



LMST NEWS

Inspire Learning. Unlock Potential. Empower Achievement.

Wednesday, September 11th, 2024 • Volume V, Edition IV



New Information Highlighted in **■**

A3 Team Store

Pack-and-Hold Deadline →

Thursday, September 12th

As mentioned yesterday at the parents informational meeting, 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 2024-25 school year!

LMST Team Store - A3 Performance

The deadline to order all items (including caps) free of shipping is Thursday, September 12th. If you use the code **LMST24** at checkout before tomorrow, any items purchased will be sent to the aquatic center to be passed out by Jackson before the Fall Invite on Saturday, October 5th.

Any families that have previously reached out to me about caps are encouraged to go ahead and order directly through the A3 website. LMST will also 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.

Any other items ordered *after* Thursday, September 12th (excluding caps, those must be ordered by tomorrow) 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 (info@a3performance.com) or by phone at 888-369-7946.

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



Pictured Above: LMST Swimmer Oliver Snyder competing at the 2024 IASI Long Course Championships in Des Moines, IA on Sunday, July 28th (Source: Chris Pose).

Meet Information

2024 Lions Fall Invite

Entry Deadline → Tuesday, September 17th | Marion, IA

On Saturday, October 5th, LMST is hosting our annual [Fall Invite](#) at the Linn-Mar Aquatic Center. All swimmers registered with LMST (Bronze, Silver, Gold, Platinum, Diamond, Senior, and National) are encouraged to participate.

New this year, swimmers 10 years of age or younger will compete in our morning session, and swimmers 11 years of age or older will compete in our afternoon session. Warmups for the morning are tentatively scheduled for 8 AM with a 9 AM competition starts. The afternoon session will have 12:30 PM warmups with a 1:30 PM start.

Parents may choose to commit (enter) their swimmers by logging into their Commit accounts. Parents do not have to choose events for events and may have the coaches select their swimmers' events.

There is not an entry fee for LMST swimmers to enter this meet. The entry deadline is Tuesday, September 17th, 2024. Moving forward, we will use Commit to sign up for volunteer and hospitality positions.

The volunteer sign up is now available to families (note: if your family is interested in signing up for multiple slots for one job, reach out to Jackson and he will sign up for you). A signup for hospitality donations will be released within the next week.

The meet's hosted and attended by LMST are all USA Swimming sanctioned swim meets. For students to participate in USA Swimming sanctioned swim meets, students must be a current member of USA Swimming.

As a part of the registration process, payment is required for the registration. LMST families will receive a credit on their Commit accounts for the cost of their student's registrations (email receipt to Parker or Jackson).

[USA Swimming Registration FAQ](#)

USA Swimming Memberships Include:

- Premium → Membership lasts to 12/31/25
- Seasonal → Membership lasts 150 days
- Outreach → Contact Parker if Interested

9/14 AM Practice

Diamond, Senior, National

This Saturday, September 14th, the Diamond, Senior, and National groups will practice from 6:30 to 8:15 AM. Male swimmers will not be allowed to go into the locker room after practice due to the LM HS Girls Invite!

LM HS Girls Invite

Sat., Sept. 14 at 12:30 PM

LMST swimmers and families are encouraged to come to the aquatic center this Saturday to watch some of the best swimmers around the state compete at an invite. Admission is \$10 for K-12 and adults. Swimming starts at 12:30 PM

Fall Invite Officials

Sign Up Now Available

The [LM Fall Invite Officials Signup](#) is now available. If you are interested in becoming an official, please reach out to Jackson or [Andrea Kelley](#). The state will be hosting Stroke & Turn classes soon. We may also host if we have interest.

Team Information

New Parent Informational Meeting Recap

Tuesday, September 10th | Linn-Mar Aquatic Center Lobby

Thank you to those parents who were able to attend last night's parent informational meeting. For those that may have missed the meeting, here are some major talking points that were discussed a little more in depth.

Championship Culture

At LMST, we have many students on the team with differing goals and aspirations in the sport. No matter the reason for participation, the coaching staff pushes our students to strive for high goals and will hold the students accountable to said goals. Whether or not students achieve the goals they set out for initially may be an afterthought. Instead, coaches prioritize the pursuit of progress and learning rather than perfection.

Account Activation/Suspension

When a family registers their student for the 2024-25 school year (includes Fall/Winter and Spring/Summer seasons), their swimmers' account becomes active on our team website, meaning that their family will be billed practice fees for their child for the upcoming billing month. If your child will not be swimming for a particular month for any given reason, please reach out to Jackson or Parker before the first of that month so that your family is not billed.

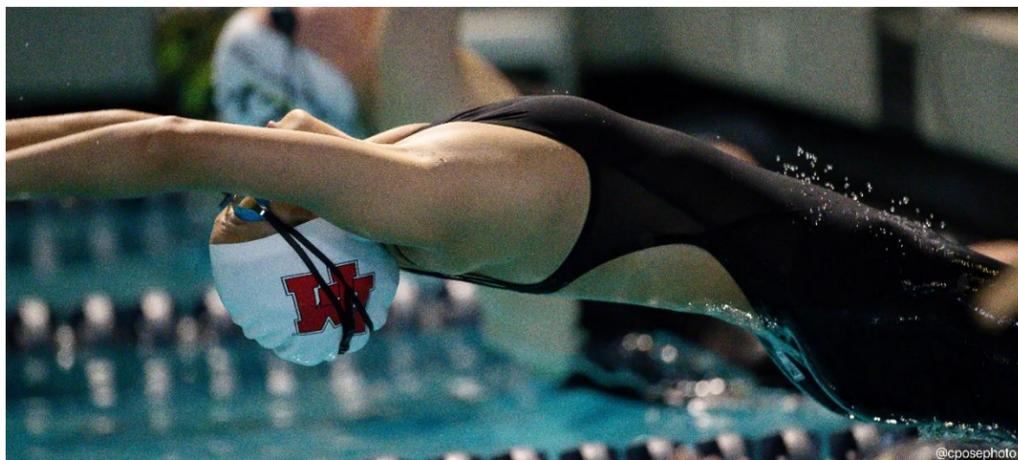
Team Registration Fee

To participate with LMST during the Fall/Winter and/or Spring/Summer seasons, your family needs to pay our

annual team registration fee (\$195 for non FRL families). This fee covers the cost of USA Swimming Registration and four of our home meets over the course of our two seasons within a year. However, families must initially purchase the USA Swimming registration on their own since that is something we cannot perform as coaches. Once purchased, send a receipt of membership to team admin for re-credit.

Communication

If you ever have any questions relating to activation/suspension, meets, or practices feel free to email Coach Jackson Allmon at jackson.allmon@linnmar.k12.ia.us. If you ever have any questions regarding billing, reach out to Team Admin Parker Crow at parker.craw@linnmar.k12.ia.us (not the LM Business Office).



Pictured Above: LMST Swimmer Teresa Zhnag performing a backstroke start at the 2024 IASI Long Course Championships in Des Moines, IA on Saturday, July 27th (Source: Chris Pose).

Practice Calendar

Starts Practice – 9/17 (T)

Start Specific Practice at Normal Practice Time

On Tuesday, September 17th, the Linn-Mar Swim Team will dedicate that evening of practice to racing starts. Swimmers will learn different concepts dependent on practice group that will help swimmers improve the entry into the water, either off-the-block or from the side of the pool.

During this night, newer swimmers will learn the official commands for getting ready, stepping on the block, and how to react when the meet starting system goes off.

Returning swimmers will learn new drills that will help them improve their body position, push off the block stronger, react quicker, and have a cleaner entry.

There will be no change to the normal practice schedule on this night. Unlike in previous years, swimmers will start in their practice group and remain in their practice group for the entirety of the workout.

Hope to see as many swimmers attend practice on this night as possible!

Meet Information

LMST Quad Meet

Entry Deadline → 10/8 (T)

On Saturday, October 19th, LMST will be hosting a Quad Meet at the Linn-Mar Aquatic Center. This meet is *only* for swimmers 13 years of age or older in the Platinum, Diamond, Senior, and National groups.

LMST will host the following teams on this weekend:

- Black Hawk Area Swim Team (BLST)
- Dubuque Area Swimmint' Hurricanes (DASH)
- Piranhas Swim Club (PSC)

Meet information has been posted to Commit and entries are now open. The deadline to enter this meet is Tuesday, September 8th. There will be a meet entry fee for this meet (\$20 flat fee per athlete entered).

Meet warmups will begin at 8 AM with a competition start time of 9 AM. All events will be offered with the exception of the 1000-yard FR, 1650-yard FR, and 400 yard IM. Swimmers may enter up to four individual events.

This meet is the same weekend as the Kohawks Harvest Invite at Coe College. All swimmers 12 years of age or younger are encouraged to attend the meet at Coe. Swimmers 13 years of age or older in the Silver, Gold, and Platinum groups are also encouraged to attend this meet (although 13&O swimmers in the Platinum group are welcome to swim at the LMST meet).

