



# LMST NEWS

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Wednesday, October 30<sup>th</sup>, 2024 • Volume V, Edition XI



New Information Highlighted in **■**

## A3 Performance – Apparel and Caps

**Cap Deadline → Mon, Nov. 18<sup>th</sup>**

The Linn-Mar Swim Team is partnering with A3 Performance to bring families a new apparel line for this holiday season.

### LMST Team Store - A3 Performance

The only item that will have a specific deadline to order by will be the LMST Silicone Caps 2-Pack with Names (aka personalized caps). **Deadline to order caps is Monday, November 18<sup>th</sup>.**

Caps with names ordered through the link will all be delivered to the aquatic center before the school districts' Winter Break.

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

- **Limited Edition LMST Apparel** (Conquest Jacket, Limitless Jacket, All-American Hoodie, 60/40 Hoodie, 60/40 Fleece Jogger, Ventura Soft Knit Hoodie)
- Training Suits (Solid Female Sprintback, Solid Female XBack Swimsuit, Solid Male Jammer, Solid Male Brief → All swimmers are encouraged to train in these suits; Bronze, Silver, Gold swimmers are encouraged to compete in these suits)
- Competitor Backpacks
- Goggles
- Snorkels
- Paddles, Kickboard, Fins (the pool has these items available to borrow, but may be useful for committed swimmers looking for own equipment)
- Technical Suits (Suits at the bottom of the page for swimmers in Platinum, Diamond, Senior, & National. 13&O swimmers are only ones permitted to wear Vici, Phenom suits in meets. Contact Jackson if you have questions about buying your child a tech suit.)



Pictured Above: The Bronze practice group in their Halloween costumes before the annual LMST Halloween Practice (source: Julia Wittnebel).

## Meet Information

# 2024 BLST IMX Challenge

Sunday, November 3<sup>rd</sup> | Holmes Jr. High School, Cedar Falls, IA

The IMX Challenge, hosted by the Black Hawk Area Swim Team, is this weekend (Sunday, November 3<sup>rd</sup>) at Holmes Junior High School in Cedar Falls, IA. LMST has 56 total athletes competing this weekend.

Competition details for the 2024 BLST IMX Challenge are now available on the [Meet Landing Page](#). The Meet page currently has the following information:

- [Meet Information](#)
- [AM Timeline](#)
- [PM Timeline](#)
- [WU Assignments](#)
- Psych Sheet and Heat Sheets (posted soon on meet landing page)

If you know that your entered child for whatever reason is not able to compete, please email Jackson about your swimmer's absence ASAP. Reminder that Daylight Savings is the morning of Sunday, November 3<sup>rd</sup>. Enjoy the extra hour of sleep!

### Sunday AM Session Itinerary (12&U)

- Arrival Time on Deck → 7:15 AM (Swimmers should arrive in their swimsuits, ready to warm-up)
- Meet with Group Coaches to discuss warmup → 7:25 AM
- Meet Warm-Ups → **7:30-8:10 AM**
- Team Meeting/Cheer → 8:45 AM
- Meet Start → 9:00 AM

### Sunday PM Session Itinerary (13&O)

- Arrival Time on Deck → 1:10 PM (Swimmers should arrive in their swimsuits, ready to warm-up)
- Meet Warm-Ups → **1:30 PM**
- Team Meeting/Cheer → 2:20 PM
- Meet Start → 2:30 PM

Note: Please write down Event, Heat, and Lane Assignments before your swimmers arrive at the meet, if possible. There will be time after the AM warmup for coaches to help write down events, if need be.

## Halloween – 10/31

No Bronze-Diamond Th. PM

There will be no practice for the Bronze, Silver, Gold, Platinum, and Diamond groups tomorrow evening, Thursday, October 31<sup>st</sup>. Diamond, Senior, and National will still have AM practice tomorrow. Diamond is also welcome to join Senior's practice tomorrow at 6:30.

## Saturday AM Practice

11/2 (Sat.) → Gold and Above

There will be normally scheduled morning practice this Saturday, November 2<sup>nd</sup>. Gold will practice from 7:30-9:00 AM. Platinum through Senior will practice from 7:30-9:30 AM. The Sat. [Donut Sign-Up](#) for the rest of the season is now available on the website!

## Nov. Monthly Fees

Reduced for Bronze/Silver

Due to the reduced number of practice offerings for Bronze & Silver throughout the month of November, LMST families will be billed the following amount (in-district/out-of-district)

- **Bronze** (Nov. ONLY) → \$70/\$80
- **Silver** (Nov. ONLY) → \$90/\$100

## Practice Calendar

# Fall Calendar Updates → October & November

Please Check the [LMST Practice Calendar](#) and Newsletter for All Updates!

**Thursday, October 31<sup>st</sup>** → NO PM  
Practice for Bronze through Diamond. Senior and National will plan to have PM practice tomorrow (Diamond may join).

**Thursday, November 7<sup>th</sup>** → NO PM  
Practice due to High School Girls Diving Regionals.

**Tuesday, November 12<sup>th</sup>** → NO PM  
Practice due to MS Meet and HS team overlap week.

**Monday, November 25<sup>th</sup>** → NO PM  
Practice due to MS Conference Meet

### Week of 11/11 (HS Overlap Week)

- **Bronze** → 11/15 (F) at 6:30 PM, 11/16 (Sat.) at 8 AM
- **Silver** → 11/11 (M) & 11/13 (W) at 8 PM, 11/15 (F) at 7:20 PM, 11/16 (Sat.) at 9 AM
- **Gold** → 11/11 (M)-11/14 (Th) at 8 PM, 11/15 (F) at 6:30 PM, 11/16 (Sat.) at 9 AM
- **Platinum, Diamond, Senior** 11/11 (M)-11/14 (Th) at 8 PM, 11/15 (F) at 6:30 PM, 11/16 (Sat.) at 8 AM
- **Dryland** → Platinum (M) at 7 PM, Diamond (T & Th) at 7 PM, Gold (W) at 7:15 PM, No SR Dryland

### Thanksgiving Break

- **Bronze** → 11/27 (W) at 8 AM, 11/29 (F) at 10 AM
- **Silver** → 11/27 (W) at 9 AM, 11/29 (F) at 11 AM, 11/30 (Sat.) at 9:30 AM
- **Gold** → 11/27 (W) at 9 AM (dryland at 8:15 AM), 11/29 (F) at 10 AM, 11/30 (Sat.) at 9:30 AM
- **Platinum** → 11/27 (W) at 8 AM (dryland at 10 AM), 11/29 (F) at 10 AM, 11/30 (Sat.) at 9:30 AM
- **Diamond/Senior** → 11/27 (W) at 8 AM, 11/29 (F) at 10 AM (dryland at 9:15 AM), 11/30 (Sat.) at 9:30 AM



Pictured Above: Best costume award winners (from left to right) Elise Foreman, Norah Foreman, and Josh Renaud. Congratulations, swimmers! (Source: Julia Wittnebel).

## Team Event

# 2024 Halloween Practice

## Costume Contest Winners & Mystery Prizes

Thank you to the 100+ LMST students who participated in the annual Halloween practice on Monday, October 30<sup>th</sup>.

Practice began with a costume contest, where coaches selected winners based on categories to draw from a random raffle of prizes. Congratulations to the winner of each category:

- **Scariest Costume** → Joshua Renaud (He will help create a workout plan/set and will coach alongside his lead coaches for a workout on a day, date TBD).
- **Most Creative Costume** → Elise and Norah Foreman

(their practice groups will have a “game day” for the last 30 minutes of a practice, date TBD).

- **Funniest Costume** → Kinley Meeks (Coaches will bring treat of Kinley’s choosing for her practice group at the end of a practice that is TBD).

The final prize was determined by a student vote. Congratulations to Courtlyn Morrissey and Shay Williams for winning the Fan Favorite award. As a prize, their practice group’s coaches will participate in a workout.

Thank you to everyone who participated, it was a very fun night!

## Meet Information

### LMST December Invite

#### Entries/Volunteer Positions Open

On Friday, December 6<sup>th</sup> to Sunday, December 8<sup>th</sup>, LMST is hosting our annual December Invite at the Linn-Mar Aquatic Center. All swimmers registered with LMST (Bronze, Silver, Gold, Platinum, Diamond, Senior, and National) are encouraged to participate.

LMST swimmers will compete in the following sessions:

- Friday PM Session (Platinum, Diamond, Senior, National)
- Saturday AM Session (10&U)
- Saturday PM Session (11&O)
- Sunday AM Session (14&U)

There is not an entry fee for LMST swimmers to enter this meet. The entry deadline is **Tuesday, November 12<sup>th</sup>**.

The volunteering signups are also now available under the “Jobs” tab on the Commit parent portal:

Members of LMST receive a \$25 credit when they volunteer to work a session at an LMST Invitational swim meet (please refer to the [LMST Volunteer Credit](#) policy).

**Deadline to sign up for a volunteer slot is Thursday, December 5<sup>th</sup>.**

A hospitality signup will be posted soon. Please drop of donation items by the Assistant Aquatic Center Manager's office on **Thursday, December 5<sup>th</sup> if items are non-perishable.**

If your item is perishable, have your child take the item to the classroom before warmups of the session signed up for.

