

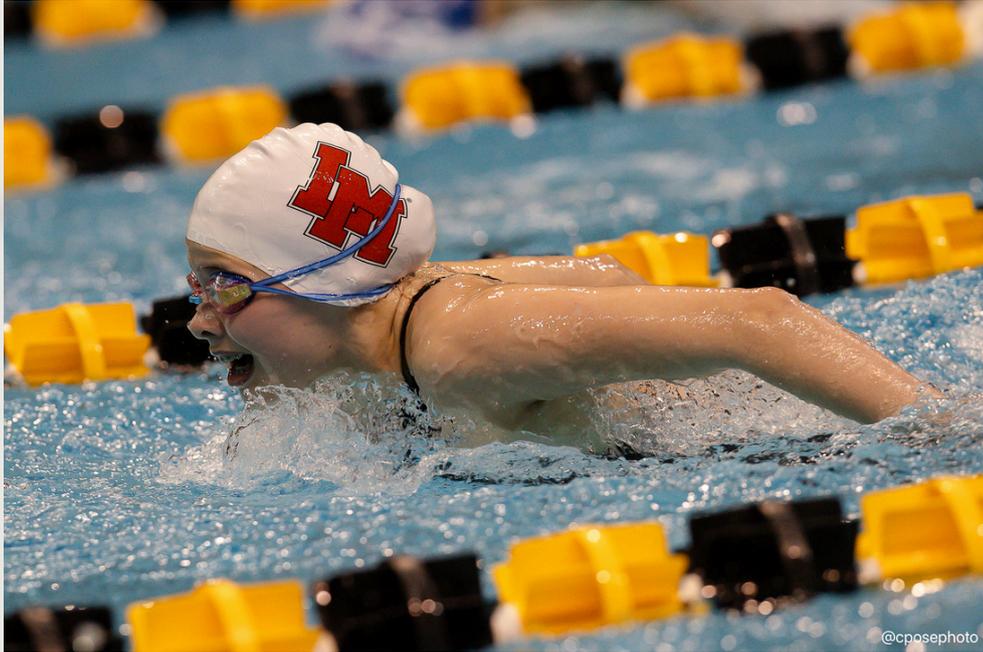
*Inspire Learning. Unlock Potential. Empower Achievement.*

Volume VI, Edition III

Wednesday, April 9th, 2025

## 2025 LMST SPRING SPLASH

**DEADLINE TO ENTER ON COMMIT: WEDNESDAY, APRIL 16TH**



Pictured Above: LMST Diamond swimmer Frankie Martino competing at the 2025 IASI Short Course Championships at the University of Iowa on Saturday, March 1st (Source: Chris Pose).

On Saturday, April 26th, LMST is hosting our annual Spring Splash at the Linn-Mar Aquatic Center. All swimmers registered with LMST (Bronze, Silver, Gold, Platinum, Diamond, Senior) are encouraged to participate.

We will be having an afternoon session again this year in addition to our traditional 12&U morning session. For the afternoon session we will be offering a Pentathlon (100 FL, 100 BK, 100 BR, 100 FR, 100 IM). 12&U swimmers in Diamond are welcome to compete in the afternoon session.

It has recently come to the team's attention that there have been a few errors on the team website regarding entry for the Spring Splash. On the [LMST Calendar](#), there were originally two versions of the Spring Splash on

**That duplicate event has since been deleted.**

If you are unsure whether your child is signed up for the correct version of the meet, please go to the "Meets" tab on the Commit parent portal. **This is where families should enter their children for future meets (instead of going through the calendar).**

There has also been an error for entries for the afternoon session. Originally, families were only able to enter a maximum of 4 individual events for the afternoon session. **The entry limit has now been changed to 5 for the afternoon.** Entry for all five events in the afternoon Pentathlon (100s of all four strokes + 100 IM) is highly encouraged, especially for those in Platinum, Diamond, and Senior.

**The entry deadline is Wednesday, April 16th, 2025.** Families are welcome to sign up for the meet, or sign up for volunteer and hospitality positions through their Commit login. There is not an entry fee for LMST swimmers to enter this meet.

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.

[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 Spring/Summer Meets and Entry Deadlines

**David Armbruster Open (Iowa City, Friday, May 9th to Sunday, May 11th)**

Entries for the guaranteed deadline were sent to the host team this morning. For those that have already entered their child into the meet, an entry report can be found on the LMST website:

## LMST Meet Entries

For those that may have missed the initial entry deadline, LMST administration will hope to send follow up entries to the host team next Thursday.

**If your child is not entered in this meet but is interested in competing, please email coach Jackson by Wednesday, April 16th.**

The entry portal on Commit will be closed during this secondary entry period. Please contact Jackson for any questions regarding entries.

**Waukee Waves Open Summer Invite (Waukee, Friday, June 20th to Sunday, June 22nd)**

Waukee Waves will host the inaugural Open Summer Invite at the NEW Waukee Natatorium from Friday, June 20th to Sunday, June 22nd. This competition is Timed Final for 12&U swimmers, and Prelim/Final for 13&O swimmers.

This 50-meter pool will serve as host for this year's Iowa Swimming LSC Long Course Championships.

Swimmers in the Silver, Gold, Platinum, Diamond, and Senior groups are eligible to compete in this meet. The meet's design allows for a family friendly travel schedule.

Families must enter their swimmers by **Wednesday, May 7th** to guarantee entry! This meet will fill up fairly quickly, do not miss the deadline!

**DASH-LMST-PAC June Tri Meet (Cedar Falls, Thursday, June 26th)**

LMST will compete against Panther Aquatic Club and Dubuque Area Swimmin' Hurricane athletes at the University of Northern Iowa's pool on the evening of Thursday, June 26th. This meet will be contested in a 25-yard short course pool.

Warmups will begin at 4:00 PM with a meet start time of 5:00 PM. The meet should not last more than a couple of hours.

This is a great opportunity for swimmers to race in a short course pool and achieve "Q" times before the end of the summer season.

Families must enter their swimmers by **Friday, June 13th.**

## 2025 Spring Dryland Times

LMST Spring Dryland Schedule from Monday, April 14th to Thursday, May 22nd

### **Diamond & Senior**

- Monday & Thursday - 6:00 to 6:45 PM

### **Platinum**

- Tuesday - 6:00 to 6:45 PM

### **Gold**

- Wednesday - 6:15 to 7:00 PM

Dryland will start next week for all groups. Times are now posted on the [LMST Practice Calendar](#).

Thank you LMST families for your patience in communication.



Pictured Above: LMST Senior swimmer Clayton Treharne competing at the 2025 IASI Age Group Championships at the Des Moines Wellmark YMCA on Saturday, February 22nd (Source: Chris Pose)..

## *LMST Personalized Caps - A3 Team Store*

The deadline to order LMST Silicone Caps 2-Pack with Names (aka personalized caps) is **Monday, April 21st**. Caps can be purchased through the [LMST A3 Performance Team Store](#).

All personalized caps ordered through the team store will be delivered to the Linn-Mar Aquatic Center to be passed out by the coaching staff. Caps with names will arrive to the aquatic center before the Armbruster Open in 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.

## *LMST Meet Suit Policy - Permitted Competition Swimwear*

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.

If your child wears an illegal suit to a competition, your child may be disqualified in their races!

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](mailto:ruleregs@gmail.com).

If your child opts to wear an illegal suit during a meet, your family must apply for an exemption through USA Swimming ASAP.

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.



Pictured Above: LMST Senior swimmer Everett Burr competing at the 2025 IASI Age Group Championships at the Des Moines Wellmark YMCA on Saturday, February 22nd (Source: Chris Pose).