon as he steps into this exciting new role and helps lead the next chapter of LMST!

Iowa Swimming 2026- 27 State "Q" Times

Iowa Swimming LSC "Q" times have been updated and posted to the state website: [2026-2027 Iowa Swimming Qualifying Standard Times](#). "Q" times are used to qualify for meets such as IASI AG Champs (12&U state) & IASI Senior Champs (13&O state) in February. Bonus cuts can be contested at IASI champs if a swimmer has at least one regular "Q" time within their age group.

A3 Suit Size Testing - 9/11 @ 5:30-6:30 PM

On Friday, September 11, LMST swimmers will have the ability to try on the following A3 Performance practice suits at the aquatic center of any size:

- Female Sprintback
- Female X-Back
- Male Jammer
- Male Brief

Testing will go on from 5:30-6:30 PM. Coach Julia will help assist testing this day by the downstairs storage room. Swimmers interested in trying on suits are encouraged to wear an undergarment during testing. Coaches will communicate to families what size they believe is best for performance and comfort for each swimmer.

Parent Timer Training 9/23 & 9/30 @ 6:30 PM

On Wednesday the 23rd and 30th, LMST staff will host a timer tutorial/walkthrough for those interested in volunteering at LMST home meets. Timing is the most common volunteer position for LMST meets. Those that sign up to time and follow through with their commitment earn a credit on commit: [LMST Volunteer Credit Policy](#). New volunteers are only asked to attend one session. The session should not last more than 30 minutes.

Permitted Meet Swimwear – USA Swim

Swimwear shall include only a swimsuit, cap, and goggles. It is not permissible to wear more than two (2) caps.

In swimming competitions, the swimmer must wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

A suit with a tie-back or zipper is not legal for competition, regardless of the manufacturer. A tie-back suit could be worn during team practices and meet warm up.

Exemptions will be granted only for conflicts due to the swimmer's verified religious beliefs, verified medical conditions or other reasons deemed appropriate by the USA Swimming Rules Chair. Currently (2024) the contact is Derek Paul at ruleregs@gmail.com.

Instructions for content to be included in the request are provided in the Rules & Regulations section of the USA Swimming website. The swimmer is responsible to present a copy of the exemption letter to the meet referee prior to the start of the meet in which the swimmer intends to participate.

LMST Cap Policy

LMST swimmers who choose to wear a swim cap shall wear Linn-Mar team caps or a coach-approved cap when swimming with LMST at meets. Swimmers are only allowed to wear the color of caps they have earned (see our [LMST Cap Color Guide Page](#)).

LMST caps ordered through A3 will arrive by the week of the first meet. Plain caps will also be available for purchase at our first swim meet

A3 Performance – LMST Team Store

LMST is excited to be partnering with A3 Performance again to bring families a year-round team store for the 2026-2027 school year!

LMST Team Store – A3 Performance

The following items on the team store have an order deadline of Saturday, September 12th:

- LMST Custom Sublimated Mesh Equipment Bag (**NEED 12 TO CONTINUE WITH PRODUCTION**)
- LMST Silicone Caps 2-Pack with Names (aka personalized caps)
- LMST Silicone Caps

LMST will order a bulk of plain white caps that will be available for purchase through the team once they arrive to the aquatic center, for those that miss out on ordering their own before the 12th.

All other items ordered will be shipped directly to the mailing address used at checkout.

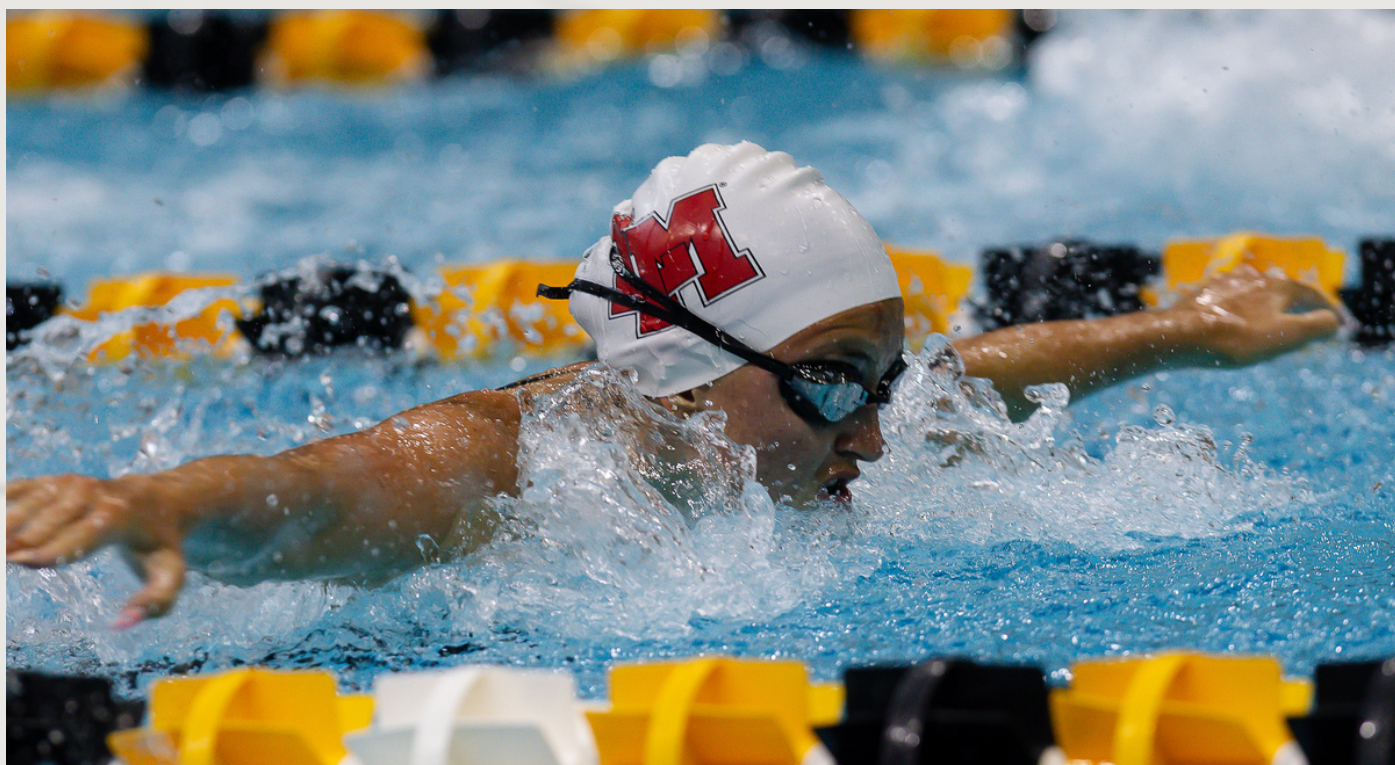
New this season, Gold swimmers are encouraged, and Platinum, Diamond, Senior swimmers are highly recommended to purchase the following items from the team store (in priority):

- Team Training Snorkel
- Swift Kick Fins
- Power Paddles (Red: Gold-Diamond, White: Diamond-Senior)
- Team Kickboard
- Pro Pull Buoy
- LMST Mesh Equipment Bag

Prep, Bronze, and Silver swimmers are encouraged train and compete in the solid colored training suits (sprint-back, x-back, jammer, brief) at the top of the page. Gold-Senior are also welcome to purchase the aforementioned suit options as well.

FOR FAMILIES INTERESTED IN BUYING A SUIT, BUT UNFAMILIAR WITH SUIT SIZES, PLEASE ATTEND OUR SUIT SIZING NIGHT ON FRIDAY (see page 2).





Parent Info Meeting - 9/9 (W) @ 6:30 PM

LMST staff will host a beginning of the year informational meeting at the Linn-Mar Aquatic Center on Wednesday, September 9th at 6:30 PM in the aquatic center lobby.

LMST staff will discuss the following during this evening:

- Team Mission & Values
- Practice Group Structure
- Parent & Athlete Expectations
- Team, Practice & Meet Fees
- Meet Athlete Registration & Entries
- Volunteering Opportunities

This meeting is catered for Prep/Bronze families and/or new families on the team. We hope to see you there!

Saturday AM Donut Sign-Up

The following sign-ups are now on Commit for Saturday morning practices:

- Senior Donut Signup
- Silver, Gold, Platinum, Diamond Signup
- Prep Signup

On LMST, it is tradition for families to volunteer to bring donuts for the swimmers on weekend practices. Each signup accounts for a commitment of a dozen donuts.

LMST Practice Updates

9/10 (Th) - First day of Platinum dryland (6:45-7:30 PM). Platinum will have dryland on every Th. PM for the Fall.

9/12 (Sat) - **Prep, Silver, Gold, Platinum and Diamond practices will all be CANCELED on this day due to the LMHS Girls Invite...** Senior will have practice from 6:30-8:30 AM on this morning.

9/19 (Sat.) - Senior will have a joint practice with IFLY at the CRWC in Iowa City from 10 AM to 12 PM. All other practice groups will be at LM on this day.

9/22 (Tue.) - NO LMST PM due to LMHS Girls Duals.

9/29 (T) - Senior swim from 4:30-6:30 PM (HS Girls Away Meet); Prep and Diamond will be at normal time; Gold & Platinum will be from 6:30-8 PM on this day.

LMST Social Medias

By popular demand, the team's staff and administration will be re-vamping its social media presence on the following platforms for team communication:

- Instagram (@linnmarswimteam)
- Facebook (account TBA)

Updates on social medias will include meet accomplishments/results, practice/meet updates, important dates/timelines, staff announcements, etc.

FALL/WINTER (SCY) 2026-27

DATE	MEET	LOCATION
OCTOBER 3, 2026	LMST PUMPKIN PLUNGE\$	LINN-MAR AQUATIC CENTER
OCTOBER 17, 2026 (TENATIVE)	BLST-LMST-PSC 13&O TRI MEET	LINN-MAR AQUATIC CENTER
OCTOBER 17-18, 2026	COE COLLEGE HARVEST INVITE	COE COLLEGE NATATORIUM
NOVEMBER 6-8, 2026	IFLY A3 MIDWEST CHALLENGE!	CRWC, IOWA CITY
NOVEMBER 20-22, 2026	DASH GIVING THANKS INVITATIONAL	DUBUQUE AQUATIC CENTER
DECEMBER 4-6, 2026	LMST FAST & FLURRIOUS INVITE#	LINN-MAR AQUATIC CENTER
DECEMBER 8-11, 2026	USA SWIMMING WINTER JUNIORS	UNIVERSITY OF TEXAS
DECEMBER 18-20, 2027	BLST HOLIDAY CLASSIC	CEDAR FALLS HS NATATORIUM
JANUARY 10, 2027	LMST WINTER WHITEOUT\$	LINN-MAR AQUATIC CENTER
JANUARY 15-17, 2027	FOXJETS WINTER CLASSIC!	UNIVERSITY OF MINNESOTA
LATE JANUARY, 2027	IFLY-LMST DUAL MEET (ALL AGES)	LOCATION TBD
FEBRUARY 13-14, 2027	IASI REGIONALS 8&U CHAMPIONSHIPS	LINN-MAR AQUATIC CENTER
FEBRUARY 19-21, 2027	IASI AGE GROUP CHAMPIONSHIPS!	CEDAR FALLS HS NATATORIUM
FEBRUARY 25-28, 2027	IASI SENIOR CHAMPS!	WELLMARK YMCA, DM
MARCH 11-14, 2027	USA SWIMMING SPRING SECTIONALS (LCM)!	WAUKEE NATATORIUM

\$ = MEET ENTRY FEES ARE FREE WITH COST OF LMST TEAM REGISTRATION

= HALF OF MEET ENTRY FEES ARE FREE WITH COST OF LMST TEAM REGISTRATION

! = QUALIFICATION TIMES REQUIRED FOR ENTRY TO EACH MEET

QUESTIONS?

Contact Jackson Allmon