

LMST Practice Group Descriptions - Fall 2026



PREP I

Group Description	Transitional group that helps students bridge from lessons to swim team. Swimmers will be introduced to lane etiquette, swim team practice habits, and will further develop FL/BR technique along with building FR/BK workout endurance.	Time Commitment
Pre-Requisites	50 FR, 25 BK, Half-Pool BR Kick (Station 7, 8/9, 10)	• 1 practice/wk (Saturdays) • 1 hr/practice • Train Sept.-Dec. (10 weeks) • Attend Oct. & Dec. Home Meets
Age Requirement	6-10 years old	
Group Objective	Learn more advanced stroke work and important skills and drills to be successful swim team swimmers or lifelong lap swimmers	

PREP II

Group Description	Transitional group that helps students bridge from lessons to swim team. Swimmers will be introduced to lane etiquette, swim team practice habits, and will further develop FL/BR technique along with building FR/BK workout endurance.	Time Commitment
Pre-Requisites	50 FR, 25 BK, Half-Pool BR Kick (Station 7, 8/9, 10)	• 1 practice/wk (Saturdays) • 1 hr/practice • Train Sept.-Dec. (10 weeks) • Attend Oct. & Dec. Home Meets
Age Requirement	10-year-old minimum	
Group Objective	Learn more advanced stroke work and important skills and drills to be successful swim team swimmers or lifelong lap swimmers	

BRONZE

Group Description	For students who have demonstrated the ability to participate within a group setting, understand swimming terminology, and who can legally race all four strokes. Students must be able to consistently perform proper technique throughout a practice.	Time Commitment
Pre-Requisites	100 FR, 25 BR, 25 FL	• 3 practices/wk • 1 hr/practice • Year-Round (Aug-Feb, Mar-July) • Attend home meets, 1+ away meets
Age Requirement	6-11 years old (12 y.o in Prep must meet Silver requirements).	
Group Objective	Swimmers will begin to complete structured workouts in preparation for meets, but will prioritize technique over volume.	

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SILVER

Group Description	This program is designed for the competitive swimmer who attends practice regularly and is ready to progress within the competitive swimming structure of the Iowa Swimming LSC.	Time Commitment
		• 4-5 practices/wk • 1.25 hr/practice • Year-Round (Aug-Feb, Mar-July) • Attend home meets, 2+ away meets
	Group Target	
	Age Requirement	
	Designed for 10&U "BB+" motivational time swimmers	
	8-12 years old	
	Group Objective	
	Swimmers will continue to work on proper technical foundations while being introduced to structured sets and repetitive swims.	

GOLD

Group Description	This program is designed for athletes who are committed to swimming competitively year-round and have had experience at out-of-town and championship meets.	Time Commitment
		• 5-6 practices/wk • 1.5 hr/practice • Year-Round (Aug-Feb, Mar-July) • Expected to attend as many meets as possible
	Group Target	
	Age Requirement	
	Designed for 11-12 "BB+" motivational time swimmers, 10&U "All-Star" & "Zone" swimmers	
	9-13 years old	
	Group Objective	
	Swimmers will continue to work build on proper race technique within all four strokes while completing structured sets/daily.	

PLATINUM

Group Description	This program is designed for swimmers who are striving to compete at LSC Championships and beyond. Training sessions will focus on a progressive system of endurance development.	Time Commitment
		• 6-7 practices/wk • 1.75 hr/practice • Year-Round (Aug-Feb, Mar-July) • Expected to attend as many meets as possible
	Group Target	
	Age Requirement	
	Designed for 13-14 "BB+" motivational time swimmers, 11-12 "All-Star" & "Zone" swimmers	
	11-14 years old	
	Group Objective	
	Swimmers will begin to balance aerobic and anaerobic work with strength training, and will be introduced to heart rate training.	

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DIAMOND

Group Description	This program is designed for swimmers who are striving to compete at 14&U Zones and beyond. Swimmers will be introduced to advanced technical concepts while utilizing a program with intense and diverse endurance training.	Time Commitment
	Designed for 13-14 "A+" motivational time swimmers	• 7 practices/wk • 2 hr/practice • Year-Round (Aug-Feb, Mar-July) • Expected to attend every meet possible
	12-15 years old	
	Swimmers will balance general aerobic training with primary individualization, introduction into race pace training.	

SENIOR

Group Description	This program is designed for athletes who have extensive experience in competitive swimming and have demonstrated the ability and willingness to swim beyond the state level, as well as into their post-graduate career.	Time Commitment
	Designed for swimmers with aspirations of swimming at the Sectional, Futures, and National level	• 8 practices/wk • 2 hr+/practice • Year-Round (Aug-Feb, Mar-July) • Expected to attend every meet possible
	14-year-old minimum	
	Swimmers are expected to create and execute a plan with coaches that align with high achieving short- and long-term goals	

All practice group advancements are at the discretion of the LMST coaching staff. Advancements will be based on a combination of factors such as technical abilities, endurance, age, previous competitive swimming experience, swim meet performance willingness to learn, and **practice attendance**. Group advancements will only be conducted a few times a season (not to be interfered with by each practice group's current curriculum). Head Coach Jackson will notify parents of their student's advancement via email.