

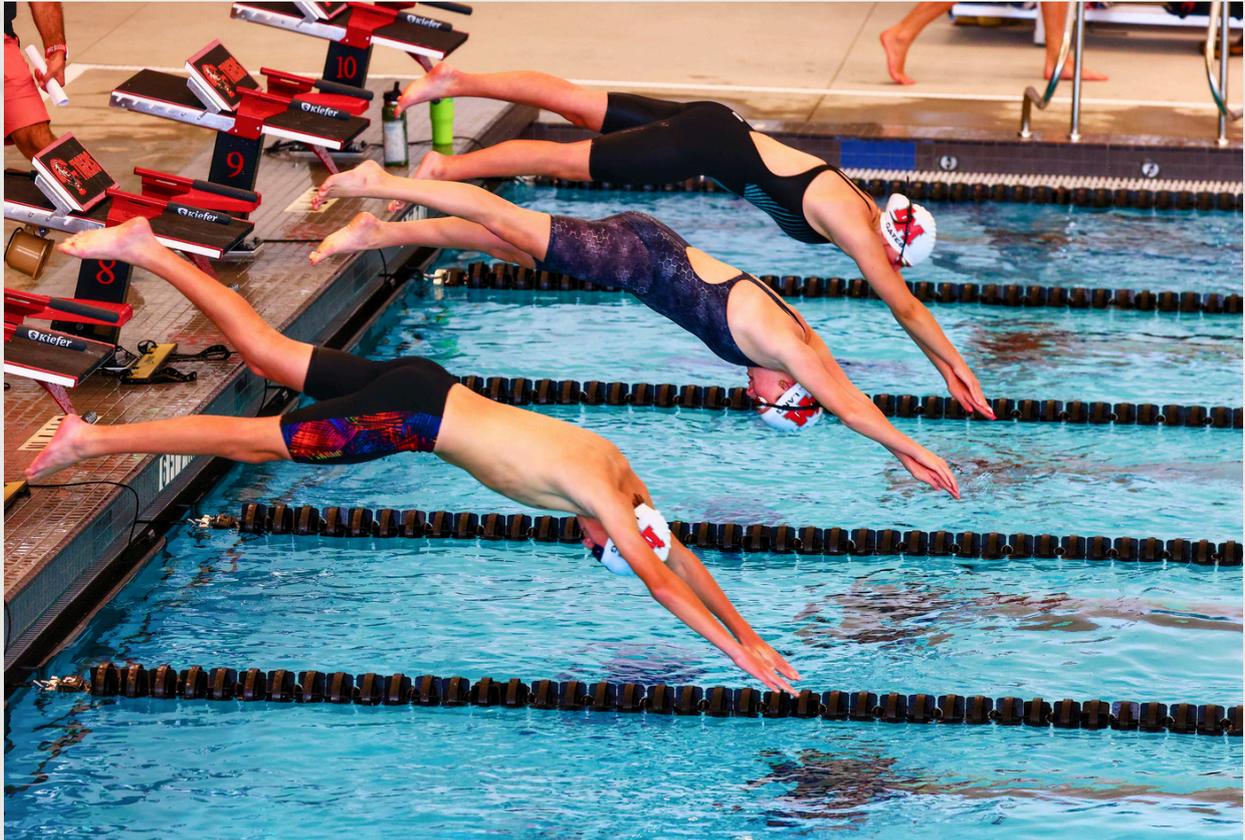
*Inspire Learning. Unlock Potential. Empower Achievement.*

Volume VII, Edition XI

Wednesday, October 29th, 2025

## 2025 A3 MIDWEST CHALLENGE

IOWA CITY, IOWA (CRWC) | FRI., OCTOBER 31<sup>ST</sup> TO SUN., NOV. 2<sup>ND</sup>



Pictured Above: LMST 13-14 swimmers (from left to right) Landon Land, Lauren Lang, and Kennedee Gates competing at the 2025 BLST Fall Triangular meet in Cedar Falls on Saturday, October 18<sup>th</sup> (Source: Shaun Elhard).

The A3 Midwest Challenge, hosted by the Iowa Flyers Swim Club, is this weekend (Friday, October 31st to Sunday, November 2nd) at the University of Iowa Campus and Recreation Wellness Center in Iowa City, IA. LMST has 13 total athletes competing this weekend.

Competition details for the 2025 Iowa Flyers Midwest Challenge are now available on the [Meet Landing Page](#). The Meet page currently has the following information:

- [Meet Information](#)
- [Psych Sheet](#)

- [Timelines](#)
- [Chris Pose Photos \(QR Code\)](#)
- [Midwest Challenge Apparel](#)

Deadline to purchase meet specific apparel is Nov. 7th. Attached is the flyer for pictures. The meet host will also have the QR code available throughout the Natatorium.

Swimmers who are entered into prelims who do not intend to swim at finals (top 24 advance) must notify Jackson ASAP. Failure to scratch shall result in the swimmer being exclude

All entries submitted for the distance events will be swum!

### Meet Itinerary (WU Time/Start Time)

- Friday Evening (Events 1-4) → 4:30 PM/6:00 PM
- Saturday Prelims (Events 5-16) → 7:00 AM/8:30 AM
- Saturday Finals/Timed Final Relays (Events 17&18) → 4:30 PM/5:30 PM
- Sunday Prelims (Events 19-28) → 7:00 AM/8:30 AM
- Saturday Finals/ Timed Final Relays (Events 29&30) → 3:30 PM/4:30 PM

\*If you are interested in volunteering at the meet, please reach out to [Emily Downes](#) for more information!



Pictured Above: The 50-meter competition pool located at the United States Olympic Training Center in Colorado Springs. The USOTC allows top athletes from all Olympic sports to train at high altitude.

## *LMST USOTC Training trip*

At the recent October Linn-Mar Community School District Board meeting, voters approved an upcoming opportunity for LMST Senior-level swimmers!

The Linn-Mar Swim Team has been invited on a joint-team training trip with BLST (Cedar Falls), DMSF (Des Moines), and PSC (Quad Cities) to the US Olympic Training Center in Colorado Springs from **June 15<sup>th</sup> to June 22<sup>nd</sup>, 2026**.

LMST swimmers selected for the trip will travel via bus to Colorado, and stay overnight on the USOTC campus.

USA Swimming Clubs have the opportunity to train at the OTC when space is available. Space is reserved based on a strict priority system with National Team programs and elite athletes.

**This opportunity will be limited to LMST swimmers with 2026 Spring Sectional times (achieved by March 2026).**

More information about itineraries, cost, and fundraising will be communicated in future newsletters.

## *LMST Fast & Flurrious Invite*

On Friday, December 5th to Sunday, December 7th, LMST is hosting our annual Fast & Flurrious Invitational Meet (formerly known as the December Invite) at the Linn-Mar Aquatic Center. All swimmers registered with LMST (Bronze, Silver, Gold, Platinum, Diamond, and Senior) are encouraged to participate.

LMST swimmers will compete in the following sessions:

- Friday PM Session (Platinum, Diamond, and Senior)
- Saturday AM Session (12&U)
- Saturday PM Session (13&O)
- Sunday AM Session (12&U)

The Friday evening will have the 11-12 400 IM, the 13 & Over 400 IM and then the 50's of Fly, Back, Breast and Free for 13 & Overs. The 8 & Under, 10 & Under and 11-12 age groups will swim on Saturday and Sunday mornings with the 13 & Overs only swimming Saturday afternoon

There is not an entry fee for LMST swimmers to enter this meet. **The entry deadline is Friday, November 7th.**

## *Bronze Pro-Rate: November 25*

Due to the lack of practice offerings available to the Bronze practice group this upcoming month, team administration has decided to prorate November practice fees. Active Bronze families will be charged the following for November fees this upcoming week:

In-District Bronze - \$60  
Out-of-District Bronze - \$73

Bronze will practice on the following days in November: 11/3 (M), 11/5 (W), 11/7 (F), 11/14 (F), 11/17 (M), 11/19 (W), **11/21 (F) - TENTATIVE** (could change based on staffing), 11/26 (W), 11/28 (F).

A reminder that if your child will be inactive for the month of November, please reach out to Jackson or Parker (parker.craw@linnmar.k12.ia.us) to avoid billing.

## *USA Swimming Safesport Renew*

Thank you to those families that have taken the time to complete the Athlete and Parent SafeSport courses this past month! Team administration is very grateful for the number of families that are committed to providing a safe and positive environment to LMST swimmers!

**We are only a few more swimmers (ages 5-17) and parents away from become SafeSport certified as a team!** SafeSport recognition is a tremendous accomplishment that is achieved by a few teams in the state each year.

Instructions on how to complete the programs were sent in email on Monday, October 13th from Parker Craw. Once the courses are completed, it will be automatically updated in the club's USA Swimming database. Swimmers must create their own USA Swimming login to complete the trainings.

## *Practice Updates - October & Beyond*

**10/31 (Fri.)** - There will be NO LMST Evening Practice on Friday, October 31<sup>st</sup>. There will be a practice for Diamond and Senior at 6:15 AM on this day.

**11/1 (Sat.)** - There will be NO LMST Practice on Saturday, November 1<sup>st</sup> due to the A3 Midwest Challenge meet.

**11/3 (M) & 11/4 (T.)** - **Senior will plan to swim from 4:30-6:30 PM on this Monday and Tuesday as the HS team is opting to practice earlier because of no school.** All other groups will swim at normal time.

**11/10 (M) & 11/11 (T)** - On this week, both LM HS Girls and Boys swim teams will practice at the aquatic center. All practices will begin at 8 PM (end times will vary from group to group): [LMST Practice Calendar](#).

**11/12 (W)** - There will be NO LMST Evening Practice on Wednesday, November 12<sup>th</sup> due to the MS meet and HS Overlap week. LMST will return to normal evening practice times on Thursday, November 13th.

**11/24 (M)** - There will be NO LMST Evening Practice on Wednesday, November 12<sup>th</sup> due to the MS CRANDIC Conference Meet.

**11/26 (W) & 11/28 (F)** - On this Wednesday and Friday, LMST will practice in the morning. Bronze, Platinum, Diamond and Senior will practice at 9 AM. Silver and Gold will practice at 10 AM.

**11/27 (Th)** - There will be NO LMST Practice on Thanksgiving.

## *LMST Halloween Practice - 10/29 (W)*

Tonight, October 29th, LMST will host a **Halloween**-themed practice for swimmers in groups Bronze-Diamond from 6:30 to 8:00 PM.

**Swimmers and coaches will wear their Halloween costume before practice**, and the team will have a competition to see who is best dressed based on the following categories: scariest, funniest, most creative, fan favorite. Students should arrive with their swimsuits on underneath their costumes. Prizes will be awarded to students selected by the coaching staff.

**Currently, we have 6 families signed up to bring treats (60-90 count) for tonight. We are asking for more families to donate. Additional donations can be dropped off in the aquatic center lobby before practice. Any remaining donations after tonight's will be used for LMST events for the rest of the academic year.**

On Friday, October 31<sup>st</sup>, there will be NO LMST PM practice. Diamond and Senior swimmers who are not attending the Friday session of Midwest will have practice from 6:15 - 7:15 AM.

LMST MEET SCHEDULE

# FALL/WINTER (SCY) 2025-26

DATE	MEET	LOCATION
OCTOBER 4, 2025	LMST PUMPKIN PLUNGE\$	LINN-MAR AQUATIC CENTER
OCTOBER 18, 2025	BLST-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 "FAST & THE FLURRIOUS"\$	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