

*Inspire Learning. Unlock Potential. Empower Achievement.*

Volume VIII, Edition III

Wednesday, April 8th, 2026

## LMST SPRING SPLASH - 4/25 (SAT)

**AN ENTRY REPORT IS NOW AVAILABLE ON THE TEAM WEBSITE!**



On Saturday, April 25th, LMST is hosting our annual Spring Splash at the Linn-Mar Aquatic Center. This is a meet for all swimmers registered with LMST for the 2025-26 academic year (Bronze, Silver, Gold, Platinum, Diamond, Senior).

An [LMST Entry Report](#) (updated as of the afternoon of Tuesday, April 7<sup>th</sup>) has been posted to the team website. Please contact Jackson if there are any errors with your swimmers' current events.

Signups for volunteering and hospitality are now available to families on the Jobs tab (note: if your family is interested in signing up for multiple slots for one job, reach out to Jackson and he will sign you up for multiple slots).

LMST is still looking for parents to volunteer for the following positions to be filled:

### **AM Session Volunteers Needed (12&U)**

- Timers - 8
- Announcer - 1

### **PM Session Volunteers Needed (13&O)**

- Timers - 8
- Announcer - 1

The team is also still looking for families to donate yogurt, cookies/bars/grapes, trail mix, and candies to hospitality.

The deadline to sign up for volunteer positions & donations is Thursday, April 23<sup>rd</sup>. A reminder that the LMST Volunteer Credit Policy has been updated (read more on [4-1 newsletter](#)).

The meets hosted and attended by LMST are all USA Swimming sanctioned swim meets. For students to participate in USA Swimming sanctioned swim meets, students must be a current member of USA Swimming.

As a part of the registration process, payment is required for the registration. LMST families will receive a credit on their Commit accounts for the cost of their student's registrations. For more information, check the link below:

### [USA Swimming Registration FAQ](#)

USA Swimming Memberships Include: • Seasonal → Membership lasts 150 days, swimmers eligible for all meets this season is membership purchased today... • Outreach → Contact Parker if Interested

## Upcoming LCM Season Meet Information

### EELS Long Course Kickoff (Mercer- Iowa City)

Saturday, May 2nd and Sunday, May 3rd

Athletes in all practice groups are encouraged to attend our first Long Course (50-meter) competition of the season! 10&U and 11-12 Boys will swim in the morning, 11-12 Girls and 13&O will swim in the afternoon. Deadline to enter is **TONIGHT, Wednesday, April 8th.**

### IFLY David Armbruster Open (CRWC - Iowa City)

Friday, May 8th to Sunday, May 10th

Athletes in all practice groups are also encouraged to attend this LC meet! On Friday, only Diamond/Senior can enter the 1500, and Gold & up can swim in the Fri PM events. For the rest of the weekend, all 12&U swimmers are in the AM, 13&O swimmers in the PM. Deadline to enter is **TONIGHT, Wednesday, April 8th.**

### DASH Spring Pentathlon (Dubuque Hempstead)

Saturday, May 23rd

14&U Athletes in Bronze-Diamond are welcome to attend! This will be a Short Course meet. Swimmers who are not able to attend most Long Course meets this summer are highly encouraged to attend! Deadline to enter is **Wednesday, April 15th.**

### EELS Splash Out Hunger (Saturday, June 6th and Sunday,

June 7th) & LMST "School's Out Tri Meet - BLST/EELS (Friday, June 12th)

Information will be posted soon!

### WW Waukee Open Summer Invite

Friday, June 19th to Sunday June 21st

All athletes with qualifying times are encouraged to attend! This will be a Long Course meet. For 10&U/ 11-12 entry, swimmers must have USA "B" motivational times in LCM events. For 13-14, 15&O, swimmers must have 13-14 "BB" times in LCM. Deadline to enter is **Wednesday, May 6th.**

### VAC Annual Vinton Invite (Vinton Community)

Saturday, June 20th and Sunday, June 21st

**INFORMATION FOR THE VINTON MEET HAS NOW BEEN POSTED TO THE TEAM SITE, AND ENTRIES ARE NOW OPEN!** This meet will be designed for any swimmer who does not qualify for Waukee. The meet will be Short Course Meters (25 meters) and will be contested in an outdoor pool. 11-12 Girls and 13&O will swim in the morning, 10&U and 11-12 Boys will swim in the afternoon. **Deadline to enter is Wednesday, May 6th.**

## Colorado Mesa Training Trip - 6/26-7/3

At this last week's Linn-Mar Community School District Board meeting, voters approved of a new, upcoming opportunity for LMST Senior-level swimmers!

**Eligible LMST athletes can now apply to our Senior trip to Colorado Mesa University in Grand Junction, CO from 6/26-7/3.** Selected swimmers will participate in 12 LCM practices and 3 out-of-the-water strength and conditioning session at altitude, in addition to participating in 3 classroom sessions and other team activities throughout the week.

LMST swimmers selected for the trip will fly to Grand Junction on June 26th and stay overnight in CMU's dorms until departure on July 3rd. Athletes will travel with Coach Jackson and Coach George.

The following athletes have been invited to apply:

- **1<sup>st</sup> Priority (Guaranteed)** - 2026 Spring Sectionals Cut
- **2<sup>nd</sup> Priority** - 2+ 15-16 "AA" Motivational Time Standards + 80% Spring Attendance
- **3<sup>rd</sup> Priority** - 2+ 15-16 "A" Motivational Time Standards + 80% Spring Attendance

### LMST CMU Trip Application - Summer 2026

(Deadline to Fill out Google Form - Saturday, April 18<sup>th</sup>; Roster Selection Date - Wednesday, April 22<sup>nd</sup>)

**UPDATE AS OF 4/8/26** - Team and school district administration has now opted to use a travel agency for flights. Families are no longer expected to book and pay for their own flights. Round Trip tickets will be \$509 now to guarantee that everyone is on the same flight, and to help alleviate some of the pressure of booking for families. Flight information will be billed to all Senior families in the next 24 hours.

For swimmers who have applied and are already qualified, team admin will bill \$60 to their family's Commit account for the cost of the deposit owed to the travel agency this week.

After team selection on 4/22, team admin will bill \$449 to families who have already been billed for a deposit for the cost of the round-trip ticket. For families of swimmers who were just selected, they will be billed \$509 since they did not pay for the deposit.

A reminder that LMST is currently exploring options with the school-district to fundraise for this event to decrease total overall cost for families. If price is currently a concern for your family at this time, please reach out to Jackson ASAP.



@cposephoto

## *LMST Standard and Personalized Caps - A3 Team Store (Due 4/15)*

The deadline to order LMST Silicone Caps (Standard or Personalized with Name) is **Wednesday, April 15th**.

### [LMST A3 Performance Team Store](#)

All caps ordered through the team store will be delivered to the Linn-Mar Aquatic Center to be passed out by the coaching staff. Caps are expected arrive to the aquatic center around early to mid-May. All other items that can be ordered on the team page will be delivered directly to your mailing address.

For those that are interested in caps before the Spring Splash meet in April, Jackson has plain "LM" caps in stock at the aquatic center. If your swimmer would like a plain cap, reach out to Jackson, and he can give your swimmer a cap at the next practice that they attend. Families who want a cap will be billed \$14 for each cap requested on Commit.

## *LMST Practice Group Objectives - Fall 2026*

In the Fall of 2026, LMST plans to adjust its current practice group requirements. In order to join the Bronze practice group (currently our lowest group) next year, swimmers must complete the following skills:

- 100-yard Freestyle with flip turns
- 25-yard Butterfly
- 25-yard Breaststroke

We hope to introduce a "prep group" for students who are new to competitive swimming in the Fall. This would be a 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.

The prep group will tentatively be for Station 7 (50 FR, 25 BK, Half-Pool BR Kick), 8/9, and 10 students. Prep practice opportunities will likely be on Saturday mornings + any additional evenings the LMHS teams are at away meets from September-December. More information will be posted on the LMST website as soon as that becomes available.

# SPRING/SUMMER (LCM) 2026

DATE	MEET	LOCATION
APRIL 25, 2026	LINN-MAR SPRING SPLASH (SCY) \$	LINN-MAR AQUATIC CENTER
MAY 2-3, 2026	EELS LONG COURSE KICKOFF	MERCER AQUATIC CENTER
MAY 8-10, 2026	IFLY DAVID ARMBRUSTER OPEN	CRWC, IOWA CITY
MAY 23, 2026	DASH SPRING PENTATHALON (SCY)	DUBUQUE AQUATIC CENTER
JUNE 6-7, 2026	EELS SPLASH OUT HUNGER	MERCER AQUATIC CENTER
JUNE 13TH	'SCHOOL'S OUT" TRI - BLST/EELS (SCY)	LINN-MAR AQUATIC CENTER
JUNE 19-21, 2026	WAUKEE OPEN SUMMER INVITE !	WAUKEE NATATORIUM
JUNE 20-21, 2026	VAC ANNUAL VINTON INVITATIONAL (SCM)	VINTON COMMUNITY POOL
JULY 9-12, 2026	BLST SUMMER SIZZLER	THE FALLS, CEDAR FALLS
JULY 18-19, 2026	IASI REGIONAL AND 8&U CHAMPIONSHIPS (SCY)	DUBUQUE AQUATIC CENTER
JULY 23-26, 2026	IASI LONG COURSE CHAMPIONSHIPS !	CRWC, IOWA CITY
JULY 29 - AUGUST 2, 2026	TYR FUTURES CHAMPIONSHIPS !	MADISON, WI

\$ = MEET ENTRY FEES ARE FREE WITH COST OF LMST TEAM REGISTRATION

! = QUALIFICATION TIMES REQUIRED FOR ENTRY TO EACH MEET

**QUESTIONS?**

*Contact Jackson Allmon*