



LMST NEWS

Inspire Learning. Unlock Potential. Empower Achievement.

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New Information Highlighted in **■**

LMST A3 Store

Cap Deadline → April 3rd

The Linn-Mar Swim Team is excited to continue our partnership with A3 Performance to bring families a year-round team store for the 2024 Long Course season!

[LMST Team Store - A3 Performance](#)

The only items that will have a specific deadline to order by will be the LMST Silicone Caps 2-Pack with Names (aka personalized caps) and LMST Silicone Caps. Deadline to order all caps is Wednesday, April 3rd.

Any families that have previously reached out to me to reserve an LMST cap should go ahead and order directly through the A3 website. 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 3rd.

Caps with and without names ordered through the link will all be delivered to the aquatic center before the Spring Splash meet on April 27th.

All other items ordered will be shipped directly to the mailing address used at checkout. Other items on the team store include:

- Training Suits (customized suits with an "LM" logo coming soon..)
- Jackets
- Backpacks
- T-Shirts
- Goggles
- Training Equipment

As of right now, the team store already has all items discounted for LMST families, so there is no code needed.

Let me know if you have any questions!
*Note: Bronze, Silver, and Gold swimmers are encouraged train and compete in the solid colored training suits (sprint back, x-back, jammer, brief) at the top of the page.



Pictured Above: LMST swimmers Bradyn Weis and Jensen Rickels wishing each other good luck before the Boys 11-12 400 yard Individual Medley at the 2024 IASI Age Group Championships in Iowa City (Source: Sarah Weis).

Meet Information

2024 LMST Spring Splash

Entry Deadline → Wednesday, April 15th | Marion, IA

On Saturday, April 27th, LMST is hosting our annual Spring Splash at the Linn-Mar Aquatic Center. All swimmers registered with LMST (Bronze, Silver, Gold, Platinum, Diamond, Senior, and National) are encouraged to participate.

New this year, we will be having an afternoon session 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.

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 Monday, April 15th, 2024. Moving forward, we will use Commit to sign up for volunteer and hospitality positions.

That 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 meet's 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 Team Unify 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

April Monthly Dues

Families billed on 4/1

If your swimmer will be inactive this upcoming month or for the Spring/Summer season, please reach out to Jackson or Parker so that your family will not be billed on the 1st of the month. For those swimming this season, no re-registration is required for returning students.

New LMST Website

Create an Account Today!

Families should have received an invitation to join our new website, Commit, on 2/7. This is where all newsletters will be posted from now on. Families will still be billed on TeamUnify for April dues on the 1st. If you have not received an invitation yet, please reach out to Jackson ASAP.

Dryland & AM Practice

Offerings Added in April

LMST will slowly integrate dryland and morning practices throughout the next couple of weeks to ensure swimmers ease back into training. Gold, Platinum, Diamond, Senior, and National parents should read the [Team Calendar](#) to see when AM and Dryland will begin. Also see page 2 for exact start dates.

Team Calendar

LMST Spring Practice Group Schedule (April and May '24)

Practice Schedule from Monday, March 25th to Friday, May 17th

Bronze

- M-Th at 7:00 to 8:00 PM

Silver

- M-Th at 7:00 to 8:15 PM
- F at 5:15 to 6:45 PM

Gold

- M Dryland at 6:15 to 6:45 PM **(Starting 4/8)**
- M-Th at 6:45 to 8:15 PM
- F at 5:15 to 6:45 PM
- Sat. at 7:30 to 9:00 AM **(Starting 4/13)**
- Sat. Dryland at 9:00 to 9:30 AM

Platinum

- M, W, F at 3:45 to 5:15 PM
- M Dryland at 5:15 to 6:15 PM **(Starting 4/8)**
- T & Th at 6:45 to 8:15 PM
- Sat. at 7:30 to 9:30 AM **(Starting 4/13)**
- Sat. Dryland at 9:30 to 10:00 AM (w/ Diamond, Senior & National)

Diamond

- M at 5:30 to 7:00 AM **(Starting 4/8)**
- M-F at 3:45 to 5:25 PM
- T & Th Dryland at 5:30 to 6:45 PM **(Starting 4/9)**
- Sat. at 7:30 to 9:30 AM (Starting 4/13)

Senior

- M at 5:30 to 7:15 AM **(Starting 4/8)**
- M-F at 3:45 to 5:45 PM
- T & F Lift at 6:15 to 7:15 AM **(Starting 4/2, No 4/5)**
- Sat. at 7:30 to 9:30 AM **(Starting 4/13)**

National

- M at 5:30 to 7:15 AM **(Starting 4/8)**
- M-F at 3:45 to 5:45 PM
- T & F Lift at 6:15 to 7:15 AM **(Starting 4/2, No 4/5)**
- Th at 5:30 to 7:15 AM **(Starting 4/4)**
- Sat. at 7:30 to 9:30 AM **(Starting 4/13)**



Pictured Above: LMST swimmer Frankie Martino competing in the Girls 11-12 "B" 400 Medley Relay at the 2024 IASI Age Group Championships in Iowa City (Source: Sarah Weis).

Officiating

LMST Stroke & Turn Officials

Please reach out to Jackson or Andrea ASAP!

For parents that are interested in officiating for the first time, Andrea Kelley would be willing to hold a class for LMST before the Spring Splash to help with Stroke and Turn certifications.

If you are interested in taking a class, please reach out to me or Andrea at bandkell@aol.com. Our goal at LMST is to be self-sufficient on deck at home meets. As of now, we have to ask officials from outside our club to help at home

meets (sometimes even from teams that are not participating at the meet).

We shouldn't have to rely on officials affiliated with other teams to run our meets. Volunteers who must be USA Swimming members receive double the session credits for each session worked (see the [LMST Volunteer Credit Policy](#)). A date for a class will be chosen once we gather names of those who are interested.

Thank you for your consideration!

LMST & Beyond

College Commitments

Maddox Elliott and Mikala Schmidt

Congratulations to Linn-Mar Swim Team swimmers Maddox Elliott and Mikala Schmidt on announcing their commitments to study and swim at the college level in the fall of 2024!

Maddox Elliott has committed to swim for Iowa Central Community College in Fort Dodge, IA. He is planning to study business.

Mikala Schmidt has committed to swim for Cleveland State University. CSU is a part of the Horizon League Conference. She is planning on studying Biomedical Engineering.

Maddox represented the Linn-Mar High School Boys team this past Winter. He was a team captain and an IHSAA District meet medalist.

Mikala was a representative of LMST at the 2024 Central Zone Spring Sectional swim meet in Iowa City.

Both Maddox and Mikala are also aquatic center lessons instructors and assistant coaches for LMST. Congratulations swimmers, way to represent LMST!



IOWA CENTRAL COMMUNITY COLLEGE



CLEVELAND STATE

