



LMST NEWS

Inspire Learning. Unlock Potential. Empower Achievement.

Wednesday, February 5th, 2025 • Volume V, Edition XXIV



New Information Highlighted in **■**

Week of 2/5 Schedule

Practice Changes this Week

Due to today's forecasted weather, all Linn-Mar Community School District buildings will release two hours early today, February 5th.

Thus, Linn-Mar Swim Team practice this evening will be **CANCELED**.

LMST will also cancel Diamond and Senior practice tomorrow morning, Thursday, February 6th as the Winter Weather advisory is expected to go into the morning.

LMST has adjusted the practice schedule for the rest of the week to accommodate for all the cancelations. Here is a daily breakdown of practice times, assuming the weather the rest of the week allows for each offering:

Wednesday, February 5th - NO LMST evening practice

Thursday, February 6th - NO LMST morning practice, Swim and Diamond Dryland at normal evening times

Friday, February 7th - Diamond and Senior morning practice at 6 AM (additional offering), **Bronze** practice at 6:30 PM (additional offering), **Silver** practice at 7:20 PM (time change due to Bronze practice addition), Gold through Senior evening swim practices will be held at normal evening times

Saturday, February 8th - **Silver** practice at 8:30 AM (additional offering), Gold through Senior practice at 7:30 AM

Practice time changes are now reflected in the [LMST Practice Calendar](#). Any changes to the calendar will be communicated to families ASAP. Thank you for your patience and understanding!



Pictured Above: LMST swimmer Aarush Givinda Raju competing in the Saturday morning session of the CIA Winter Blues Buster in Waukee, IA (Source: Benjamin Ortega Photography).

Meet Information

LM Last Chance Intrasquad

Entry Deadline is TONIGHT, Wednesday, February 5th!

LMST will be running one last home swim meet on Sunday, February 9th. Swimmers will compete against each other in mixed events (combined girls and boys heats). Warm-Ups are currently scheduled to begin at 9 AM, with a meet start time of 10 AM. The morning session is expected to end around 1:00 PM.

Today is the last day to sign up for the Intrasquad meet. All swimmers are encouraged to enter. This meet serves as a last chance to achieve a certain time standard/goal, or the last time a swimmer can swim a certain event before the championship season.

We are still looking for more volunteer timers. This is a great opportunity to learn the timing role. Inter squad meet is a small meet with only Linn Mar kids swimming making this one of the shortest and fun sessions to take the opportunity. Sign up can be done on the "Jobs" tab on Commit.

AM Session Itinerary

- Arrival Time on Deck: 8:45 AM (Swimmers should arrive in their swimsuits, ready to warm-up)
- Meet with Group Coaches to discuss warmup: 8:55 AM
- Meet Warm-Ups: 9:00 AM - 9:45 AM
- Team Meeting/Cheer on Deck: 9:55 AM
- Meet Start: 10:00 AM (Please refer to the Session Report/Timeline when it comes out to find out when your child is swimming each event)
- Meet Conclusion: 1:00 PM

Heat Sheet, Session Report, and Entry List will hopefully be posted on [Meet Landing Page](#) by tomorrow evening.

Cape Making Event

2/19 (W.) at 5:30 PM

LMST will host a *Cap Making Event* for swimmers attending the Age Group Champs in DM on Tuesday, February 13th from 5:30-6:30 PM (at LMAC) in hopes of repeating as Spirit/Sportsmanship winners. A donation link for supplies and goodie bags will be communicated soon

Fall/Winter Season

Last Day of Practice: 2/14 (F)

The last day of practice for the Fall/Winter (short course) season will be Friday, February 14th for non-championship qualifiers. Practices will resume on 3/31 (M) for the Spring/Summer (long course) season. **Spring Practice times are now included on the LMST website.**

February Billing

[LMST Monthly Dues](#)

New this year (2024-25), Silver, Gold, Platinum, Diamond, Senior, and National will be billed half of February's monthly dues. Bronze families will not be billed in the month of February. If your child plans on being an inactive email [Jackson](#) and/or [Parker](#).

Meet Information

LMST Championship Meet Information

Entries OPEN for IASI Regionals/8&U Champs, AG Champs, SC Champs

IASI Winter Regional and 8&U Champs Meet Entry Deadline: Wednesday, February 5th (TONIGHT)

Open to Bronze through Senior who do not currently have "Q" times

This is an end of the season championship meets for our swimmers that may not have a "Q" time yet. It is also an 8 & Under Championship (state meet). Swimmers in all groups have been preparing to "peak" for this meet.

IASI Age Group Championships Meet Entry Deadline: Wednesday, February 12th

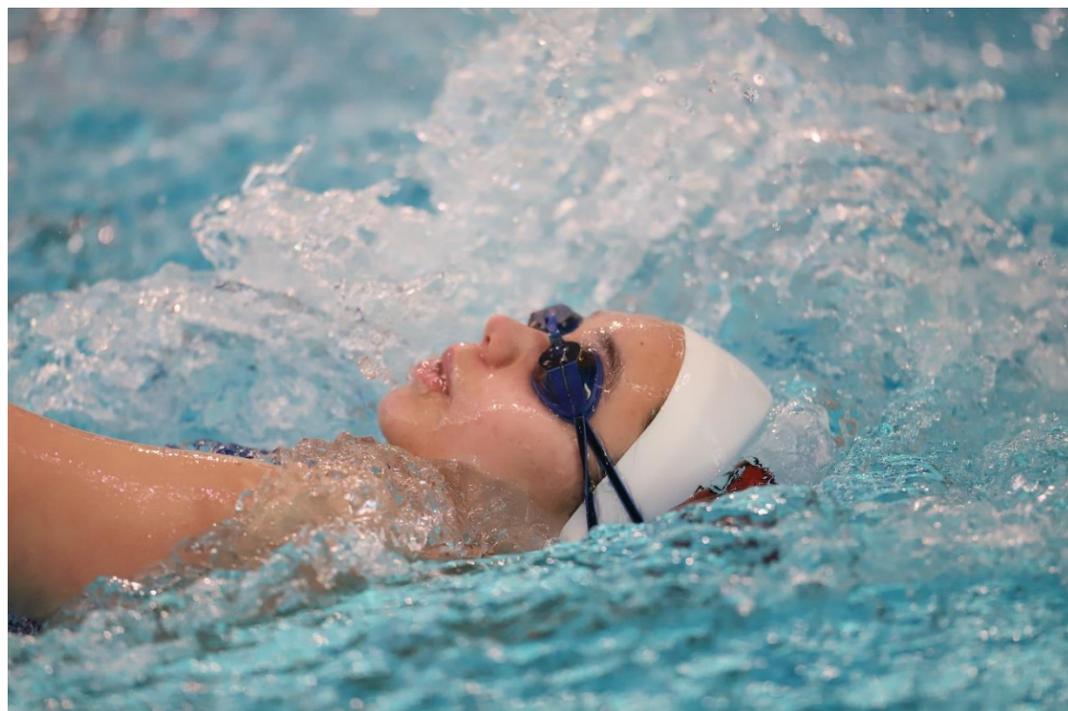
Open to 14&U Bronze through Senior swimmers who have achieved IASI "Q" times.

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.

IASI Short Course Championships Meet Entry Deadline: Wednesday, February 19th

Open to Diamond and Senior swimmers who have achieved IASI Senior "Q" times ([spreadsheet with qualifiers](#) now available on the LMST website).*

Swimmers who have a "Q" should attend the meet. Athletes with one qualifying time can swim up to two bonus individual events.



Pictured Above: LMST swimmer Addison Luck competing in the Saturday afternoon session of the CIA Winter Blues Buster in Waukee, IA (Source: Benjamin Ortega Photography).

Volunteer Opportunity

A-R-C Swimming Champs

February 20th to 22nd | Coe College Natatorium

For families not attending the IASI Age Group Championships in Des Moines from 2/21-2/23, there will be a local opportunity to experience high-level competitive swimming!

Coe College is looking for volunteers (of any age) to help with the American Rivers Conference (NCAA DIII) Championships from 2/20-2/22. This meet will be hosted at Coe in their natatorium on campus.

The following volunteer positions are still looking to be filled for the weekend:

- Timers
- Ready Room
- Ticket Sales
- Runners

This is a great experience to watch fast swimming within the CR area! This can also serve as a great opportunity for students who need service hours (could be up to 12 hours for the weekend).

Note: The LMST Volunteer credit policy DOES NOT apply to this event.

If interested in volunteering, feel free to reach out to Coe College Swim and Dive Head Coach [Joe Tristan](#).

HS Swimming

2025 IHSAA District Swimming Meet

Saturday, February 8th at Noon

The Linn-Mar Aquatic Center was selected as a site to host the Iowa High School Athletic Association's District swim meet. The competition will be contested at 12 PM on Saturday, February 8th at the Linn-Mar Aquatic Center.

Districts is the penultimate competition in Iowa Boy's High School swimming, with many swimmers vying for a chance to qualify for the state meet in Iowa City the following weekend.

The following teams are assigned to swim at the Marion Swim Regional this Saturday:

- Bettendorf
- Burlington
- Cedar Rapids Jefferson
- Cedar Rapids Kennedy
- Cedar Rapids Washington
- Linn-Mar
- Pleasant Valley
- Vinton-Shellsburg

The meet will begin at 12 PM. Come cheer on LMST swimmers competing for Linn-Mar in what is many of their "peak meets."

Ticket prices during regional tournament play are \$8 for everyone Kindergarten-age and older.



