

*Inspire Learning. Unlock Potential. Empower Achievement.*

Volume VII, Edition I

Wednesday, August 20th, 2025

## 2025-26 TEAM REGISTRATION

**REGISTRATION IS NOW OPEN FOR THIS ACADEMIC YEAR!**



Pictured Above: Linn-Mar Swim Team athletes cheering on their teammate during the Thursday Afternoon session of the Iowa Swimming Long Course Championships on July 24<sup>th</sup>, 2025 (source: Chris Pose).

Registration for the 2025-2026 School Year is now open on the Linn-Mar Swim Team website. Registration links are on the bottom of the website homepage. Links vary based on practice group and whether your child is an in-district (standard or free and reduced student) or out-of-district student.

- Bronze (6 years or older)
- Silver (8 years or older)
- Gold (10 years or older)
- Platinum (11 years or older)
- Diamond (12 years or older)
- Senior (14 years or older)

Group Descriptions and Objectives for this upcoming short course season has been posted on the LMST website.

If your child plans on practicing right away in the Fall, your family should register your swimmer for the upcoming school year before the first day of practice (Monday, August 25th).

The registration fee for the 2024-25 year is \$195. LMST billing months for dues are September, October, November, December, January, April, May, and June. Silver through National will be billed half of February's monthly dues.

During the Fall & Winter Season, middle schoolers and high schoolers are not billed during months of the school competition season. LMST swimmers are still permitted to train with the team during the Fall/Winter months they are not billed!

The registration fee and monthly dues rate for Linn-Mar district students who receive free or reduced lunches is \$5.00 regardless of practice group. Contact Club Admin Parker Crow for more details. For questions regarding group placement/schedule, contact Head Coach Jackson Allmon.

# LMST Fall 2025 Practice Calendar

## Bronze

- Monday ☐ 6:30-7:20 PM
- Tuesday ☐ N/A
- Wednesday ☐ 6:30-7:20 PM
- Thursday ☐ N/A
- Friday ☐ 6:30-7:20 PM

## Silver

- Monday ☐ 6:30-7:30 PM
- Tuesday! ☐ 6:30-7:30 PM
- Wednesday ☐ 6:30-7:30 PM
- Thursday ☐ 6:30-7:30 PM
- Friday ☐ 6:30-7:30 PM

## Gold\$

- Monday ☐ 7:20-8:30 PM
- Tuesday! ☐ 6:30-8:15 PM
- Wednesday ☐ 7:20-8:30 PM
- Thursday ☐ 6:30-8:15 PM
- Friday ☐ 7:20-8:30 PM

## Platinum\$

- Monday ☐ 6:30-8:15 PM
- Tuesday! ☐ 6:30-8:15 PM
- Wednesday ☐ 6:30-8:15 PM
- Thursday ☐ 6:30-8:15 PM
- Friday ☐ 6:30-8:15 PM
- Saturday ☐ 7:30-9:30 AM

## Diamond

- Monday ☐ **5:30-6:15 PM Dryland (Start week of 9/8)** & 6:30-8:30 PM
- Tuesday! ☐ 6:30-8:30 PM
- Wednesday ☐ 5:45-7:00 AM & 6:30-8:30 PM
- Thursday ☐ 6:30-8:30 PM
- Friday ☐ **5:30-6:15 PM Dryland (Start week of 9/8)** & 6:30-8:30 PM
- Saturday ☐ 7:30-9:30 AM

## Senior

- Monday ☐ 5:45-7:00 AM & 6:30-8:30 PM
- Tuesday! ☐ **5:30-6:30 Dryland** & 6:30-8:30 PM
- Wednesday ☐ 5:45-7:00 AM & 6:30-8:30 PM
- Thursday ☐ **5:30-6:30 Dryland** & 6:30-8:30 PM
- Friday ☐ 6:30-8:30 PM
- Saturday ☐ 7:30-9:30 AM

**\$** - Gold & Platinum dryland time will be built into swim schedule for this Fall. Coaches will email families when to bring dryland apparel (tennis shoes, athletic shorts) to practice in next couple of weeks

**!** - On 9/9, 9/23, and 10/14, the LM HS Girls Swim and Dive team will have home meets at the aquatic center. On these evenings, LMST PM swim practice will be cancelled (Senior dryland TBD).

# LMST Championship Season Recap

## IASI Regionals and 8&U Champs

Congratulations to all LMST swimmers who competed at the 2025 IASI Summer Regionals and 8&U Champs in Dubuque on July 19th and 20th.

LMST was represented by swimmers Dhyan Deepak, Ruby Nash, Madeline Throgmorton, Lila Washburn, and Quinn Yarker at the 8&U Championships. All five swam their way on to the podium at their state meet.

Dhyan won first place in the 8&U Boys High Point standing, achieving the most total points out of any male at the competition. A great accomplishment for someone that was 7 years old at the meet!

Congratulations are also in order to Saniha Deepak (50 & 200 BR) and Colin Janda (100 FL) on achieving IASI "Q" time at this meet. Way to go, LMST swimmers!

## IASI Long Course Champs

Congratulations to all LMST swimmers who competed at the 2025 IASI Long Course Championships at the Waukee Natatorium in Waukee, IA from July 24th to July 27th.

LMST placed 7th overall in the team standings, tied for the highest placing in team history. LMST also had a record number of 45 athletes who competed at the meet.

Congratulations to following swimmers for earning their **Red Cap** (Central Zone Spring Sectionals)!

- Peyton Adair (200 FR)
- Mackenzie Tristan (200 BK)
- Bradyn Weis (1500 FR)

Congratulations are also in order to Clayton Treharne for winning 3<sup>rd</sup> place in High Point for the 13-14 Boys division.

## Central Zone 14&U Zone Champs

Congratulations to the following athletes for competing at the 2025 Age Group Central Zones meet in Rochester, MN from July 31<sup>st</sup> to August 3<sup>rd</sup>:

- Rory Breitbach
- Kennedee Gates
- Frankie Martino
- Joseph Saputra
- Nathan Saputra
- Clayton Treharne
- Bradyn Weis
- Shay Williams

All eight LMST swimmers represented Team Iowa and competed against the best 14 and under athletes in the Midwest states. In order to qualify for Zones, swimmers must achieve a [USA Swimming "AAA" Motivational Time Standard](#).

Way to represent LMST, swimmers!

## *Parent Info Meeting - 9/5 @ 6:30 PM*

LMST staff will host a beginning of the year informational meeting at the Linn-Mar Aquatic Center on Friday, September 5<sup>th</sup> at 6:30 PM in the Linn-Mar Aquatic Center lobby.

Coach Jackson will discuss the following during this evening:

- Team Mission & Values
- Practice Group Structure
- Parent & Athlete Expectations
- Team, Practice & Meet Fees
- Meet Athlete Registration & Entries
- Volunteering Opportunities

This meet is catered for Bronze/Silver families and/or new families on the team. We hope to see you there!



Pictured Above: LMST Platinum athlete Norah Foreman competing during the Sunday Afternoon session of the Iowa Swimming Long Course Championships on July 28<sup>th</sup>, 2025 (source: Chris Pose).

## *Practice Updates - Weeks of 8/25 & 9/1*

- **8/25 (M), 8/27 (W), 9/3 (W)** - NO Diamond & Senior AM practices (starts week of 9/8)
- **8/30 (Sat.)** - NO Saturday AM Practice from Platinum-Senior (starts on 9/6)
- **9/1 (M)** - NO Bronze, Silver, and Gold Practice (Labor Day); Platinum, Diamond, and Senior will practice from 7:30-9:30 AM
- **9/2 (T)** - Senior swim from 4-6 PM, and will have dryland from 6-7 PM (HS Girls Away Meet); Bronze-Diamond all at normal time

## *LMST Team Records- Summer 2025*

### Individual Long Course Meter Team Records:

- Joseph Saputra - Boys 11-12 400 IM
- Clayton Treharne - Boys 13-14 50 FR, 100 FR, 200 FR, 100 BK, 200 BK, 100 BR, 100 FL, 200 FL, 200 IM, 400 IM
- Bradyn Weis - Boys 13-14 200 BR

### Relay Long Course Meter Team Records:

- Clayton Treharne, Levi Richards, Nathan Saputra, Bradyn Weis - 200 FR Relay, 400 FR Relay
- Teresa Zhang, Layla Breitbach, Mehal Raghvani, Addison Luck - 200 Medley Relay

# *LMST Practice Expectations*

All practice groups will have their first evening practice on Monday, August 25th. Gold will begin at 7:20 PM, all other groups will begin at 6:30 PM.

Throughout the week, the LM Girls High School teams have the whole pool reserved until 6:30 PM. **All students must remain in the aquatic center lobby until 10 minutes before the start of their practice time (including high school aged club swimmers).**

Students are encouraged to place their belongings on the set of bleachers on deck closest to the locker rooms. On the first day, students will organize the bleachers based on practice groups, and lead coaches will do attendance/go over group expectations.

All students should arrive in their swimsuit the first day. It is recommended to wear clothes over your swimsuit upon arrival for the duration of the season.

There are locker rooms and single-user restrooms available for the swimmers on deck. However, we want to limit locker room use before practice with the HS team concluding their practice around the same time. Students should also bring a towel of their own with them to practice. No other gear is required.

No parents/adults are allowed to go downstairs, onto the pool deck. Parents are welcome to watch their students from the stadia during their practice

LMST MEET SCHEDULE

# FALL/WINTER (SCY) 2025-26

DATE	MEET	LOCATION
OCTOBER 4, 2025	LMST PUMPKIN PLUNGE\$	LINN-MAR AQUATIC CENTER
MID TO LATE OCTOBER (TBD)	BLST-DASH-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 DECEMBER INVITE\$	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