



# LMST NEWS

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New Information Highlighted in  

## A3 Team Store

Cap Deadline → 9/12 (Th.)

As mentioned in the parents informational meeting last week, the Linn-Mar Swim Team is excited to announce that we are partnering with A3 Performance again to bring families a year-round team store for the 2024-25 school year!

### 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 Thursday, September 12th.**

Any families that have previously reached out to me are welcome to 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 12th. Caps with and without names ordered through the link will all be delivered to the aquatic center before the Fall Invite on October 5<sup>th</sup>.

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

- Training Suits
- Jackets
- Backpacks
- T-Shirts
- Goggles
- Training Equipment

Feel free to contact A3 with any inquiries about your cap order, suit recommendations, or sizing via email ([info@a3performance.com](mailto:info@a3performance.com)) or by phone at 888-369-7946.

*\*Note: Bronze, Silver, and Gold swimmers are encouraged train and compete in the solid colored training suits (sprintback, x-back, jammer, brief) at the top of the page.*



Pictured Above: LMST swimmers cheering for their teammates at the 2024 IASI Long Course Championships in Des Moines, Iowa on Friday, July 26<sup>th</sup>, 2024 (Source: Chris Pose).

## Meet Eligibility

# USA Swimming Registration

Premium and Seasonal Memberships now Available through Link

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.craw@linnmar.k12.ia.us](mailto:parker.craw@linnmar.k12.ia.us)) to receive this credit.

- **Premium** - Membership purchased after September 1st will last until December 31st, 2025.
- **Seasonal** - Membership lasts 150 days after purchase. Note: a membership purchased on September 5<sup>th</sup>, 2024 will only last until February, 2<sup>nd</sup>, 2024 (check meet calendar on Page 2)
- **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, 2025.
- **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 \(parker.craw@linnmar.k12.ia.us\)](mailto:parker.craw@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](#).

## Parent Info Meeting

Tuesday, Sept. 10<sup>th</sup> at 6:30 -7:20 PM  
LMST Head Coach Jackson Allmon will lead a Parents Informational Meeting on Tuesday, September 10<sup>th</sup> at 6:30-7:30 PM in the aquatic center lobby. The meeting's information is geared towards bronze and silver families with newer swimmers.

## Dryland (Gold and Up)

Dryland Starts Next Week!  
Gold, Platinum, and Diamond will begin their dryland next week. Gold will have dryland at 5:45 PM on Wednesdays. Platinum will start at 5:30 PM on Mondays. Diamond will have dryland at 5:30 PM on Tuesday and Thursdays. Swimmers should bring tennis shoes!

## No 9-7 AM Practice

No Practice on Sat. for All Groups  
There will be no practice on Saturday, September 7<sup>th</sup> for all practice groups. Next Saturday (9-14), there will only be practice for Diamond, Senior, and National. This practice will be from 6:30-8:15 AM.

## Meet Schedule

# 2024-25 LMST Short Course Meet Schedule

\*Team Registration fees will cover the entry fees expense to home meets (exc. Intrasquad)

Date	Meet	Location						
10/5	Linn-Mar Lions Fall Invitational*	Marion, IA	11/22-11/24	DASH Giving Thanks Invitational	Dubuque, IA	2/9	LMST Intrasquad	Marion, IA
10/19-10/20	Coe College Harvest Invitational	Cedar Rapids, IA	12/6-12/8	Linn-Mar December Invitational*	Marion, IA	2/15-2/16	IASI Summer Regionals and 8&U Champs	Dubuque, IA
10/19	LMST Quad Meet (13&O)	Marion, IA	1/5	Linn-Mar Winter Whiteout*	Marion, IA	2/20-2/23	IASI Age Group Champs	Des Moines, IA
10/26-10/27	CIA Fall Mixer	Des Moines, IA	1/10-1/12	14&U Midwest All Star	Des Moines, IA	2/27-3/2	IASI Short Course Champs	Iowa City, IA
11/8-11/10	A3 Midwest Challenge	Iowa City, IA	1/24-1/26	CIA Winter Blues Buster	Waukee, IA			



Pictured Above: A3 Performance Solid Female Sprintback, Solid Female Xback Swimsuit, Solid Male Jammer, and Solid Male Brief available on the LMST store.

## Practice

### Pre-Practice Reminders

#### Please be Courteous to Girls HS Team!

This is just a friendly reminder that LMST swimmers are not allowed to go on deck until 6:20 PM for evening swim practice. Swimmers should remain in the lobby until it is 6:20 PM exactly (not a minute before).

Once on deck, swimmers are allowed to go into the locker rooms (if need be) and grab their belongings, but must

immediately go to the bleachers when those tasks have been completed. Swimmers will remain on the bleachers until their coach gathers the group for dynamic warmup.

Please remind your swimmers of these details. If we continue to be a distraction to the HS teams, we will have to move practice to a later time!

## Job Postings

### Club and LSC Job Postings – Sept. 2024

LMST Gold/Platinum and Iowa Swimming Jobs Available!

#### Linn-Mar Swim Team Coaching

LMST is still looking for people in the following positions for this short course season:

- Gold Group Assistant Coach → Ages 10-13
- Platinum Group Lead Coach → Ages 11-14 (previous competitive coaching experience preferred)

An updated job posting including group descriptions/objectives and responsibilities is now on the [LMST team website](#).

For more information regarding LMST, contact Head Coach [Jackson Allmon](#).

#### Iowa Swimming Part-Time Positions

IASI is currently accepting applications for a part-time Operations Administrator and a part-time Communications Coordinator.

Information about both positions can be found on the [IASI website](#) under the Home tab.

Interested candidates should identify which position they are interested in and submit a resume along with a cover letter outlining their qualifications and interest in the position to [art.dinkin@iaswim.org](mailto:art.dinkin@iaswim.org).

Application deadline is Sunday, September 15<sup>th</sup>, 2024 at Noon (CST).



