



LMST NEWS

Inspire Learning. Unlock Potential. Empower Achievement.

Wednesday, January 15th, 2025 • Volume V, Edition XXI



New Information Highlighted in **■**

LMST Last Chance Intrasquad

LMAC | Sunday, February 9th

LMST will be running our annual season's end Intrasquad meet on Sunday, February 9th at the Linn-Mar Aquatic Center.

Entries are now open through the Commit Swimming Parent Portal! Swimmers are allowed to compete in up to 4 events (final events are up to the discretion of the LMST coaching staff).

The entry deadline for this meet will be **Wednesday, February 5th**.

Swimmers Bronze through Senior are encouraged to sign up. This may be the last opportunity to race/achieve time standards before the season concludes for many of our swimmers (all swimmers who do not have a "Q" time are *highly* encouraged to attend Winter Regionals the following weekend - meet information included on page 2). This meet is also a great opportunity for swimmers to try new events before the end of the season.

The events for the day are down below:

Open Mixed 400 IM, Open Mixed 200 FR, Open Mixed 100 IM, Open Mixed 50 FR, Open Mixed 200 IM, 8&U Mixed 25 FR, Open Mixed 100 FR, Open Mixed 200 BR, Open Mixed 100 BK, Open Mixed 100 BR, 12&U Mixed 50 BK, 8 &U Mixed 25 BR, Open Mixed 200 BK, Open Mixed 100 FL, 12&U Mixed 50 BR, 8 &U Mixed 25 BK, Open Mixed 200 FL, 8&U Mixed 25 FL, 12&U Mixed 50 FL, Open Mixed 500 FR

LMST swimmers will swim against each other in mixed events (girls and boys heats). Warm-Ups are currently scheduled to begin at 9 AM, with a meet start time of 10 AM.

The Volunteer Credit Policy does not apply to this meet since this is not an invitational. However, a signup for job positions will be posted soon since we still need volunteers to host the competition.



Pictured Above: LMST Swimmer Levi Richards representing Team Iowa in the Sunday morning session of the 2025 Midwest All Stars competition in Des Moines, IA (Source: Chris Pose).

Meet Recap

2025 Midwest All Stars Recap

Wellmark YMCA, Des Moines, IA | January 11th and 12th

Congratulations to LMST Swimmers Rory Breitbach, Everett Burr, Saniha Deepak, Frankie Martino, Levi Richards, Clayton Treharne, Teresa Zhang for competing at the 2025 Midwest All Stars meet in Des Moines, IA this past weekend!

These seven swimmers competed against the top 14 and under athletes across the states of Colorado, Iowa, Kansas, Nebraska, North Dakota, Missouri, and South Dakota.

New Central Zone Championship "AAA" Times

- Frankie Martino → Girls 11-12 500 FR
- Clayton Treharne - Boys 13-14 100 FL, 200 FL, 400 IM

New Central Zone Spring Championship Qualifying Times

- Clayton Treharne → 200 FL, 400 IM
- Teresa Zhang → 200 BK

LMST Individual Results and Placings:

Rory Breitbach (10&U Girls) → 200 FR (19th), 100 BR (10th), 100 IM (30th), 50 BK (24th), 100 FR (29th), 50 BR (18th)

Everett Burr (13-14 Boys) → 200 FR (13th), 100 FL (13th), 200 IM (23rd), 50 FR (10th), 100 FR (13th), 100 BR (20th)

Saniha Deepak (10&U Girls) (10&U Girls) → 200 FR (26th), 100 BR (13th), 100 IM (37th), 50 FR (27th), 200 IM (21st), 50 BR (16th)

Frankie Martino (11-12 Girls) → 200 FR (8th), 50 FL (13th), 500 FR (7th), 50 FR (16th), 100 FR (11th), 100 FL (6th)

Levi Richards (11-12 Boys) → 50 FL (11th), 100 BK (12th), 500 FR (9th), 50 BK (9th), 100 FR (6th), 100 FL (10th)

Clayton Treharne (13-14 Boys) → 100 FL (6th), 200 BK (2nd), 200 IM (7th), 100 BK (2nd), 400 IM (4th), 200 FL (3rd)

Teresa Zhang (13-14 Girls) → 200 BR (11th), 200 BK (13th), 100 BK (2nd), 50 FR (5th), 100 FR (12th), 100 BR (8th)

NO PM Practice – 1/21

Cancelled due to MS Meet

Practice for all practice groups on the evening of Tuesday, January 21st is cancelled due to the CRANDIC Middle School Boys Conference meet at the aquatic center. Senior will have AM dryland from 6:00 to 7:00 AM.

Sat. AM Practice – 1/18

Limited Female Locker Room Use

On Saturday, January 18th, Gold will have practice from 7:30-9:00 AM, and Platinum - Senior will have practice from 7:30-9:30 AM. Female swimmers who attend practice are not allowed to use the locker room at the conclusion of practice due to the HS Boys meet.

CIA Winter Blues

NO 9-10, 11-12 Relays

Due to the size of the meet, there will be no relays contested for the 9-10 and 11-12 swimmers at the 2025 CIA Winter Blues Buster in Waukee. 13&O swimmers will still have relays contested at the meet.

Meet Information

LMST Championship Meet Information

Entries *OPEN* for IASI Regionals/8&U Champs, AG Champs, SC Champs

IASI Winter Regional and 8&U Champs Meet Entry Deadline: Wednesday, February 5th

Open to Bronze through Senior who do not currently have "Q" times

This is an end of the season championship meets for our swimmers that may not have a "Q" time yet. It is also an 8 & Under Championship (state meet).

IASI Age Group Championships Meet Entry Deadline: Wednesday, February 12th

Open to 14&U Bronze through Senior swimmers who have achieved IASI "Q" times.

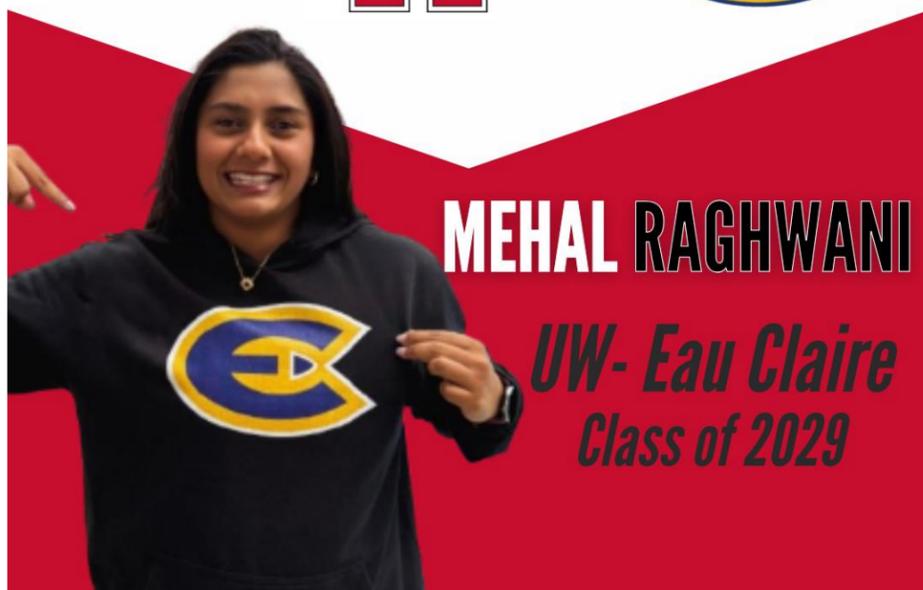
Swimmers who have a "Q" should attend the meet. Swimmers without "Q" times may be asked to swim in relays (commit your swimmer if interested)!

IASI Short Course Championships Meet Entry Deadline: Wednesday, February 19th

Open to Diamond and Senior swimmers who have achieved IASI Senior "Q" times ([spreadsheet with qualifiers](#) now available on the LMST website).*

Swimmers who have a "Q" should attend the meet. Athletes with one qualifying time can swim up to two bonus individual events.

Inspire Learning. Unlock Potential. Empower Achievement.



Congratulations to Mehal Raghwani for verbally committing to study and swim at the University of Wisconsin Eau Claire!

LMST & Beyond

College Commitment: Mehal Raghwani

University of Wisconsin Eau Claire | Class of 2029

Congratulations to Linn-Mar Swim Team Senior group swimmer Mehal Raghwani on announcing her commitment to study and swim at the University of Wisconsin-Eau Claire in the fall of 2025!

UW- Eau Claire is a part of the Wisconsin Intercollegiate Athletic Conference in NCAA Division III.

Mehal has been a representative of LMST at meets such as the IASI LSC Championships and USA Central Zone Speedo Championships.

She was also a participant of the first ever Iowa Swimming Select Camp in 2023.

Mehal was a part of the Linn-Mar HS Girls Team where she was voted a team captain her Senior year and qualified for the state meet individually three years in a row.

Mehal has also been involved in other roles at the LM Aquatic Center including being an LMST coach, swim lessons instructor, and lifeguard. Congratulations Mehal!

Practice Info

2025 Spring/Summer (Long Course) Season Practices Resume March 31st!

Our Fall/Winter (Short Course) season will end in mid-February, with our last day of practice for non-championship qualifiers being **Friday, February 14th**.

The month of February is free of charge for LMST Bronze swimmers. Silver-Senior families will be billed *half* of February fees if they wish to practice in February. Families can read about our current monthly billing cycle on the [LMST Registration page](#).

LMST will have a team-wide break that will last from mid-February to the end of March.

Practices for LMST will resume on Monday, March 31st for our Spring/Summer (Long Course) season.

LMST Spring Evening Practice Calendar (calendar for rest of remainder of academic year, does not include dryland and morning practices):

- **Bronze** - M-Th from 6:00 to 7:00 PM
- **Silver** - M-Th from 7:00 to 8:15 PM, F from 5:30 to 6:45 PM
- **Gold** - M-Th from 7:00 to 8:30 PM, F from 5:30 to 6:45 PM
- **Platinum** - M-Th from 6:45 to 8:30 PM, F from 4:00 to 5:30 PM
- **Diamond** - M-Th from 4:00 to 5:45 PM, F from 4:00 to 5:30 PM
- **Senior** - M-Th from 4:00 to 6:00 PM, F from 4:00 to 5:30 PM

The \$195 registration fee paid in August covers the USA Swimming membership and home meet entry fees for the Spring/Summer season as well. Families that paid the registration fee during the Fall/Winter season do not need to repay before the next academic year. Monthly billing will resume on April 1st. The Spring/Summer season will last until July.

