



# LMST NEWS

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## New Information Highlighted in **City Park Practices** Start this Saturday, June 15<sup>th</sup>!

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*. LMST understands that this is a longer commute for families. This is a great opportunity to get some long course training in this Summer under the sun *without any extra costs or fees*.

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!

For this Saturday, June 15<sup>th</sup>, there will be no practice option for Gold through National swimmers at Linn-Mar due to staffing. The only practice offering on 6/15 will be at City Park pool in IC. Apologies for any inconvenience.

Swimmers are asked to arrive at 7 AM to help set up lane lines and flags for long course practice.

Let me know if you would be interested in carpooling athletes to these practices!



Pictured Above: LMST Coaches (From Left to Right) Cameron Kelly, Blake Behrens, Julia Wittebel, Ozgur Celik, and Jackson Allmon with the First Place Trophy for the Splash Out Hunger Annual Food Drive.

## Meet Recap

# ICE Splash Out Hunger Recap

Saturday, June 8<sup>th</sup> and Sunday, June 9<sup>th</sup> | Mercer Aquatic Center

Congratulations to all LMST swimmers who competed at the 2024 ICE Splash Out Hunger this past weekend in Iowa City! This was a two-day long, timed final meet at the Mercer Aquatic Center pool.

LMST received 1st place in the meet's annual food drive. LMST had so many non-perishable donations that there was not enough room left in the initial bin! ICE on Monday brought 945lbs of food to the food crisis shelter for distribution to the families who, among others, rely upon school meals to keep their children fed. Way to go, LMST families!

The team was also the champion in overall points, with a grand total of **3,565 points**. The runner-up team had a total of 1,065.5 points. Congratulations to all the swimmers who are participated and contributed to the overall team score!

### Biggest Time Drops in Each Practice Group:

- Bronze → Owen Goertzen, 50 BK (-8.66 seconds)
- Silver → Norah Mulholland, 50 BR (-21.14 seconds)
- Gold → Kate Caldwell, 200 IM (-4.65 seconds)
- Platinum → Stella Goertzen, 100 BK (-27.31 seconds)
- Diamond → Megan Kueper, 100 FL (-26.52 seconds)
- Senior → Augustus Martino, 200 BR (-33.37 seconds)

### New IASI Long Course Championships Qualifying Standards ("Q" Times):

- Saniha Deepak → 10&U Girls 50 BK
- Megan Kueper → 11-12 Girls 100 BK
- Levi Richards → 11-12 Boys 100 FL
- Rylee Sieren → Senior Boys 50 FR

## Beat the Heat Relays

### All Relays Cancelled

Unfortunately, due to the high number of entries from other teams at this year's Beat the Heat, there will be no relays. Families will not be charged for the original relay meet entry fees.

## Summer Sizzler Entries

### Check "Team Schedule" Tab

Entries have been sent and accepted for the 2024 BLST Summer Sizzler meet in Cedar Falls in July. If you have any questions about events or registration, please contact Jackson ASAP.

## PAC-DASH-LMST Tri

### Officials Needed!

If you are a USA Swimming certified official that is interested in helping with the Panther Aquatics meet in a couple of weeks, please contact Jackson. He will pass on your email address to PAC, where they will give you more details.

## Meet Information

# Future Summer Swim Meet Registrations

PAC-DASH Tri Meet, IASI Regionals/8&U Champs, **IASI LC Champs**

**PAC/DASH Tri Meet Entry Deadline:**  
**Sunday, June 16<sup>th</sup>**

*Open to Bronze through Senior*

LMST will compete against PAC and DASH swimmers at the University of Northern Iowa's pool on the evening of Tuesday, June 25<sup>th</sup>.

Warmups will begin at 4:15 PM with a meet start time of 5:00 PM. The meet should not last more than a couple of hours.

This is a great opportunity for swimmers to race in a short course pool and achieve "Q" times before the end of the summer season.

**IASI Summer Regional and 8&U Champs Meet Entry Deadline:** Tuesday, July 9<sup>th</sup>

*Open to Bronze through Senior (who are not qualified for Long Course Champs/State the following weekend, or those looking for extra "Q" times)*

DASH will host the teams on the East side of the state for Summer Regionals on Saturday, July 20<sup>th</sup> and Sunday, July 21<sup>st</sup> at the Dubuque Community Schools Aquatic Center.

This is an end of the season championship meets for our swimmers that may not have a "Q" time yet. It is also an 8 & Under Championship and team championship.

**IASI Long Course Championships Meet Entry Deadline:** **Wednesday, July 17<sup>th</sup>**

*Open to Bronze through National swimmer who have achieved IASI "Q" times.*

This year's IASI Long Course Championships will be held at the Wellmark YMCA in Des Moines from Thursday, July 25<sup>th</sup> to Sunday, July 28<sup>th</sup>.

Swimmers who have a "Q" should attend the meet. Athletes with one qualifying time can swim up to two bonus individual events. Athletes with two "Q" times can swim one bonus event. Swimmers may also be asked to compete in a relay if not qualified individually.



Pictured Above: LMST Swimmer Zane Simonsen competing in the butterfly stroke at the 2024 Junior Armbruster meet at the University of Iowa on Sunday, June 2<sup>nd</sup> (Source: Chris Pose).

## Lifestyle

# Balancing "Swim" and Play

### Control Nutrition, Rest, Activities Outside Practice

Since school is out for the summer, many LMST swimmers are occupying their free time outside of practice/dryland with activities such as work, hanging out with friends, exercising, taking trips, etc.

As much as it is a great thing to explore interests outside of swimming for longevity and enjoyment of the sport, having too many commitments may lead to fatigue, disinterest, and burnout which effects performance.

LMST swimmers looking to prioritize being competitive are encouraged to find a balance between practice and other external stressors.

Eric Mathura's article is recommended to athletes and their parents who are struggling to maximize performance with responsibilities and outside interests.

[Balancing Work and Play: Finding Harmony in Your Summer Schedule](#)

The article goes into depth about how to manage your time to make the most of your priorities, while also making time for relaxation.

Nutrition and hydration are also important for those that may be at the aquatic center for most of the day. This [USA Swimming slide deck](#) does a great job illustration when and what to eat.

## Practice Calendar

### LMST Practice Schedule Updates

#### LC Practice Calendar Changes

##### Week of 6/17 - 6/23

**6/19 (W)** → Evening practices moved up due to no PM swim lessons (Bronze - 4:15 to 5:15 PM, Silver - 4 to 5:15 PM, Gold - 3:45 to 5:15 PM)

##### Week of 6/24 - 6/30

**6/25 (T)** → Afternoon/PM Practices and Diamond Dryland cancelled due to Tri meet. Platinum through National will still have AM practice from 6:15 to 8:15 AM.

##### Week of 7/1 - 7/7

**7/1 (M) to 7/3 (W)** → Evening practices moved up due to no PM swim lessons (Bronze - 4:15 to 5:15 PM, Silver - 4 to 5:15 PM, Gold/Plat. - 3:45 to 5:15 PM)

**7/3 (W)** → Diamond Dryland moved from Tuesday to Wednesday (same time)

**7/4 (Th)** → No Bronze Practice, Silver & Gold - 7:30 to 9 AM, Platinum through National - 7:30 to 9:30 AM, No evening practice

**7/5 (F)** → Bronze - 8 to 9 AM, Silver & Gold - 7:30 to 9:30 AM, Platinum through National - 7:30 to 9:30 AM, No evening practice

##### Week of 7/8 - 7/15

**7/11 (Th) & 7/12 (F)** → No Thursday PM or Friday AM practices due to meet

*Swimmers who do not qualify for 2024 LC Champs or Zones will have their last practice for the season on Friday, July 19<sup>th</sup>.*

