



2026-2027 LMST Winter Practice Schedule 12/7/2026 - 2/12/2027*

***Does not include Winter Break times**

Bronze

- Monday  6:30-7:30 PM
- Thursday  6:30-7:30 PM
- Friday  6:30-7:30 PM (**Updated 10-19-26**)

Silver

- Monday  7:30-8:30 PM
- Tuesday  6:30-7:30 PM
- Wednesday  6:30-7:45 PM
- Thursday  6:30-8:00 PM
- Friday  7:30-8:45 PM

Gold

- Monday  6:30-8:00 PM
- Tuesday  7:30-8:45 PM
- Wednesday  6:30-8:15 PM
- Thursday  6:30-8:00 PM
- Friday  7:30-8:45 PM
- Saturday  9:00-10:45 AM

Platinum

- Monday  6:30-8:15 PM
- Tuesday  6:30-8:00 PM
- Wednesday  6:30-8:15 PM

- Thursday Dryland  6:45-7:30 PM (Dryland) & 7:30-8:45 PM (Swim)
- Friday  6:30-8:00 PM
- Saturday  9:00-10:45 AM

Diamond

- Monday  6:30-8:30 PM
- Tuesday  6:30-8:30 PM
- Wednesday  5:30-6:30 PM (Dryland) & 6:30-8:15 PM (Swim)
- Thursday  6:00-7:15 AM & 6:30-8:30 PM
- Friday  6:30-8:30 PM
- Saturday  8:15-9:00 AM (Dryland) & 9:00-11:00 AM (Swim) - (**Updated 10-19-26**)

Senior

- Monday  5:45-7:00 AM (Swim), 7:00-8:00 AM (Dryland) & 4:30-6:30 PM (Swim)
- Tuesday  6:30-8:30 PM (5:30-7:30 AM on 12/15 & 1/19, 4:30-6:30 PM on 12/8 & 1/12)
- Wednesday  4:30-6:30 PM
- Thursday  5:45-7:00 AM (Swim), 7:00-8:00 AM (Dryland) & 4:30-6:30 PM (Swim)
- Friday  5:30-7:30 AM
- Saturday  9:00-11:30 AM



For questions about LMST Fall practices, contact Jackson at jackson.allmon@linnmar.k12.ia.us