



LMST NEWS

Inspire Learning. Unlock Potential. Empower Achievement.

Wednesday, August 28th, 2024 • Volume V, Edition II



New Information Highlighted in

Fall Practice Schedule Normal Calendar until Nov. 8

[Swim Practice Calendar](#)

For up-to-date practice cancellations/time modifications, check the link above *regularly*. With the plethora of programming offered at the aquatic center, practice times change often. I will usually send a message via email or the newsletter if practice times are different than the times below on a given date.

Fall Swim Practice Calendar

Bronze → M-Th at 6:30-7:20 PM

Silver → M-Th at 7:20-8:30 PM; F at 6:30-7:45 PM

Gold → M-F at 6:30-8:00 PM; Sat. at 7:30-9:00 AM (starts 9/28)

Platinum → M-Th PM at 6:30-8:15 PM; F PM at 6:30-8:00 PM; Sat. at 7:30-9:30 AM (starts 9/28)

Diamond → M-Th PM at 6:30-8:15 PM; Th AM at 6:00-7:15 AM (starts 9/5); F PM at 6:30-8:00 PM; Sat. at 7:30-9:30 AM (starts 9/14*)

Senior & National → M-Th at 6:30-8:30 PM; T, Th at 6:00-7:45 AM (starts 9/5); F PM at 6:30-8:00 PM; Sat. at 7:30-9:30 AM (starts 9/14*)

*9/14 AM practice will be from 6:30-8:15 AM due LM HS Girls Invite

Fall Dryland Practice Calendar

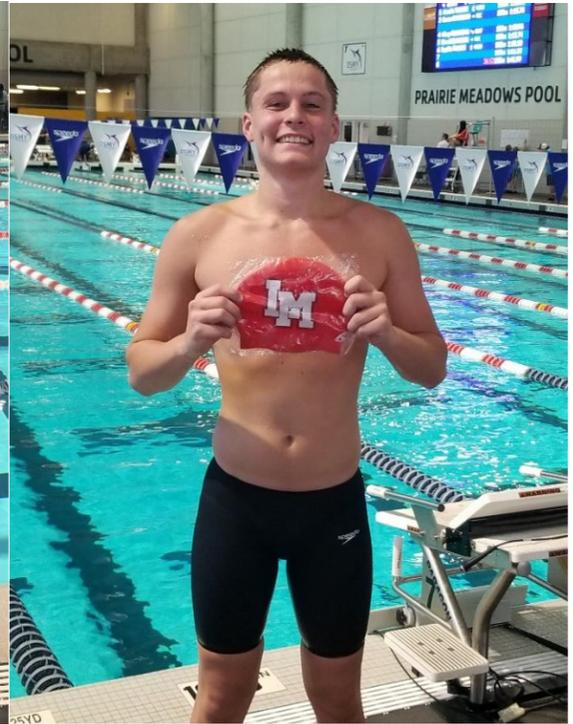
Bronze & Silver → No Dryland

Gold → Wed. at 5:45-6:30 PM (start 9/11)

Platinum → Mon. at 5:30-6:30 PM (starts 9/9)

Diamond → T & Th at 5:30-6:30 PM (starts 9/10)

Senior & National → T & Th at 6:00-7:00 AM (starts 8/26)



Pictured Above: LMST swimmers Rylee Sieren and Tyler Brekke earning their Red “LM” Caps at this past summer’s IASI Long Course Champs. The two swimmers earned 2024 Spring Sectionals cuts in the 200 FR and 1500 FR, respectively. For more information on cap colors, read the excerpt on page 2.

Team Information

LMST Practice Group Structure

Objectives and Advancement Criteria in PDF at [Bottom of Link](#)

Bronze → For swimmers new to LMST who have advanced to Station 7 or higher of Linn-Mar’s swimming lesson program. Bronze is designed for our students who are new to the sport of competitive swimming.

Silver → For swimmers 8 years of age or older who have demonstrated the ability to participate within a group setting, understand swimming terminology, and who can legally race all four strokes. Swimmers will begin to complete structured sets but will prioritize technique over intensity and volume. Swimmers must be able to consistently perform proper technique throughout the span of practice.

Gold → For swimmers aged 10 years or older. This program is designed for the competitive swimmer who attends practice regularly. Swimmers will continue to work on proper technique within all four strokes while completing structured sets/daily.

Platinum → For swimmers aged 11 years or older. This program is designed for swimmers who are striving to compete at Age Group Championships. Training sessions

will focus on a progressive system of endurance development while preparing for a more advanced level of competition.

Diamond → For swimmers ages 12 to 14. This program is designed for swimmers who are striving to compete at All Stars/Zones. Swimmers will continue the development of improved stroke technique while utilizing a program with intense and diverse endurance training.

Senior → This group is for high school aged swimmers *only*. This program is designed for athletes who have extensive experience in competitive swimming and have demonstrated the willingness to train consistently. Training will focus on preparing these swimmers for LSC Championships, HS Districts/Regionals, and HS State.

National → Training will focus on preparing these swimmers for an advanced level of competition, including all Sectional/National level meets and above, and competing collegiately upon graduating high school.

White ‘LM’ Caps

Plain Caps Available at LM

The team has plain, white “LM” caps available for purchase. If you are interested in receiving a non-customized white cap, please email [Jackson](#). He will bill your family’s Commit account \$14 a cap. Read page 2 for more cap info.

No Practice – 9/2 & 9/3

Labor Day & Girls HS Practice

On Monday, September 2nd, there will be no LMST practice due to Labor Day. On Tuesday, September 3rd, there will be no evening practice due a HS Girls swim meet at LM. Senior and National will still have practice in the AM on Tuesday.

USA Swimming Reg.

Available Next Week

A link to register your child for USA Swimming will be sent to families next week. USA Swimming membership costs are included in team registration. More info will be provided next week and at the parent meeting (9/10 at 6:30).

Meet Schedule

2024-25 LMST Short Course Meet Schedule

*Team Registration fees cover the entry fees expense to home meets (exc. Intrasquad)

Date	Meet	Location	Date	Meet	Location	Date	Meet	Location
10/5	Linn-Mar Lions Fall Invitational*	Marion, IA	11/22-11/24	DASH Giving Thanks Invitational	Dubuque, IA	2/9	LMST Intrasquad	Marion, IA
10/19-10/20	Coe College Harvest Invitational	Cedar Rapids, IA	12/6-12/8	Linn-Mar December Invitational*	Marion, IA	2/15-2/16	IASI Summer Regionals and 8&U Champs	Dubuque, IA
10/19	LMST Quad Meet (13&O)	Marion, IA	1/5	Linn-Mar Winter Whiteout*	Marion, IA	2/20-2/23	IASI Age Group Champs	Des Moines, IA
10/26-10/27	CIA Fall Mixer	Des Moines, IA	1/10-1/12	14&U Midwest All Star	Des Moines, IA	2/27-3/2	IASI Short Course Champs	Iowa City, IA
11/8-11/10	A3 Midwest Challenge	Iowa City, IA	1/24-1/26	CIA Winter Blues Buster	Waukee, IA			



Pictured Above: Colored caps that LMST swimmers can achieve based throughout their career. White caps are available to all LMST swimmers, despite experience.

Team Achievements

LMST Cap Color Guide

[Color Cap Guide](#) available on LMST Website

LMST National “Black” Caps → LMST swimmers earn this cap when qualifying for winter juniors, summer juniors, or open water juniors (18&U swimmers only)

LMST Sectional “Red” Caps → LMST swimmers earn this cap when qualifying for spring sectionals, summer sectionals, or futures

LMST Standard “White” Caps → all LMST swimmers may wear the standard cap at practices & meets, personalized caps available throughout course of year (plain white cap information on page 1)

LMST Silver “IMX” Caps → LMST swimmers earn this cap when they legally compete in a 400 FR (LCM) or 500 FR (SCY), 200 BK, 200 BR, 200 FL, 200, IM, & 400 IM over the course of a season (short course yards or long course meters). **Swimmers who earned their Silver cap last year do not need to “re-earn” their cap this season.**

LMST is working to put together a “personalized” cap order to send out within the next few weeks. Personalized caps are white caps where families are able to customize print underneath the LMST logo (i.e. LAST NAME).

Job Postings

Club and LSC Job Postings – Aug. 2024

LMST Gold/Platinum and Iowa Swimming Jobs Available!

Linn-Mar Swim Team Coaching

LMST is still looking for people in the following positions for this short course season:

- Gold Group Assistant Coach → Ages 10-13
- Platinum Group Lead Coach → Ages 11-14 (previous competitive coaching experience preferred)

An updated job posting including group descriptions/objectives and responsibilities is now on the [LMST team website](#).

For more information regarding LMST, contact Head Coach [Jackson Allmon](#).

Iowa Swimming Part-Time Positions

IASI is currently accepting applications for a part-time Operations Administrator and a part-time Communications Coordinator.

Information about both positions can be found on the [IASI website](#) under the Home tab.

Interested candidates should identify which position they are interested in and submit a resume along with a cover letter outlining their qualifications and interest in the position to art.dinkin@iaswim.org.

Application deadline is Sunday, September 15th, 2024 at Noon (CST).

