LMST NEWS

Inspire Learning. Unlock Potential. Empower Achievement.

Wednesday, January 8th, 2025 • *Volume V, Edition XX*

New Information Highlighted in ---

LMST Last Chance Intrasquad

LMAC | Sunday, February 9th

LMST will be running our annual season's end Intrasquad meet on Sunday, February 9th at the Linn-Mar Aquatic Center.

Swimmers Bronze through Senior are encouraged to sign up. This may be the last opportunity to race/achieve time standards before the season concludes for many of our swimmers (all swimmers who do not have a "Q" time are *highly* encouraged to attend Winter Regionals the following weekend – meet information included on page 2).

The events for the day are down below:

Open Mixed 400 IM, Open Mixed 200 FR, Open Mixed 100 IM, Open Mixed 50 FR, Open Mixed 200 IM, 8&U Mixed 25 FR, Open Mixed 100 FR, Open Mixed 200 BR, Open Mixed 100 BK, Open Mixed 100 BR, 12&U Mixed 50 BK, 8 &U Mixed 25 BR, Open Mixed 200 BK, Open Mixed 100 FL, 12&U Mixed 50 BR, 8 &U Mixed 25 BK, Open Mixed 200 FL, 8&U Mixed 25 FL, 12&U Mixed 50 FL, Open Mixed 500 FR

LMST swimmers will swim against each other in mixed events (girls and boys heats). Warm-Ups are currently scheduled to begin at 9 AM, with a meet start time of 10 AM.

Entries will hopefully be available on Commit next week once the meet IASI meet sanctioning process has been completed.

The entry deadline for this meet will be Wednesday, February 5th.

The Volunteer Credit Policy does not apply to this meet since this is not an invitational. However, a signup for job positions will be posted soon since we still need volunteers to host the competition.

Pictured Above: LMST swimmers Catherine Sklarsky. Kennedee Gates, and Eli Garms earned their "Silver Caps" at this past weekend's Winter Whiteout. In order to earn a Silver Cap, a swimmer must complete a legal 200 FR, 200 BK, 200 BR, 200 FL, 200 IM, 400 IM, and 400/500 FR over the span of a season. Congrats, LMST swimmers!

Meet Recap

LMST Winter Whiteout Recap

Linn-Mar Aquatic Center, Marion, IA | Sunday, January 5th, 2025

Congratulations to all Linn-Mar Swim Team athletes who competed at our annual Winter Whiteout. LMST had 120 total swimmers entered in the meet, with many earning rubber ducks in their respective races (heat winner or time ending in xx.25). A lot of students achieved personal best times in competed in new races.

The LMST coaching staff was also very impressed with the team behavior on deck, as the swimmers had "a lot of team pride, cheered on teammates, helped new teammates out, and picked up after themselves." Way to go, LMST swimmers!

New 2024-25 SCY Silver Cap Recipients

- Eli Garms
- Kennedee Gates
- Catherine Sklarsky

New Central Zone Championship "AAA" Times

- Levi Richards (11-12 Boys) → 50 FR, 200 FR

New 2024-25 Short Course IASI Championships "Q" Times

- Ava Brislawn (10&U Girls) → 50 FR, 100 FR
- Everett Burr (13-14 Boys) → 200 BK
- Aarush Govinda Raju (10&U Boys) → 50 BK
- Annie Landherr (11-12 Girls) → 50 BR, 100 IM
- Ava Lutz (13-14 Girls) → 200 FR
- Frankie Martino (11-12 Girls) → 50 BR
- Jensen Rickels (13-14 Boys) → 100 FL
- Elizabeth Yetter (13-14 Girls) → 200 FR
- Teresa Zhang (13-14 Girls) → 200 FL

Aquatic Instructor

Position Application Available!

The Linn-Mar Aquatic Center is looking for swim lesson instructors for this March! If you are 14 years of age or older and are interested in this position, please fill out the Linn-Mar CSD Traditional Application (under "Current Job Openings). For questions, contact LMAC Manager Parker Craw.

NO PM Practice – 1/14

Cancelled due to HS Meet

There will be no LMST evening practice (swim and dryland) on Tuesday, January 14th due to the Linn-Mar High School Boys Team's Senior night against Cedar Rapids Jefferson. There will still be Senior dryland that morning from 6:00 to 7:00 AM.

Sat. AM Practice – 1/11

Limited Female Locker Room Use

On Saturday, January 11th, Gold will have practice from 7:30-9:00 AM, and Platinum to Senior will have practice from 7:30-9:30 AM. Female swimmers who attend practice are not allowed to use the locker room at the conclusion of practice due to the HS Boys Invite that will be held at Linn-Mar that afternoon.

Meet Information

LMST Championship Meet Information

Entries *OPEN* for IASI Regionals/8&U Champs, AG Champs, SC Champs

IASI Winter Regional and 8&U Champs Meet Entry Deadline: Wednesday, February 5th

Open to Bronze through Senior (who are not qualified for AG Champs/SC Champs the following weekends, or those looking for extra "Q" times)

DASH will host the teams on the East side of the state for Winter Regionals on Saturday, February 15th and Sunday, February 16th at Dubuque Hempstead.

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 (state meet). There are no qualifying times required for this meet (even for 8&U swimmers!

IASI Age Group Championships Meet Entry Deadline: Wednesday, February 12th

Open to Bronze through Senior swimmers in the 10&U, 11-12, and 13-14 age groups who have achieved IASI "Q" times (spreadsheet with qualifiers now available on the LMST website).

This year's IASI Age Group Championships will be held at the Wellmark YMCA in Des Moines from Friday, February 21st to Sunday, February 23rd. Swimmers who have a "Q" should attend the meet. Athletes with one qualifying time can swim up to two bonus individual events. Swimmers without "Q" times may be asked to swim in relays (commit your swimmer if interested)!

IASI Short Course Championships Meet Entry Deadline: Wednesday, February 19th

Open to Diamond and Senior swimmers who have achieved IASI Senior "Q" times (spreadsheet with qualifiers now available on the LMST website).*

This year's IASI Short Course Championships (Senior "Q" time ONLY) will be held at the CRWC in Iowa City from Thursday, February 27th to Sunday, March 2nd. Swimmers who have a "Q" should attend the meet. Athletes with one qualifying time can swim up to two bonus individual events.

*Swimmers in Diamond interested in must speak with Jackson before committing.

LMST has partnered with Splash Multisport to offer swim team team apparel for sale! All apparel items listed to the right will include logo above. Other items will also be available for purchase! Deadline is Sunday, January 12th.

Team Cancellations

Winter Weather Reminders

Linn-Mar Swim Team Winter Weather Policy

In the event there is a school closing or early dismissal due to weather LMST will not have practices. If there is a late start, LMST will still hold evening practice.

Morning practice cancellations for Platinum and above will be made the evening before and will be communicated to families as soon as possible.

If the actual temperature is -15 or colder, school will be delayed or canceled. If there is a wind chill advisory that would be in effect at the start of the school day, there may be a two-hour delay. School will be canceled if heavy snow and/or icy conditions make it hazardous for students and employees to report to school safely.

School weather decisions will be made by 5:30 a.m., when possible, for late starts and cancelations. Notification on a practice cancelation will be distributed to the entire team via email.

Team Apparel

Splash Multisport LMST Apparel

Order Deadline → 1/12 (Sun.)

The Linn-Mar Swim Team is partnering with Splash Multisport to bring families new apparel options to order for the end of the short course season.

LMST Splash Team Store

Items that can be found on the Splash team store include:

- LMST Crew Sweatshirt
- LMST Hoodie
- LMST Long Sleeve Tee
- LMST Short Sleeve Tee
- LMST Slim Beverage Holder
- LMST Sport-Wick ½ Zip Hoodie
- LMST Women's Sport Wick ½ Zip Hoodie
- LMST Beverage Holder
- LMST Car Sticker
- LMST Knit Beanie
- LMST Old Favorite Trucker Hat
- LMST Pom Hat
- LMST Relaxed Hat
- LMST Richardson Snapback Hat
- LMST Tumbler
- LMST Water Bottle

LMST TEAM ORDERS ARE DUE SUNDAY, JAN 12th.

All LMST team orders will be shipped to the team to be handed out by the coaching staff. No items will be shipped to you directly.