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Volume VII, Edition XVII

Wednesday, December 10th, 2025

LMST FAST & FLURRIOUS RECAP

LINN-MAR AQUATIC CENTER | FRIDAY, DEC. 5TH - SUNDAY, DEC. 7TH



Pictured Above: LMST Senior athlete Elizabeth Yetter swimming in the Sunday afternoon session of the 2025 DASH Giving Thanks Meet in Dubuque, Iowa on November 23rd (source: Shaun Elhard)

Congratulations to all the Linn-Mar Swim Team athletes who competed at our annual Fast & Flurrious Invite at the Linn-Mar Aquatic Center from December 5th to December 7th!

LMST Silver Cap

Ryan Schwartzhoff

12&U Individual High Point Winners (top 5 places)

- Rory Breitbach (Girls 11-12) - 4th
- Dhyan Deepak (Boys &U) - 1st
- Saniha Deepak (Girls 11-12) - 4th
- Norah Foreman (Girls 11-12) - 4th

- Hannah Nelson (Girls 8&U) - 4th
- Aidan Reddinger (Boys 8&U) - 4th
- Anders Schroeder (Boys 8&U) - 2nd
- Lila Washburn (Girls 8&U) - 4th

New 2025-26 Short Course IASI Championships "Q" Times

- Kristina Do - Girls 10&U 100 BR
- Norah Foreman - Girls 11-12 100 FR
- Stella Goertzen - Girls 13-14 50 BR
- Anna Larson - Girls 10&U 100 BR
- Frankie Martino - Girls 13-14 50 BR
- Utkarsh Mittal - Boys 10&U 50 BK, 100 FL
- Josie Robinson - Girls 13-14 50 BR
- Makayla Tristan - Girls 10&U 100 FR

LMST First Time Legal Swims

25 BR/50 BR - Gabe Appel, Amelia Bautista, Sawyer Ehm, Micah Reddinger, Dina Soukup, Anaya Sheikh

25/50 FL - Dhyan Deepak, Graham Goldsmith, Meera Khamitkar Hannah Nelson, Clara Routh, Micah Reddinger, Mia Reyes, Anders Schroeder, Anaya Sheikh, Shravya Shetty, Harper Wiese

100 IM - Lillian Appel, Bailey Byers, Pratyush Jaya Karthikeyan, Utkarsh Mittal, Anvi Pagare, Dina Soukup, Lila Washburn

ACAC Tundra (1/16-1/18) *SIGN UP ASAP*

The meet information for the 2026 Tundra Meet in Ames from Friday, January 16th to Sunday, January 18th has been posted to the team website, and entries are now OPEN.

Since this meet is very popular around the Midwest, we will have two entry deadlines for our team to take note of:

- **First Entry Deadline: Friday, December 12th at 11:59 PM** - If possible, please sign your swimmer up by this date to ensure your child is entered in the meet. ACAC (the host team) has accepted entries TODAY. I plan on sending an initial entry report to ACAC on this date before the meet has the opportunity to reach max capacity.
- **Second Chance Entry Deadline: Tuesday, December 16th at 11:59 PM** - This deadline will serve for those that were not able to sign their child up by the 12/12 initial entry deadline. There is a good likelihood that entries sent to the host team on the morning of Wednesday the 17th will be accepted. However, there are no guarantees that the meet will not reach max capacity before this date.

This meet is open to swimmers in all practice groups. Friday PM's session is Timed Finals for all age groups. 8&U, 9- 10, 11-12 will have Timed Finals on Saturday and Sunday. 13&O will have prelims/finals on Saturday and Sunday (Top 16 for 13-14, Top 24 for 15&O). **This is the last meet LMST will attend before the championship season!**

Sorry for the delay in communication and for the extremely short period to sign your child up. If you are having troubles getting your swimmer signed up for this meet, please let me know ASAP and I can enter them on my end.

IASI Senior Scholarship Awards

Applications for the Iowa Swimming and Judy Hoffman scholarships are on due March 15th. Winners are announced in April, awarded at Spring House of Delegates meeting.

[Athlete Application for Iowa Swimming Scholarship.](#)

Both the IASI Swimming Scholarship and Judy Hoffman Memorial Scholarship Awards are granted to graduating high school seniors attending college in the fall of the same year. The awards are determined by the Scholarship Committee, with approval of the Iowa Swimming Board of Directors and based on qualities of citizenship, leadership, academics, service to Iowa Swimming, club representation, swimming excellence, and need.



Pictured Above: LMST Diamond athlete Ryan Schwartzhoff with his LMST "Silver Cap" at the 2026 Fast and Flurrious Invite. Congrats, Ryan!

Practice Updates - December 2026

12/10 (W) - This afternoon, there is a Middle School swim meet. However, the LM HS Boys team is no longer practicing due to the rescheduling of their away meet. Diamond & Senior will practice at 4:45 PM (or as soon as the MS meet concludes). **BRONZE, Silver, Gold, and Platinum will all practice at 6:30 PM TONIGHT.**

12/12 (F) - LMST will offer an additional morning practice for Diamond & Senior at 5:45 AM on Friday (in replacement of this morning's cancelation).

12/13 (Sat.) - Since the HS Boys team will be at an away meet, Platinum, Diamond, and Senior will practice at 7:30 AM on Saturday.

12/16 (T) - Senior will have swim practice from 4:00-6:00 PM, and dryland from 6:00-7:00 PM due to the LM HS Boys away swim meet. All other practice groups will practice at normal time on this evening.

12/19 (F) - Evening practice is still TBA for this day, as many of our coaches will be in Cedar Falls. Stay tuned...

Week of 12/22 & 12/29 - All LMST practice groups will have their primary practices in the morning. For current practice times, check the [LMST Practice Calendar](#) (dryland TBA).

IASI Paralympic Swimming

LMST supports Paraswimming as part of our club culture. Paraswimming aims to offer competitive swim opportunities for all; the focus is on nurturing competitive drive with supportive and appropriate training; essentially providing a parallel organization to USA Olympic Swimming. Those looking for participation with less of a competitive component may be better served by other programs, including Special Olympics.

Paralympic swimming competition is open to male and female athletes with physical disabilities such as dwarfism, amputation/limb loss, blindness/visual impairment, spinal cord injury/wheelchair-users, cerebral palsy/brain injury/stroke, cognitive impairment, and others.

World Para Swimming, under the governance of the International Paralympic Committee, acts as the international federation for the sport and is based in Bonn, Germany. Competition opportunities include the Paralympic Games every four years, the biennial World Championships, and the biennial or quadrennial regional Championships.

Iowa Swimming has included Paraswimming events at our championship meets for the last several years. Local visibility has increased with UNI's own Olivia Chambers swimming at the Paralympics in Paris and at World's.

Typically, the first step is to attend a virtual para workshop or informational meeting. Next one may consider classification. From the paralympic website: in order to safeguard the integrity of fair competition, all Para sports have a system in place which aims to ensure that winning is determined by sporting factors such as skill, fitness, power, endurance, tactical ability and mental focus, the same factors that account for success in sport for able bodied athletes. Through classification, it is determined which athletes are eligible to compete in a sport and how those athletes are then grouped together for competition. Often this process happens in conjunction with a swim meet.

There are several swimmers in Iowa currently completing the classification process.

How do I find out more? The US Paraswimming website <https://www.usparaswimming.org/> has lots of useful info. Please feel free to reach out to Ben Colin, coach on the World Paralympic staff as well as UNI and PAC Coach ben.colin@iaswim.org. LMST Coach Julia Wittnebel sits on the Iowa Swimming Disability Committee and is happy to assist. Paraswimming offers competitive opportunities to move forward with sport, including swimming in college and beyond.

14&U Midwest All Star Registration

Team Iowa and Iowa Swimming extend an invitation to register your athlete for consideration for both Team Iowa and the 2026 Midwest All-Star Championship. The championship meet is scheduled for January 9-11, 2026, at the Wellmark YMCA in Des Moines, IA. To be eligible for registration; swimmers are required to be available for the entire three-day competition (Friday-Sunday), USA Swimming registration must be renewed for 2026, and meet the eligibility requirements.

To be considered for Team Iowa, swimmers must have achieved a minimum of a 'BB' [USA Swimming motivational time standard](#) in any Midwest All-Star event. Selections will be based on swimmers' best official times from SWIMS Data Hub, during the SCY from September 1, 2025, to December 21, 2025.

The deadline to register/apply for Team Iowa is Monday, December 15th.

All interested swimmers must apply through the [Team Iowa website](#). DO NOT sign up through Commit!

LMST Winter Whiteout Info

The Linn-Mar Swim Team will host our annual, Winter Whiteout meet on Sunday, January 4th.

Entries are now open on Commit! The deadline to sign up for our one-day, January meet is on **Wednesday, December 10th**. This meet is open to all LMST swimmers.

This will be the last home meet for the 2025-26 Fall/Winter season that is free of entry fees (entry fees will be required for the February Regionals meet at LM).

8&U, 10&U, and 11-12 swimmers will compete in the Sunday morning session. 13- 14 and Senior swimmers will compete in the Saturday afternoon session. Rubber Ducks will be presented to the heat winners for each event and for any individual or relay team who finishes with a final time that ends in 25/100's!

11-12-year-old LMST swimmers in Platinum and Diamond are welcome to swim in IMX events in afternoon to achieve Silver cap, so long as the swimmer does not exceed four (4) individual events for the day.

LMST MEET SCHEDULE

FALL/WINTER (SCY) 2025-26

DATE	MEET	LOCATION
OCTOBER 4, 2025	LMST PUMPKIN PLUNGE\$	LINN-MAR AQUATIC CENTER
OCTOBER 18, 2025	BLST-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 "FAST & THE FLURRIOUS"\$	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