

Inspire Learning. Unlock Potential. Empower Achievement.

Volume IX, Edition II

Wednesday, August 26th, 2026

LMST PRACTICE STRUCTURE

OBJECTIVES AND ADVANCEMENT CRITERIA IN PDF AT [BOTTOM OF LINK](#)



Prep- Transitional group that helps students bridge from lessons to swim team. Swimmers will be introduced to lane etiquette, swim team practice habits, and will further develop FL/BR technique along with building FR/BK workout endurance. Pre-Requisites are 50 FR, 25 BK, Half-Pool BR Kick (Station 7, 8/9, 10). **WE STILL HAVE PLENTY OF SPOTS REMAINING IN OUR PREP GROUP.** Registration can be found on front page of LMST website.
Fall Lead Coach - Julia Wittnebel

Bronze - For students who have demonstrated the ability to participate within a group setting, understand swimming terminology, and who can legally race all four strokes. Students must be able to consistently perform proper technique throughout a practice. Pre-Requisites are 100 FR, 25 BR, 25 FL.
Fall Lead Coach - Ema Lavigne

Silver - This program is designed for the competitive swimmer who attends practice regularly and is ready to progress within the competitive swimming structure of the Iowa Swimming LSC. Designed for 10&U "BB+" motivational time swimmers.
Fall Lead Coach - Stephanie Washburn

Gold
This program is designed for athletes who are committed to swimming competitively year-round and have had experience at out-of-town and championship meets. Designed for 11-12 "BB+" motivational time swimmers, 10&U "All-Star" & "Zone" swimmers.
Fall Lead Coach - Jon Stivers

Platinum - This program is designed for swimmers who are striving to compete at LSC Championships and beyond. Training sessions will focus on a progressive system of endurance

development. Designed for 13-14 "BB+" motivational time swimmers, 11-12 "All-Star" & "Zone" swimmers.
Fall Lead Coach - Meredith Nash

Diamond - This program is designed for swimmers who are striving to compete at 14&U Zones and beyond. Swimmers will be introduced to advanced technical concepts while utilizing a program with intense and diverse endurance training. Designed for 13-14 "A+" motivational time swimmers.
Fall Lead Coaches - Oz Celik & Julia Wittnebel

Senior - This program is designed for athletes who have extensive experience in competitive swimming and have demonstrated the ability and willingness to swim beyond the state level, as well as into their post-graduate career.

LMST Fall 2026 Practice Calendar

Prep (August - December ONLY)

- Tuesday (on weeks without a HS home meet) □ 6:30-7:30 PM
- Saturday □ 10:30-11:30 AMx

Bronze

- Monday □ 6:30-7:30 PM
- Thursday □ 6:30-7:30 PM
- Friday □ 6:00-7:00 PM

Silver

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

Gold

- Monday □ 7:30-8:45 PM
- Tuesday! □ 7:30-8:45 PM
- Wednesday □ 7:30-8:45 PM
- Thursday □ 7:30-8:45 PM

- Friday □ 6:30-8:00 PM
- Saturday □ 9:30-11 AM

Platinum\$

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

Diamond\$

- Monday □ 6:00-7:15 AM (on weeks without a meet the day before) & 6:30-8:00 PM
- Tuesday! □ 6:30-8:30 PM
- Wednesday □ 6:30-8:30 PM
- Thursday □ 6:00-7:15 AM
- Friday □ 6:30-8:30 PM
- Saturday □ 9:00-10:45 AM

Senior\$

- Monday 6:00-7:15 AM & 6:00-7:30 PM
- Tuesday! 6:30-8:30 PM#
- Wednesday 6:00-8:00 PM
- Thursday 6:00-7:15 AM & 6:30-8:00 PM
- Friday 5:30-7:30 AM
- Saturday 7:00-9:30 AM

\$ - Platinum (Th PM), Diamond (W PM & S AM), and Senior (M AM & Th AM) Dryland times are now included on the LMST Practice Calendar.

! - On 9/1, 9/22, and 10/13, the LM HS Girls Swim and Dive team will have home meets at the aquatic center. On these nights, LMST PM practice are cancelled.

- On 9/8, 9/29, & 10/6, the HS Girls team will be at an away meet. Senior will practice at 4:30 PM on these Tuesdays.

LMST Practice Updates

8/24 (M), 8/27 (Th), 8/31 (M) - NO Diamond & Senior AM practices on these days (will start on 9/3).

9/1 & 9/22 (Tue.) - NO LMST PM due to LMHS Girls Duals.

9/5 (Sat.) - First day of Diamond dryland for the Fall. Diamond will have dryland on W (5:45-6:30 PM) & Sat. (8:15-9 AM) where there will be swim practice.

9/7 (M) - NO Bronze, Silver, Gold and Platinum Practice (Labor Day); Diamond & Senior will practice from 7-9 AM, with Senior having dryland from 9-10 AM.

9/8 (T) - Senior swim from 4:30-6:30 PM (HS Girls Away Meet); Prep and Diamond will be at normal time; **Gold & Platinum will be from 6:30-8 PM on this day... Future T PM practice times are SUBJECT TO CHANGE for Gold/Plat. (TBD by registration numbers in upcoming weeks).**

9/10 (Th) - First day of Platinum dryland (6:45-7:30 PM). Platinum will have dryland on every Th. PM for the Fall.

9/12 (Sat) - **Prep, Silver, Gold, Platinum and Diamond practices will all be CANCELED on this day due to the LMHS Girls Invite...** Senior will have practice from 6:30-8:30 AM on this morning.

9/19 (Sat.) - Senior will have a joint practice with IFLY at the CRWC in Iowa City from 10 AM to 12 PM. All other practice groups will be at LM on this day.

LMST Team Registration - 2026-27

LMST still has a few spots remaining in Bronze and Silver, and plenty of spots remaining in the Prep practice group!

If you know a family who is interested in LMST, and their student is in "advanced lessons," please encourage them to register ([LMST Website Home page](#)) or reach out to Jackson. **A reminder that Prep students must be SwimAmerica Station 7 (50 FR, 25 BK, half-pool BR kick).**

Parent Info Meeting - 9/9 (W) @ 6:30 PM

LMST staff will host a beginning of the year informational meeting at the Linn-Mar Aquatic Center on Wednesday, September 9th at 6:30 PM in the aquatic center lobby.

LMST staff will discuss the following during this evening:

- Team Mission & Values
- Practice Group Structure
- Parent & Athlete Expectations
- Team, Practice & Meet Fees
- Meet Athlete Registration & Entries
- Volunteering Opportunities

This meeting is catered for Prep/Bronze families and/or new families on the team. We hope to see you there!

FALL/WINTER (SCY) 2026-27

DATE	MEET	LOCATION
OCTOBER 3, 2026	LMST PUMPKIN PLUNGE\$	LINN-MAR AQUATIC CENTER
OCTOBER 17, 2026 (TENATIVE)	BLST-LMST-PSC 13&O TRI MEET	LINN-MAR AQUATIC CENTER
OCTOBER 17-18, 2026	COE COLLEGE HARVEST INVITE	COE COLLEGE NATATORIUM
NOVEMBER 6-8, 2026	IFLY A3 MIDWEST CHALLENGE!	CRWC, IOWA CITY
NOVEMBER 20-22, 2026	DASH GIVING THANKS INVITATIONAL	DUBUQUE AQUATIC CENTER
DECEMBER 4-6, 2026	LMST FAST & FLURRIOUS INVITE#	LINN-MAR AQUATIC CENTER
DECEMBER 8-11, 2026	USA SWIMMING WINTER JUNIORS	UNIVERSITY OF TEXAS
DECEMBER 18-20, 2027	BLST HOLIDAY CLASSIC	CEDAR FALLS HS NATATORIUM
JANUARY 10, 2027	LMST WINTER WHITEOUT\$	LINN-MAR AQUATIC CENTER
JANUARY 15-17, 2027	FOXJETS WINTER CLASSIC!	UNIVERSITY OF MINNESOTA
LATE JANUARY, 2027	IFLY-LMST DUAL MEET (ALL AGES)	LOCATION TBD
FEBRUARY 13-14, 2027	IASI REGIONALS 8&U CHAMPIONSHIPS	LINN-MAR AQUATIC CENTER
FEBRUARY 19-21, 2027	IASI AGE GROUP CHAMPIONSHIPS!	CEDAR FALLS HS NATATORIUM
FEBRUARY 25-28, 2027	IASI SENIOR CHAMPS!	WELLMARK YMCA, DM
MARCH 11-14, 2027	USA SWIMMING SPRING SECTIONALS (LCM)!	WAUKEE NATATORIUM

\$ = MEET ENTRY FEES ARE FREE WITH COST OF LMST TEAM REGISTRATION

= HALF OF MEET ENTRY FEES ARE FREE WITH COST OF LMST TEAM REGISTRATION

! = QUALIFICATION TIMES REQUIRED FOR ENTRY TO EACH MEET

QUESTIONS?

Contact Jackson Allmon