

*Inspire Learning. Unlock Potential. Empower Achievement.*

Volume VII, Edition XVIII

Wednesday, December 17th, 2025

## BLST HOLIDAY CLASSIC

CF COMMUNITY NATATORIUM | FRIDAY, DEC. 19<sup>TH</sup> - SUNDAY, DEC. 19<sup>TH</sup>



Pictured Above: LMST Diamond athlete Stella Goertzen swimming in the Sunday afternoon session of the 2025 DASH Giving Thanks Meet in Dubuque, Iowa on November 23<sup>rd</sup> (source: Shaun Elhard)

The 2025 Holiday Classic, hosted by the Black Hawk Area Swim Team, is this weekend (Friday, December 19th to Sunday, December 21st) at the NEW Cedar Falls Community Schools Natatorium in Cedar Falls, IA. LMST has 76 total swimmers entered in this meet, the most from an away team!

With 14 lanes, BLST have enough space to accommodate one warm-up for each of their 7 sessions. Finals sessions (#4 & #7) will be open warm-ups. Both 10&U sessions (#3 & #6) will be 40-min warm-ups beginning at 12:30pm both days. \*SUN 1650 heats will be combined in order to conclude the session by 12:30pm.

Santa will be making an appearance in CF this Saturday at 1 PM. Santa will cheer on the 10&unders during session #3, and then he will be available at his Toy Shop in the spectator concourse for individual photo ops from 3-4:30pm.

FINALS: After prelims, the top (10) 11-12 girls, top (10) 11-12 boys, top (20) 13-14 girls, top (10) 13-14 boys, top (20) 15&O girls, and top (10) 15&O boys will advance to finals on Saturday and Sunday evenings. **If your swimmer is not planning to stay for finals, please email coach Jackson ASAP.**

[BLST Holiday Classic Meet Page](#)  
[Parking Information](#)

### Meet Itinerary (WU Time/Start Time)

- Friday Evening (Events 1-14) → **5:00 PM/6:00 PM**
- Saturday AM (Events 37-64; 11&O Prelims) → **7:30 AM/8:30 AM**
- Saturday Afternoon (Events 15-36; 10&U Timed Finals) → **12:30 PM/1:20 PM**
- Saturday PM (11&O Finals) → **4:00 PM/5:00 PM**
- Sunday AM (Events 91-118; 11&O Prelims) → **7:30 AM/8:30 AM**
- Sunday Afternoon (Events 65-90; 10&U Timed Finals) → **12:30 PM/1:20 PM**
- Sunday PM (11&O Finals) → **4:00 PM/5:00 PM**

# ICE Tunwall Invite & ACAC Tundra Entries

The first round of entries that were submitted to ACAC for the 2026 Tundra have been *accepted* by the host team! Meaning, if your swimmer was committed to the meet by the evening of Friday, December 12<sup>th</sup>, your swimmer is good to participate in the ACAC Meet on 1/16-1/18!

For those that declared their intention to swim at Tundra on Saturday, December 13<sup>th</sup> or after, their entries will be submitted after to ACAC the BLST Holiday Classic. The host team guaranteed that any additional entries from LMST after 12/12 will be accepted, guaranteed!

On another note, a new opportunity has been presented within the area for the weekend of January 17<sup>th</sup> and 18<sup>th</sup>. ICE is hosting a meet for all ages at Mercer Park Aquatic Center in Iowa City this weekend. LMST will now be sending coaches to this meet.

Entries are now available for the ICE meet on Commit. This is a great local opportunity for swimmers in the Bronze, Silver and Gold practice groups.

The deadline to sign up for the ICE meet is **Wednesday, December 31**.

**For anyone that signed up to swim at the ACAC meet, and would prefer to swim at the more local competition, please reach out to Jackson ASAP, and we will work with your family to remove the ACAC entries.**

Swimmers that attend practices/meets regularly are encouraged to prioritize the ACAC meet if they are already entered.

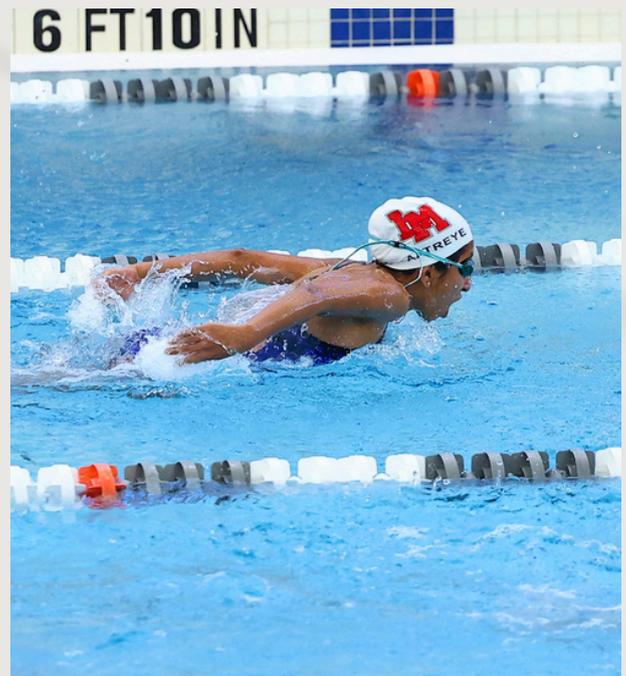
## Noon Year's Eve - 12/30

On Tuesday, December 30<sup>th</sup>, LMST will have their annual "Noon Year's Eve" celebration from 11 AM to 12:30 PM. Swimmers from all groups are invited to participate.

The Linn-Mar Aquatic Center will open the pool for free swim. LMST will bring out the "Wibit" and will have a diving board open to jump off. At 11:59, the team lines up along the side of the pool and counts down until noon when everyone jumps in the pool shouting, "Happy New Year."

Families are welcome to bring treats for the swimmers (signup included on Commit "Jobs" tab). We will distribute treats to swimmers in the front lobby throughout the event.

**Bronze WILL NOT have normal practice on this morning. Silver & Gold practice will be condensed from 10-11 AM.**



Pictured Above: LMST Platinum athlete Aatreya Dutta swimming in the Sunday afternoon session of the 2025 DASH Giving Thanks Meet in Dubuque, Iowa on November 23<sup>rd</sup> (source: Shaun Elhard)

## Winter Break Schedule Updates

**12/19 (F)** - We are good to have practice on the evening of Friday, December 19<sup>th</sup>! LMST will have the following schedule on this evening:

- Bronze - 6:30-7:20 PM
- Silver - 6:30-7:30 PM
- Gold & Platinum COMBINED - 6:30-8 PM
- Diamond & Senior COMBINED - 6:30-8:15 PM
- NO Diamond Dryland

**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](#).

**12/22 (M) & 12/29 (M)** - Senior will have an additional swim practice from 4:30-6:30 PM the next two Mondays of Winter Break. That change has been made to the calendar.

**12/23 (T), 12/26 (F), 12/30 (T), & 1/2 (F)** - Senior will have dryland before morning swim from 7:45-9 AM

**12/24 (W), 12/27 (Sat.), 12/29 (M), 12/31 (W)** - Diamond will have dryland from 8:15-9 AM. All Diamond & Diamond/Senior hybrid swimmers are asked to come to dryland. If there is not enough interest, Dryland may be cancelled. If your child cannot make future drylands with the current offerings, please email Jackson.

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