



LMST NEWS

Inspire Learning. Unlock Potential. Empower Achievement.

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New Information Highlighted in **■**

Coaching Adjustments

Congrats, Coach Ian!

It's bittersweet news for LMST, but Coach Ian Hoover-Grinde will be leaving our Linn-Mar Swim Team coaching staff.

Coach Ian has been offered and accepted the head coach position at Piranhas Swim Club in the Quad Cities.

We are thrilled for him and excited to see him take on that leadership position.

He will begin his duties with Piranhas on June 1st. Ian will remain on deck at LMST through the rest of this week.

We thank him for his service to the team and for all the great work he's done with the Gold, Platinum, and Diamond groups in addition to his work with the LM High School Boys team and other programming at the aquatic center. Please send him congratulations and wish him luck.

LMST has already found quality coverage for the rest of the summer season to fill the holes in Ian's absence. LMST families experience with the Gold, Platinum, and Diamond groups will provide consistency moving forward, so we're thankful for that.

For any questions regarding Gold or Platinum practice, please contact me at Jackson.allmon@linnmar.k12.ia.us.

Congrats again to Coach Ian, LMST will truly miss you!



Pictured Above: LMST Swimmer Jasmine Elliott competing during the Saturday Afternoon Session of the Armbruster Open at the University of Iowa on Sunday, May 18th (Source: Chris Pose Photography).

Meet Information

2024 Junior Armbruster

Warmup/Start Times, Psych Sheet, Session Report/Timeline

The Junior David Armbruster Open (12 and under), hosted by the Iowa Flyers Swim Club, is this weekend (Saturday, June 1st to Sunday, June 2nd) at the University of Iowa Campus and Recreation Wellness Center in Iowa City, IA.

LMST has 30 total athletes competing this weekend.

The meet will be handing out the David Armbruster "Iron Award," for swimmers in each age group (10&U and 11-12) who accumulate the highest USA Swimming Age Group Points in all butterfly events offered.

The meet also has the Jack Seig Dueling 50 Butterfly Event, where 12 and under swimmers will compete for a spot in a quarterfinal, semifinal, and final format. The top 8 swimmers from the first round of 50 Butterfly's will advance to the Semis at the end of Saturday's session.

Meet Itinerary (WU Time/Start Time)

- **Saturday Late AM** (50 FL, 400 FR, 100 BK, 100 BR, 50 BK, 200 FR, 50 FL Quarterfinals) → **10:00 AM/11:30 AM**
- **Sunday Late AM** (50 FL Semifinals, 200 IM, 100 FR, 50 BR, 100 FL, 50 FR, 50 FL Finals) → **10:00 AM/11:30 AM**

[Psych Sheet](#)

[Session Timelines](#)

[Chris Pose Photography](#)

The [Armbruster Apparel Shop](#) is now open. The shop will close on Friday, June 7th. Apparel can be bought online with shipping for a fee only. No pick-up is available at the meet.

Class of 2017	
	Kelsey Drake - University of Iowa
	Cameron Kelley - University of Minnesota
	Taylor Pajunen - Loyola Marymount University
	Drew Winters - Saint Ambrose University

LMST Alumni Page

Email Jackson for Omissions

New to the website is a list of LMST swimmers who competed for the team through their high school graduation, who have also gone on to swim at the *postsecondary level*. If you know a swimmer who finished their HS career with LMST that went on to swim on a sponsored college team, email Jackson.

Armbruster Parking

Saturday and Sunday Park

Paid parking is available one block east of the CRWC on Madison Street (Lot 11/Recreation Center Lot) as well as the Old Capital Mall parking ramp one block north on Burlington Street. On Saturday & Sunday ONLY, there is also free parking in **Lot 51** up the street on the intersection of Madison & Prentiss.

6/1 AM Practice

No Gold, No Dryland

There will be Platinum, Diamond, Senior, and National on Saturday, June 1st from 7:30 to 9:30 AM for 13&O swimmers not attending Junior Armbruster. There will be no Gold practice on Saturday. Dryland will also be cancelled for Saturday morning.

Practice Schedule

2024 LMST Summer Practice Calendar

LMST Practice Calendar for Monday, June 3rd to Friday, July 19th

Bronze: Monday through Thursday evenings → 5:30 to 6:30 PM

Silver: Monday through Thursday evenings → 5:30 to 6:45 PM (different start time M-Th than last year), Friday Mornings → 10:30 AM to 12:00 PM

Gold: Monday through Thursday evenings → 5:15 to 6:45 PM, Monday Dryland → 4:45 to 5:15 PM, Friday Mornings → 9:00 AM to 10:30 AM, Saturday Mornings → 7:30 to 9:00 AM

Platinum: Monday, Wednesday, afternoons → 2:00 to 3:45 PM, Monday Dryland → 3:45 to 4:45 PM, Tuesday, Thursday evenings → 5:15 to 6:45 PM, Tuesday, Friday Morning → 6:15 to 8:15 PM, Saturday Mornings → 7:30 to 9:30 AM

Diamond: Monday through Thursday afternoons → 2:00 to 3:45 PM, Tuesday and Thursday Dryland → 3:45 to 5:00 PM, Tuesday, Friday Morning → 6:15 to 8:15 PM, Saturday Mornings → 7:30 to 9:30 AM

Senior & National: Monday, Tuesday, Thursday, Friday Morning Swim → 6:15 to 8:15 AM; **Wednesday Morning Swim → 7:00 to 8:30 AM (National ONLY);** Monday, Wednesday Afternoon Lift → 2:00 to 3:00 PM; Tuesday, Thursday Afternoon Swim → 2:00 to 4:00 PM; Wednesday Afternoon Swim → 3:00 to 4:00 PM; Friday Morning → 6:15 to 8:15 PM, Saturday Mornings → 7:30 to 9:30 AM

The 2024 Practice Calendar starts next week!!



Pictured Above: LMST Swimmer Rylee Sieren tracking his final time during the Saturday Afternoon Session of the Ambruster Open at the University of Iowa on Sunday, May 18th (Source: Chris Pose Photography).

Practice Calendar

City Park Pool (IC) Practices

50-Meter Practices in Iowa City starting week of 6/10

Thanks to the Iowa City Eels (ICE) swim club and the Iowa City Aquatics department, LMST is able to practice at City Park Pool (200 Park Road Iowa City, IA 52245) starting the week of June 19th on Tuesday and Saturday mornings.

The following groups are able to swim at City Park on these dates from **7:15 AM to 8:45 AM:**

Tuesday Mornings (6/18, 7/2) → Platinum, Diamond, Senior, National

Saturday Mornings (6/15, 6/22, 7/6) → Gold, Platinum, Diamond, Senior, National

Reminder that practices are *optional*. There will be a practice opportunity at Linn-Mar with Coach Cameron from 6:15-8:15 AM for those who cannot attend in IC on Tuesday mornings! Saturday opportunities in the Summer at LM are TBD.

This is a great opportunity to get some long course training in this Summer under the sun *without any extra costs or fees*. Let me know if you would be interested in carpooling athletes to these practices!

Meet Information

Splash Out Hunger - Food Items

Sat., June 8th and Sun., June 9th

As a unique twist to the scoring process for the ICE Splash Out Hunger meet, the host team is asking for food donations to assist Mark Twain Elementary and their summer food pantry. Donations will contribute to the overall scoring of the meet.

Roughly 72% percent of the school's population receives free and reduced meals. The teachers have set up a school pantry for their students and any student who feels they may not have a meal at home is welcome to use this pantry as often as needed.

With no school lunches during the summer months, the summer food pantry may provide the only meal that these students get. Teams are encouraged to bring non-perishable food items for donation to the food bank at Mark Twain.

SUGGESTED FOOD DONATION LIST

- Ramen cups
- Mac & Cheese
- single serve Applesauce pouches
- Fruit cups
- Fruit cans w/pull top seal
- Spaghetti O's
- Ready to serve soups
- Peanut Butter & Jelly Crackers
- Cereal
- Horizon's Milk packs
- Pudding Packs

LMST will have a bin/basket stationed by the front entrance of Mercer for the whole weekend of competition. Families are encouraged to bring items to meet to place in the bin throughout the weekend.

