

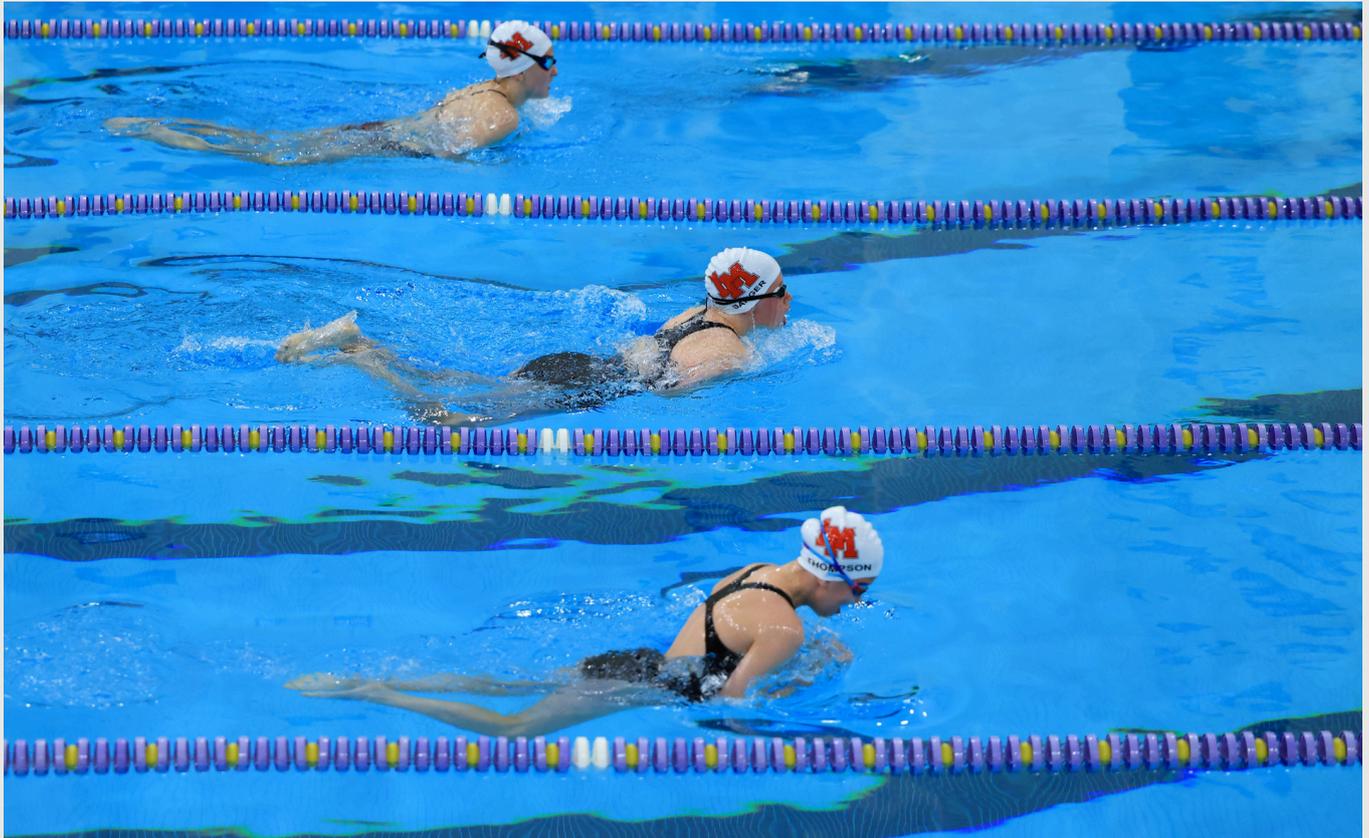
*Inspire Learning. Unlock Potential. Empower Achievement.*

Volume VI, Edition XV

Wednesday, July 2<sup>nd</sup>, 2025

## JULY CALENDAR UPDATES

**LMST PRACTICE CALENDAR** → LAST DAY OF PRACTICE IS 7/18, 7/19



Pictured Above: LMST swimmers (from left to right) Annalise Fonseca, Eloise Sanger, and Emma Thompson competing at the 2025 Panther Aquatic Club Tri meet at the Wellness Recreation Center in Cedar Falls on Thursday, June 26th (source: Corner House Photography).

### Week of 6/30 - 7/6

7/3 (Th) → Final Gold Dryland of the season (4:45-5:30 PM)

7/4 (F) → Platinum- Senior swim from 6:15-8:15 AM, Silver and Gold from 8:15-9:45 AM

7/5 (Sat.) → Final Marion Outdoor practice of season (Platinum-Senior at 6:30 AM, Gold at 7 AM).

### Week of 7/7 - 7/13

7/8 (Th) → Final Platinum Dryland of the season (4:30-5:15 PM)

7/10 (Th) & 7/11 (F) → No Thursday PM or Friday AM practices due to meet.

### Week of 7/14 - 7/20

7/14 (M) & 7/16 (W) → Diamond & Senior Dryland will start at 2 PM, Swim immediately following dryland until 4 PM

7/18 (F) → Platinum- Senior swim from 6:15-8:15 AM, Silver and Gold from 8:15-9:45 AM

7/19 (Sat.) → Diamond & Senior LC Champ Qualifiers will practice from 7:30-9:30 AM at Linn-Mar.

### Week of 7/21 - 7/27

7/21 (M), 7/22 (T) → Diamond & Senior LC Champ Qualifiers from 2-3:30 PM, Bronze-Platinum LC Champ Qualifiers from 5:30-6:45 PM

7/23 (W) → Diamond & Senior LC at same time, Bronze -Platinum LC Champ Qualifiers from 3:00-4:00 PM

### Week of 7/28 - 7/30

7/28 (M), 7/29 (T), 7/30 (W) → Practice for 14&U Central Zone Qualifiers is still TBD



Pictured Above: LMST Platinum swimmer Garrett Smith competing at the 2025 Panther Aquatic Club Tri meet at the Wellness Recreation Center in Cedar Falls on Thursday, June 26th (source: Corner House Photography).

## *PAC Tri Meet Recap*

Congratulations to all of the Linn-Mar Swim Team athletes that competed at the Panther Aquatic Club Tri Meet at the University of Northern Iowa pool on Thursday, June 26th.

LMST had 48 athletes entered in the meet, more than the other two participating teams' athletes combined! This was a great opportunity for swimmers to compete in a 25-yard pool during the Long Course Meet season and try new events. LMST came away with a lot of first places and heat wins!

Thank you LMST families for your continued meet support, especially on a stormy weekday evening.

A big shoutout to Shaun Elhard for taking pictures of LMST students in action the meet last week.

**Corner House Photography** (Pin number 2703)

## *IASI End-of-Season Championship Meets*

IASI Summer Regionals and 8&U Champs (Dubuque - 7/19-7/20)

**Deadline to enter is Wednesday, July 9th**

Swimmers from all practice groups are encouraged to attend Summer Regionals in Dubuque if not already attending IASI Champs. This is an end of the season championship meet for most swimmers. It is also an 8 & Under Championship and team championship.

Swimmers in all groups have been preparing to "peak" for this meet. **NO QUALIFYING TIMES NEEDED!**

IASI Long Course Champs (Waukee - 7/24-7/27)

**Deadline to enter is Wednesday, July 16th**

To check if your swimmer is qualified individually for their age group, see the **IASI Championship "Q" Times**. Athletes can qualify with Long Course Meters OR Short Course Yards times. The meet will be held at the Waukee Natatorium from Thursday, July 24th to Sunday, July 27th.

If no more than 4 LMST swimmers in a respective age group qualify, the team may ask swimmers to compete as "relay-only" swimmers. If you are interested in being a relay only swimmer, please commit online.

## *Team Summer T-Shirts*

LMST is working with Splash Multisport to provide summer themed apparel to families: **LMST Splash Team Store**. LMST orders are due **TONIGHT, JULY 2ND at MIDNIGHT**.

Orders will be delivered and handed out at the BLST Summer Sizzler. Families are encouraged to wear their LMST "Bomb Pop" apparel on USA Day. No items will be shipped to you directly.

If items ordered are laser engraved (waterbottle, tumbler, etc.) these will be shipped directly to you. They will not be available for pick up at the meet.

## *2025-26 Academic Year Registration*

Registration for the 2025-26 academic year is set to open on **Friday, August 1st** on our Linn-Mar Swim Team website via Commit Swimming. A link to register will be included on the website's homepage in August.

As a part of the registration process, families will pay a registration fee (which will cover the cost of meet entry fees for three of our home meets). This fee will last the student through the remainder of the 2025-2026 academic year (includes our Spring/Summer season). In addition to the team's registration fee, each family is billed monthly practice dues, varying between practice groups and whether your child is a Linn-Mar Community School District student.