



LMST NEWS

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New Information Highlighted in

End-of-the-School Year Schedule

Schedule Starts Next Week!

Due to the Linn-Mar Aquatic Center Spring Evening Lessons program ending on Thursday, May 16th, LMST has decided to modify its Practice Calendar to take advantage of the open pool space during the last two weeks of the school year.

Below will be the practice schedule from Monday, May 20th (today) to Saturday, June 1st:

Bronze: Monday through Thursday evenings → 6:00 to 7:00 PM

Silver: Monday through Thursday evenings → 5:45 to 7:00 PM, Friday Evenings → 5:15 to 6:45 PM

Gold: Monday through Thursday evenings → 5:30 to 7:00 PM, Friday Evenings → 5:15 to 6:45 PM (No Monday Dryland)

Platinum: Monday, Wednesday afternoons → 3:45 to 5:30 PM, Tuesday, Thursday evenings → 5:30 to 7:00 PM, Friday afternoons → 3:45 to 5:15 PM (No Monday Dryland)

Diamond: Monday through Thursday afternoons → 3:45 to 5:45 PM, Monday Mornings → 5:30 to 7:00 AM, Tuesday and Thursday Dryland → 5:45 to 6:45 PM, Friday afternoons → 3:45 to 5:15 PM

Senior and National: Monday through Thursday afternoons → 3:45 to 5:45 PM, Monday, Thursday Mornings → 5:30 to 7:15 AM, Tuesday and Friday Weights → 6:15 to 7:15 AM, Friday afternoons → 3:45 to 5:15 PM

(Note: No Practice on Memorial Day, and no practice on Saturday, June 1st for the Gold practice group).



Pictured Above: LMST Swimmer Maddox Elliott competing during the Sunday Afternoon Session of the Armbruster Open at the University of Iowa on Sunday, May 19th (Source: Chris Pose Photography).

Meet Recap

SR Armbruster Meet Recap

Congratulations to All Swimmers who Competed!

LMST had 29 total swimmers compete at the 2024 IFLY Senior Armbruster Open this past weekend at the University of Iowa. This was the first Long Course (50-meter) meet of the season for 13&O swimmers.

A big thank you to all the LMST parents who signed up to officiate at the last minute. That meet wouldn't have gone as smoothly without your help!

New Central Zone 14&U Championship Qualifying Times ("AAA" times):

- Greta Huberg → 13-14 Girls 200 Meter Freestyle
- Teresa Zhang → 13-14 Girls 50 Meter Freestyle, 100 Meter Backstroke

Biggest Time Drops in Each Practice Group:

- Platinum → Catherine Sklarsky, 50 FL (-17.39 seconds)
- Diamond → Mackenzie Tristan, 400 IM (-29.54 seconds)

- Senior → Maddox Elliott, 200 BR (-27.98 seconds)
- National → Mehal Raghwani, 100 BR (-7.60 seconds)

New IASI Long Course Championships Qualifying Standards ("Q" Times):

- Everett Burr → 13-14 Boys 50 Freestyle, 100 Freestyle
- Greta Huberg → 13-14 Girls 100 Backstroke, 200 Backstroke
- Hudson Huberg → Senior Boys 100 Backstroke, 400 Individual Medley
- Mehal Raghwani → Senior Girls 100 Breaststroke
- Mikala Schmidt → Senior Girls 200 Individual Medley
- Rylee Sieren → Senior Boys 100 Freestyle
- Mason Turner → Senior Boys 100 Breaststroke
- Teresa Zhang → 13-14 Girls 200 Breaststroke

5/27 Practice

Practice Cancelled on Monday

The Linn-Mar Swim Team will not have practice on Memorial Day (Monday, May 27th) for any groups. Consequently, Senior will have Thursday AM practice on 5/23 and 5/30 to make up for lost time. There will be no change to other groups' schedules because of this cancellation.

6/1 Practice

No Dryland for All Groups

There will still be practice for the Platinum, Diamond and Senior groups on Saturday, June 1st. Swimmers will practice from 7:30 to 9:30 AM. There will be no Gold practice on this morning. There will also be no dryland on June 1st for all groups.

June Billing

Families billed on TeamUnify

LMST Families will be billed for June practice fees on the 1st of the month on TeamUnify (our outgoing aquatic center website). Families will need to input their billing information on Commit before the 2024 Fall Season. There will be no July practice fees for any swimmer registered for the 2023-24 year.

Practice Schedule

2024 LMST Summer Practice Calendar

LMST Practice Calendar for Monday, June 3rd to Friday, July 19th

Bronze: Monday through Thursday evenings → 5:30 to 6:30 PM

Silver: Monday through Thursday evenings → 5:30 to 6:45 PM (different start time M-Th than last year), Friday Mornings → 10:30 AM to 12:00 PM

Gold: Monday through Thursday evenings → 5:15 to 6:45 PM, Monday Dryland → 4:45 to 5:15 PM, Friday Mornings → 9:00 AM to 10:30 AM, Saturday Mornings → 7:30 to 9:00 AM

Platinum: Monday, Wednesday, afternoons → 2:00 to 3:45 PM, Monday Dryland → 3:45 to 4:45 PM, Tuesday, Thursday evenings → 5:15 to 6:45 PM, Tuesday, Friday Morning → 6:15 to 8:15 PM, Saturday Mornings → 7:30 to 9:30 AM

Diamond: Monday through Thursday afternoons → 2:00 to 3:45 PM, Tuesday and Thursday Dryland → 3:45 to 5:00 PM, Tuesday, Friday Morning → 6:15 to 8:15 PM, Saturday Mornings → 7:30 to 9:30 AM

Senior & National: Monday, Tuesday, Thursday, Friday Morning Swim → 6:15 to 8:15 AM; **Wednesday Morning Swim → 7:00 to 8:30 AM (National ONLY);** Monday, Wednesday Afternoon Lift → 2:00 to 3:00 PM; Tuesday, Thursday Afternoon Swim → 2:00 to 4:00 PM; Wednesday Afternoon Swim → 3:00 to 4:00 PM; Friday Morning → 6:15 to 8:15 PM, Saturday Mornings → 7:30 to 9:30 AM

For any questions about the Spring/Summer Calendar, please reach out to Jackson



Pictured Above: LMST Swimmer Anna Nordline competing during the Saturday Afternoon Session of the Armbruster Open at the University of Iowa on Saturday, May 18th (Source: Chris Pose Photography).

Practice Calendar

City Park Pool (IC) Practices

50-Meter Practices in Iowa City starting week of 6/10

Thanks to the Iowa City Eels (ICE) swim club and the Iowa City Aquatics department, LMST is able to practice at City Park Pool (200 Park Road Iowa City, IA 52245) starting the week of June 19th on Tuesday and Saturday mornings.

The following groups are able to swim at City Park on these dates from **7:15 AM to 8:45 AM:**

Tuesday Mornings (6/18, 7/2) → Platinum, Diamond, Senior, National

Saturday Mornings (6/15, 6/22, 7/6) → Gold, Platinum, Diamond, Senior, National

Reminder that practices are *optional*. There will be a practice opportunity at Linn-Mar with Coach Cameron from 6:15-8:15 AM for those who cannot attend in IC on Tuesday mornings! Saturday opportunities in the Summer at LM are TBD.

This is a great opportunity to get some long course training in this Summer under the sun *without any extra costs or fees*. Let me know if you would be interested in carpooling athletes to these practices!

Meet Information

June Meet Deadlines
PAC Tri and Beat the Heat

LMST parents are now able to view the following meet information on Commit:

- *Panther Aquatic Club & Dubuque Area Swimm' Hurricanes Tri Meet (Open to Bronze through Senior)* at the UNI Wellness and Recreation Center in Cedar Falls on Tuesday, June 25th
- *CIA Beat the Heat Meet (Open to Silver and Above Swimmers)* at Wellmark Aquatic Center in Des Moines on Friday, June 28th to Sunday, June 30th.

Please note the following entry deadlines:

PAC/DASH Tri Meet Entry Deadline: Sunday, June 16th (Parents can enter swimmers soon! We will have events out shortly.)

Warmups will begin at 4:15 PM with a meet start time of 5:00 PM. The meet should not last more than a couple of hours.

This is a great opportunity for swimmers to race in a short course pool and achieve "Q" times before the end of the summer season.

Beat the Heat Entry Deadline: Sunday, May 26th at 11:45 PM

Only swimmers in the Silver, Gold, Platinum, Diamond, Senior, and National groups will be able to participate in this Timed Final meet.

The 1500 FR/400 IM Friday afternoon session is for Platinum-National ONLY.

