

Inspire Learning. Unlock Potential. Empower Achievement.

Volume VII, Edition II

Wednesday, August 27th, 2025

LMST PRACTICE STRUCTURE

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



Pictured Above: LMST Senior swimmer Layla Breitbart competing in the 200 meter Breaststroke during the Sunday evening session of the 2025 IASI Long Course Champs in Waukee on July 28th. Layla achieved her first Spring Sectionals cut during this race (source: Chris Pose)!

Bronze - For swimmers new to LMST who have advanced to Station 7 or higher of Linn-Mar's swimming lesson program. Bronze is designed for our students who are new to the sport of competitive swimming.

Silver - For swimmers 8 years of age or older who have demonstrated the ability to participate within a group setting, understand swimming terminology, and who can legally race all four strokes. Swimmers will begin to complete structured sets but will prioritize technique over intensity and volume. Swimmers must be able to consistently perform proper technique throughout the span of practice.

Gold - For swimmers aged 10 years or older. This program is designed for the competitive swimmer who has achieved multiple 10&U "Q" times and attends practice regularly. Swimmers will continue to work on proper technique within all four strokes while completing structured sets/daily.

Platinum - For swimmers aged 11 years or older. This program is designed for swimmers near 11-12 "Q" times for the IASI Championships. Training sessions will focus on a progressive system of endurance development while preparing for a more advanced level of competition.

Diamond - For swimmers ages 12 to 14. This program is designed for swimmers who are near 13-14 "Q" times and striving to compete at All Stars/Zones. Swimmers will continue the development of improved stroke technique while utilizing a program with intense and diverse endurance training.

Senior - This group is for high school aged swimmers only. This program is designed for athletes who have extensive experience in competitive swimming and have demonstrated the willingness to train consistently. Training will focus on preparing these swimmers for LSC Championships, HS State, Sectionals, and Futures.

LMST Fall 2025 Practice Calendar

Bronze

- Monday ☐ 6:30-7:20 PM
- Tuesday ☐ N/A
- Wednesday ☐ 6:30-7:20 PM
- Thursday ☐ N/A
- Friday ☐ 6:30-7:20 PM

Silver

- Monday ☐ 6:30-7:30 PM
- Tuesday! ☐ 6:30-7:30 PM
- Wednesday ☐ 6:30-7:30 PM
- Thursday ☐ 6:30-7:30 PM
- Friday ☐ 6:30-7:30 PM

Gold\$

- Monday ☐ 7:20-8:30 PM
- Tuesday! ☐ 6:30-8:15 PM
- Wednesday ☐ 7:20-8:30 PM
- Thursday ☐ 6:30-8:15 PM
- Friday ☐ 7:20-8:30 PM

Platinum\$

- Monday ☐ 6:30-8:15 PM
- Tuesday! ☐ 6:30-8:15 PM
- Wednesday ☐ 6:30-8:15 PM
- Thursday ☐ 6:30-8:15 PM
- Friday ☐ 6:30-8:15 PM
- Saturday ☐ 7:30-9:30 AM

Diamond

- Monday ☐ **5:30-6:15 PM Dryland (Start week of 9/8)** & 6:30-8:30 PM
- Tuesday! ☐ 6:30-8:30 PM
- Wednesday ☐ 5:45-7:00 AM & 6:30-8:30 PM
- Thursday ☐ 6:30-8:30 PM
- Friday ☐ **5:30-6:15 PM Dryland (Start week of 9/8)** & 6:30-8:30 PM
- Saturday ☐ 7:30-9:30 AM

Senior

- Monday ☐ 5:45-7:00 AM & 6:30-8:30 PM
- Tuesday! ☐ **5:30-6:30 Dryland** & 6:30-8:30 PM
- Wednesday ☐ 5:45-7:00 AM & 6:30-8:30 PM
- Thursday ☐ **5:30-6:30 Dryland** & 6:30-8:30 PM
- Friday ☐ 6:30-8:30 PM
- Saturday ☐ 7:30-9:30 AM

\$ - Gold & Platinum dryland time will be built into swim schedule for this Fall. Coaches will email families when to bring dryland apparel (tennis shoes, athletic shorts) to practice in next couple of weeks

! - On 9/9, 9/23, and 10/14, the LM HS Girls Swim and Dive team will have home meets at the aquatic center. On these evenings, LMST PM swim practice will be cancelled (Senior dryland TBD).

A3 Performance - LMST Team Store

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 2025-256 school year!

LMST Team Store - A3 Performance

The following items on the team store have an order deadline of Friday, September 12th:

- LMST Custom Sublimated Mesh Equipment Bag
- LMST Dome Caps
- LMST Silicone Caps 2-Pack with Names (aka personalized caps)
- LMST Silicone Caps

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. All caps ordered

through the link will all be delivered to the aquatic center before the Pumpkin Plunge on October 4th. All Mesh bags will also be delivered to the aquatic center.

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](#) or by phone at 888-369-7946.

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



Parent Info Meeting - 9/5 @ 6:30 PM

LMST staff will host a beginning of the year informational meeting at the Linn-Mar Aquatic Center on Friday, September 5th at 6:30 PM in the Linn-Mar Aquatic Center lobby.

Coach Jackson 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 meet is catered for Bronze/Silver families and/or new families on the team. We hope to see you there!



Pictured Above: LMST Senior athlete Peyton Adair competing during the Saturday morning session of the Iowa Swimming Long Course Championships on July 28th, 2025 (source: Chris Pose).

Practice Updates - Weeks of 8/25 & 9/1

- **8/27 (W) & 9/3 (W)** - NO Diamond & Senior AM practices (starts week of 9/8)
- **8/30 (Sat.)** - NO Saturday AM Practice from Platinum-Senior (starts on 9/6)
- **9/1 (M)** - NO Bronze, Silver, and Gold Practice (Labor Day); Platinum, Diamond, and Senior will practice from 7:30-9:30 AM
- **9/2 (T)** - Senior swim from 4-6 PM, and will have dryland from 6-7 PM (HS Girls Away Meet); Bronze-Diamond all at normal time

Travel Reimbursement- 2025 Zones

If your swimmer participated in any of the following 2025 summer meets—Zones, Sectionals, Futures, Junior Nationals, U.S. Open, or the USA Swimming Summer Championship Meet—they may be eligible for expense reimbursement. Please click [here](#) to learn more.

The deadline to apply for travel reimbursement is Sunday, August 31st. For any questions about IASI reimbursement, contact athlete.reimbursement@iaswim.org.

Commit Meet Registrations

Registration for this meet is now OPEN for the following meets on the team website.

- LMST Pumpkin Plunge
- DASH Giving Thanks

Parents may choose to commit (enter) their swimmers by logging into their Commit accounts (often referred to as parent portal). To enter your child for the competition, go to the "Meets" tab, and select the *commit* option to confirm your swimmer's participation. Parents are welcome to select events, but all final events lineups are subject to change. The coaching staff does have the discretion to add and remove events. Parents are also able to leave notes for the coaching staff and mark particular days/sessions your child is available or not available to compete in.

On Saturday, October 4th, LMST is hosting our annual Pumpkin Plunge (formerly known as the Fall Invite) at the Linn-Mar Aquatic Center. All swimmers registered with LMST (Bronze, Silver, Gold, Platinum, Diamond, and Senior) are encouraged to participate. This meet is free of meet entry fees for those that are registered for the 2025-26 academic year. **The deadline to sign up for the LMST Pumpkin Plunge is Wednesday, September 10th.**

On Friday, November 21st to Sunday, November 23rd, LMST will attend the DASH Giving Thanks meet at Dubuque Hempstead. All swimmers who are currently registered with the team are also eligible to participate in this meet. **The deadline to enter this meet is Friday, October 4th.** Meet entry fees can be found on the meet page.

LMST MEET SCHEDULE

FALL/WINTER (SCY) 2025-26

DATE	MEET	LOCATION
OCTOBER 4, 2025	LMST PUMPKIN PLUNGE\$	LINN-MAR AQUATIC CENTER
MID TO LATE OCTOBER (TBD)	BLST-DASH-LMST- PSC 13&O TRI MEET	CEDAR FALLS HS NATATORIUM
OCTOBER 18-19, 2025	COE COLLEGE HARVEST INVITE	COE COLLEGE NATATORIUM
OCTOBER 31- NOVEMBER 2, 2025	IFLY A3 MIDWEST CHALLENGE!	CRWC, IOWA CITY
NOVEMBER 21-23, 2025	DASH GIVING THANKS INVITATIONAL	DUBUQUE AQUATIC CENTER
DECEMBER 5-7, 2025	LMST DECEMBER INVITE\$	LINN-MAR AQUATIC CENTER
DECEMBER 19-21, 2025	BLST HOLIDAY CLASSIC	CEDAR FALLS HS NATATORIUM
JANUARY 4, 2026	LMST WINTER WHITEOUT\$	LINN-MAR AQUATIC CENTER
JANUARY 16-18, 2026	ACAC THE TUNDRA	DAN FLANNERY POOL
FEBRUARY 14-15, 2026	IASI REGIONALS 8&U CHAMPIONSHIPS	LINN-MAR AQUATIC CENTER
FEBRUARY 20-22, 2026	IASI AGE GROUP CHAMPIONSHIPS!	CEDAR FALLS HS NATATORIUM
FEBRUARY 26- MARCH 1, 2026	IASI SENIOR CHAMPS!	WELLMARK YMCA, DM

\$ = MEET ENTRY FEES ARE FREE WITH COST OF LMST TEAM REGISTRATION
 != QUALIFICATION TIMES REQUIRED FOR ENTRY TO EACH MEET

QUESTIONS?
 Contact Jackson Allmon