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Volume VI, Edition X

Wednesday, May 28th, 2025

COE COLLEGE PRACTICES

LMST WILL PRACTICE AT COE FROM MAY 26TH TO JUNE 6TH



Pictured Above: LMST Gold swimmer Kate Caldwell competing at the Saturday morning session of the 2025 Armbruster Open in Iowa City on May 10th. (source: Chris Pose).

The Linn-Mar Swim Team will practice at the Coe College Natatorium this week (5/26 to 5/30) and next week (6/2 to 6/6) while the Linn-Mar Aquatic Center is closed for maintenance.

LMST practice times are posted on the [Team Calendar](#), and under the [Coe College Practice Schedule](#) tab. We hope to see as many LMST swimmers at Coe as possible over the course of the next two weeks!

During this period of time, we will be sharing the pool with Kohawk Aquatics. Please be make sure that your swimmers are respecting their pool and facility while we are there. They have been gracious enough to let us overlap during their training time.

LMST should keep thank their staff, in addition to the Coe College staff, while we are practicing there.

The Coe College pool is a part of the school's Athletic and Recreation Complex. Families are welcome to park in the College Drive NE & D Ave NE parking lot during practice time. The recreation and fitness programming at the facility ends at 8 PM during the school's Summer academic period, which means that the front entrance to the pool may be locked by campus staff at that time.

LMST is asking for parent volunteers to station themselves in the Athletic and Recreation Complex front lobby to let Swimmers/other families in the building at the following days/times:

- Monday - 7:50 to 8:10 PM & 9:15 to 9:35 PM
- Tuesday - 7:50 to 8:10 PM & 9:15 to 9:35 PM
- Wednesday - 7:50 to 8:10 PM & 9:15 to 9:35 PM
- Thursday - 7:50 to 8:10 PM & 9:15 to 9:35 PM

If you are interested in volunteering, please reach out to me at jackson.allmon@linnmar.k12.ia.us.

If your swimmer's practice is scheduled for later in the evening, and your swimmer may be arriving after 8:10 PM, please reach out to me as well so we can assure that they enter the building safely.

Practices will resume at the Linn-Mar Aquatic Center on Monday, June 9th, marking the start of our summer practice schedule.

Coe and Summer schedules can be found on page 4.

Splash Out Hunger - Food Item Donations

As a unique twist to the scoring process for the ICE Splash Out Hunger meet, the host team is asking for food donations to assist Mark Twain Elementary and their summer food pantry. Donations will contribute to the overall scoring of the meet.

Roughly 72% percent of the school's population receives free and reduced meals. The teachers have set up a school pantry for their students and any student who feels they may not have a meal at home is welcome to use this pantry as often as needed.

With no school lunches during the summer months, the summer food pantry may provide the only meal that these students get. Teams are encouraged to bring non-perishable food items for donation to the food bank at Mark Twain

SUGGESTED FOOD DONATION LIST

- Ramen cups
- Mac & Cheese
- Single serve Applesauce pouches
- Fruit cups
- Fruit cans w/pull top seal
- Spaghetti O's
- Ready to serve soups
- Peanut Butter & Jelly Crackers
- Cereal
- Horizon's Milk packs
- Pudding Packs

LMST will have a bin/basket stationed by the front entrance of Mercer for the whole weekend of competition. Families are encouraged to bring items to meet to place in the bin throughout the weekend.



Pictured Above: LMST Gold swimmer Owen Kempf (left) and Silver swimmer Elise Foreman (right) competing at the Saturday morning session of the 2025 Armbruster Open in Iowa City on May 10th. (source: Chris Pose).

Marion Outdoor Practices

LMST Gold-Senior swimmers will train at the 50-meter Marion Municipal Outdoor Swimming Pool (**35th St. by Willowood Park**) on weekends from 6:30 to 8:30 AM on the following dates for the rest of the season:

- 5/31
- 6/14
- 6/28
- 7/5

Swimmers will be asked to bring their own equipment if they have it. **We hope to have practice for Gold & Platinum this Saturday, May 31st (weather looks great)!**

Coach-Athlete Appointments

Coach Jackson has cancelled all week of 5/26 & 6/2 Coach-Athlete meetings due to the Coe College practices. **Jackson has now posted his new summer meeting availability from Monday, June 9th until Wednesday, July 23rd. Please limit number of bookings per athlete due to the limited meeting availability.**

A3 Cap Order Update

LMST has finally received all silicone and dome caps ordered from A3 Performance the other day! Jackson will pass out any remaining caps ordered at Coe practices this week. **Please reach out to Jackson if your family does not receive their order by the end of the week.**

Away Meet Entry Fees Informational Page

BLST Summer Sizzler Meet Entry Deadline: **Friday, May 30th**

Open to Bronze through Senior

BLST will host their annual, outdoor, 50-meter meet on Thursday, July 10th to Sunday, July 13th.

Again this year, there will be no qualifying times, no 10&unders on Thursday night (due to the crowded warm-up session), and some minor shifting of 12&U events throughout the meet.

Families must enter their swimmers by this **Friday, May 30th** to guarantee entry into the meet!

IASI Summer Regional and 8&U Champs Meet Entry Deadline: **Wednesday, July 9th**

Open to Bronze through Senior (who are not qualified for Long Course Champs/State the following weekend, or those looking for extra "Q" times).

DASH will host the teams on the East side of the state for Summer Regionals on Saturday, July 19th and Sunday, July 20th at the Dubuque Community Schools Aquatic Center.

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 and team championship.

Other events to keep track of for the rest of the summer:

- Central Zone Open Water Championships (Pleasant Prairie, WI) - **Friday, June 13th**
 - More information available on page 3.
- DASH-LMST-PAC Tri Meet (Cedar Falls) - **Thursday, June 26th**
 - Deadline to enter is **June 13th**
- IASI Swimming Long Course Championships (Waukee) - **Thursday, July 24th to Sunday, July 27th**
 - "Q" swimmers only
- Central Zone 14&U Age Group Championships (Rochester, MN) - **Thursday, July 31st to Sunday, August 3rd**
 - "AAA" swimmers only



Pictured Above: LMST Silver swimmer Claire Phillips competing at the Saturday morning session of the 2025 Armbruster Open in Iowa City on May 10th. (source: Chris Pose).

Para Swimming Clinic - 6/28 (Cedar Falls)

US Paralympic Swimming, in partnership with Iowa Swimming and the University of Northern Iowa, is hosting an Introduction & Orientation to Para Swimming clinic on Saturday, June 28th in Cedar Falls! This clinic is free to all participants.

The clinic is open to anyone interested in learning more about paralympic swimming! A portion of the clinic will be in-water for the swimmers, but all are welcome to observe. Additionally, lunch for participants in the clinic will be provided.

[Para Swimming Clinic Registration Link](#) (more information provided on SignUp Genius)

Interested participants should contact UNI Coach Ben Colin (NorthMountainParaRegionCoach@gmail.com).

June Practice Fees

All LMST families will receive **10% off** the standard in-district rate for the month of June. This is to make up for the difference of practice opportunities the weeks of 5/26 and 6/2 when LMST will train at Coe College during the weekdays.

LMST Summer Practice Schedule - 6/9 (M) to 7/18 (F)

- **Bronze**
 - Monday-Thursday → 5:45 to 6:45 PM
- **Silver**
 - Monday-Thursday → 5:45 to 7:00 PM
 - Every other Friday → 8:15 to 9:45 AM
 - Dates with Friday AM practices:
 - 6/20
 - 7/4
 - 7/18
- **Gold**
 - Monday-Thursday → 5:30 to 7:00 PM
 - Every other Friday → 8:15 to 9:45 AM
 - Dates with Friday AM practices:
 - 6/20
 - 7/4
 - 7/18
 - Thursday Dryland → 4:45 to 5:30 PM
 - Saturday → 6:30 to 8:30 AM (**Marion Outdoor**)
- **Platinum**
 - Monday-Thursday → 5:15 to 7:00 PM
 - Friday → 6:15 to 8:15 AM
 - Tuesday Dryland → 4:30 to 5:15 PM
 - Saturday → 6:30 to 8:30 AM (**Marion Outdoor**)
- **Diamond**
 - Monday-Thursday Afternoons → 2:00 to 4:00 PM
 - Tuesday & Friday Mornings → 6:15 to 8:15 AM
 - Monday & Wednesday Dryland → 4:00 to 4:45 PM
 - Saturday → 6:30 to 8:30 AM (**Marion Outdoor**)
- **Senior**
 - Monday-Thursday Afternoons → 2:00 to 4:00 PM
 - Tuesday, Thursday & Friday Mornings → 6:15 to 8:15 AM
 - Monday & Wednesday Dryland → 4:00 to 4:45 PM
 - Saturday → 6:30 to 8:30 AM (**Marion Outdoor**)

Coe College Practice Schedule - 5/25 (M) to 6/6 (F)

- 5/26 (M- Memorial Day)
 - Senior- 7-9 AM
 - Diamond- 7-9 AM
 - Platinum- 7-9 AM
 - Bronze, Silver Gold- N/A
- 5/27 (T)
 - Senior- **5:50-7:20 AM** & 8-9:30 PM
 - Diamond- 8-9:30 PM
 - Platinum- 4:15-6 PM (Shallow pool from 5-6 PM)
 - Gold- 4:15-6 PM (Shallow pool from 5-6 PM)
 - Silver- 7-8 PM (Shallow)
 - Bronze- 6-7 PM (Shallow)
- 5/28 (W)
 - Senior- 4-6 PM (Shallow from 5:20-6 PM)
 - Diamond- 4-6 PM (Shallow from 5:20-6 PM)
 - Platinum- 7-8:30 PM
 - Gold- 7-8:30 PM
 - Silver- 7-8:30 PM
 - Bronze- 7-8 PM
- 5/29 (Th)
 - Senior- **5:50-7:20 AM** & 8-9:30 PM
 - Diamond- 8-9:30 PM
 - Platinum- 4:15-6 PM (Shallow pool from 5-6 PM)
 - Gold- 4:15-6 PM (Shallow pool from 5-6 PM)
 - Silver- 7-8 PM (Shallow)
 - Bronze- 6-7 PM (Shallow)
- 5/30 (F)
 - Senior- 4-6 PM (Shallow pool from 5-6 PM)
 - Diamond- 4-6 PM (Shallow pool from 5-6 PM)
 - Bronze, Platinum, Silver, Gold, Platinum - N/A
- 6/2 (M)
 - Senior- 4-6 PM (Shallow from 5:20-6 PM)
 - Diamond- 4-6 PM (Shallow from 5:20-6 PM)
 - Platinum- 7:45-9:15 PM
 - Gold- 7:45-9:15 PM
 - Silver- 8-9 PM
 - Bronze- N/A
- 6/3 (T)
 - Senior- **5:50-7:20 AM** & 8-9:30 PM
 - Diamond- 8-9:30 PM
 - Platinum- 4:15-6 PM (Shallow pool from 5-6 PM)
 - Gold- 4:15-6 PM (Shallow pool from 5-6 PM)
 - Silver- 7-8 PM (Shallow)
 - Bronze- 6-7 PM (Shallow)
- 6/4 (W)
 - Senior- 4-6 PM (Shallow from 5:20-6 PM)
 - Diamond- 4-6 PM (Shallow from 5:20-6 PM)
 - Platinum- 7-8:30 PM
 - Gold- 7-8:30 PM
 - Silver- 7-8:30 PM
 - Bronze- 7-8 PM
- 6/5 (Th)
 - Senior- **5:50-7:20 AM** & 8-9:30 PM
 - Diamond- 8-9:30 PM
 - Platinum- 4:15-6 PM (Shallow pool from 5-6 PM)
 - Gold- 4:15-6 PM (Shallow pool from 5-6 PM)
 - Silver- 7-8 PM (Shallow)
 - Bronze- 6-7 PM (Shallow)
- 6/6 (F)
 - Senior- 4-6 PM (Shallow pool from 5-6 PM)
 - Diamond- 4-6 PM (Shallow pool from 5-6 PM)
 - Bronze, Silver, Gold, Platinum- N/A