

Inspire Learning. Unlock Potential. Empower Achievement.

Volume IX, Edition I

Wednesday, August 19th, 2026

2026-27 TEAM REGISTRATION

REGISTRATION IS NOW OPEN FOR THIS ACADEMIC YEAR!



@cposephoto

Registration for the 2026-2027 School Year is now open on the Linn-Mar Swim Team website. Registration links are on the bottom of the website homepage. Links vary based on practice group and whether your child is an in-district (standard or free and reduced student) or out-of-district student.

- Bronze (6 years or older)
- Silver (8 years or older)
- Gold (10 years or older)
- Platinum (11 years or older)
- Diamond (12 years or older)
- Senior (14 years or older)

TO GUARANTEE YOUR SWIMMER'S SPOT THIS YEAR, PLEASE REGISTER ASAP! SPOTS ARE FILLING FAST!

2026-27 Group Descriptions and Objectives for this short course season has been posted on the LMST website. Please note that the requirements are different than last year. Returning swimmers are asked to register for the same group if your family has not received an advancement email.

If your child plans on practicing right away in the Fall, your family should register your swimmer for the upcoming school year before the first day of practice (Monday, August 24th).

The registration fee for the 2026-27 year is \$195. LMST billing months for dues are September, October, November, December, January, April, May, and June. Silver-Senior will be billed half of February's monthly dues.

During the Fall & Winter Season, middle schoolers and high schoolers are not billed during months of the school competition season. LMST swimmers are still permitted to train with the team during the Fall/Winter months they are not billed!

The registration fee and monthly dues rate for Linn-Mar district students who receive free or reduced lunches is \$5.00 regardless of practice group. Contact Club Admin **Parker Crow** for more details.

USA Swimming Membership Registration links will be sent to families in September. For all questions regarding group placement/schedule, contact Head Coach Jackson Allmon.



Practice Updates - Weeks of 8/24 & 8/31

- **8/24 (M), 8/27 (Th), 8/31 (M)** - NO Diamond & Senior AM practices (will start on 9/3)
- **9/1 (Tue.)** - NO LMST PM Swim due to LMHS Girls Meet
- **9/7 (M)** - NO Prep, Bronze, Silver, Gold and Platinum Practice (Labor Day); Diamond & Senior will practice from 7-9 AM
- **9/8 (T)** - Senior swim from 4:30-6:30 PM (HS Girls Away Meet); Bronze-Diamond all at normal time)
- **9/12 (Sat)** - Practice times for this date are still TBA (HS Girls Invite at the Aquatic Center)

Fitter & Faster Clinic- 8/22 & 8/23 @ Luther

There is still space available in the Fitter and Faster Camp this weekend at the Luther College natatorium. The camp will focus on Complete Freestyle & Backstroke Racing Skills. Swimmers will receive focused instruction, feedback, and opportunities to practice the skills covered throughout the weekend.

Ryan Coetzee will be the lead clinician for this camp! Registration is open now, and space in each session is limited.

CLICK HERE FOR MORE DETAILS AND REGISTRATION

LMST Practice Expectations

Most practice groups (except for Prep) will have their first evening practice on Monday, August 24th. Prep will have their first practice of the season on Tuesday, August 25th.

Throughout the week, the LM Girls High School teams will swim until 6:30 PM. **All students must remain in the aquatic center lobby until 10 minutes before the start of their practice time.** For those groups who may practice at the same time as the HS girls (Bronze & Senior), please make sure the students respect their time and space. The club wants to continue to be afforded this opportunity!

Students are encouraged to place their belongings on the set of bleachers on deck closest to the locker rooms. On the first day, students will organize the bleachers based on practice groups, and lead coaches will do attendance/go

over group expectations.

All students should arrive in their swimsuit the first day. It is recommended to wear clothes over your swimsuit upon arrival for the duration of the season.

There are locker rooms and single-user restrooms available for the swimmers on deck. However, we want to limit locker room use before practice with the HS team concluding their practice around the same time. Students should also bring a towel of their own with them to practice. No other gear is required *at this time*.

No parents/adults are allowed to go downstairs, onto the pool deck. Parents are welcome to watch their students from the stadia during their practice.

LMST Fall 2026 Practice Calendar

Prep (August - December ONLY)

- Tuesday (on weeks without a HS home meet) □ 6:30-7:30 PM
- Saturday □ 10:30-11:30 AMx

Bronze

- Monday □ 6:30-7:30 PM
- Thursday □ 6:30-7:30 PM
- Friday □ 6:00-7:00 PM

Silver

- Monday □ 7:30-8:45 PM
- Wednesday □ 6:30-7:30 PM
- Thursday □ 6:30-7:45 PM
- Friday □ 6:30-7:45 PM
- Saturday □ 9:30-10:45 AM

Gold

- Monday □ 7:30-8:45 PM
- Tuesday! □ 7:30-8:45 PM
- Wednesday □ 7:30-8:45 PM
- Thursday □ 7:30-8:45 PM

- Friday □ 6:30-8:00 PM
- Saturday □ 9:30-11 AM

Platinum\$

- Monday □ 6:30-8:15 PM
- Tuesday! □ 7:30-8:45 PM
- Wednesday □ 6:30-8:30 PM
- Thursday □ 7:30-8:45 PM
- Friday □ 7:00-8:30 PM
- Saturday □ 9:00-10:45 AM

Diamond\$

- Monday □ 6:00-7:15 AM (on weeks without a meet the day before) & 6:30-8:00 PM
- Tuesday! □ 6:30-8:30 PM
- Wednesday □ 6:30-8:30 PM
- Thursday □ 6:00-7:15 AM
- Friday □ 6:30-8:30 PM
- Saturday □ 9:00-10:45 AM

Senior\$

- Monday 6:00-7:15 AM & 6:00-7:30 PM
- Tuesday! 6:30-8:30 PM#
- Wednesday 6:00-8:00 PM
- Thursday 6:00-7:15 AM & 6:30-8:00 PM
- Friday 5:30-7:30 AM
- Saturday 7:00-9:30 AM

\$ - Platinum, Diamond, and Senior Dryland times are TBA. Platinum and Diamond times will be solidified in the upcoming weeks. Senior dryland times will be communicated to families this weekend.

! - On 9/1, 9/22, and 10/13, the LM HS Girls Swim and Dive team will have home meets at the aquatic center. On these nights, LMST PM practice are cancelled.

- On 9/8, 9/29, & 10/6, the HS Girls team will be at an away meet. Senior will practice at 4:30 PM on these Tuesdays.

LMST Championship Season Recap

IASI Regionals and 8&U Champs

LMST was represented by six swimmers at the 8&U Champs. The team placed 2nd out of 14 teams. Dhyan placed 3rd overall in the 8&U Boys High Point.

IASI Championship Qualifiers:

- Arabella Bautista - Girls 11-12 100 FR
- Jayden Beierschmitt - Boys 13-14 100 BK, 200 BK, 400 IM.
- Carter Beierschmitt - Boys 10U 50 BR
- Kate Caldwell - Girls 11-12 100 BK
- Dhyan Deepak - Boys 10&U 50 BK
- Adi Fireman (WIN & SWIM) - Boys 11-12 50 BK/100 BK
- Lily Fireman - Girls 10&U 100 BK
- Gabe Garms - Boys 11-12 50 FR, 50 BR
- Olivia Janda (WIN & SWIM) - Girls Senior 500 FR
- Colette Junk - Girls 13-14 50 BR
- Isaac Nielsen - Boys 10&U 100 FL
- Kenzie Schwartzhoff - Girls 10&U 200 FR
- Carson Weis - Boys 11-12 100 BR, 200 BR

Congratulations are also in order to Kundana Sanaka on earning her **LMST "Silver" Cap**.

IASI Long Course Champs

Congratulations to the team record of **62** swimmers who competed at this year's LC Champs. LMST placed 7th overall in the team standings, tied for the highest placing in team history.

Congratulations to Rylee Sieren on earning his **LMST "Black Cap"** with his Winter Junior National Cut in the 200 FR! Congratulations are also in order to Colin Janda for winning 3rd place in High Point for the 10&U Boys division.

Central Zone 14&U Zone Champs

Congratulations to Colin Janda and Isaac Nielsen for representing Team Iowa at this year's 14&U Zones meet. Both swimmers scored points in their respective events and swam on the state's "A" relays. Way to go, boys!

USA Swimming Futures Champs

Congratulations to Max Macho, Parker Macho, Caite Schaffel, Rylee Sieren, Clayton Treharne, Peter

Wittnebel and Caite Schaffel for competing at the 2026 Futures Championships in Madison, WI. Congrats to Clayton Treharne on earning his **"Black Cap"** with his Winter JNAT Cut in the 200 FR!

LMST Records - Spring/Summer 26

- Dhyan Deepak - Boys 8&U 25 FL (SCY), 50 BK, 50 BR
- Colin Janda - Boys 10&U 400 FR, 50 FL, 100 FL
- Lauren Lang - Girls 13-14 50 BR
- Parker Macho - Boys Senior 50 FL (SCY & LCM), 100 FL
- Isaac Nielsen - Boys 10&U 50 BK
- Caite Schaffel - Girls Senior 200 FR, 400 FR, 800 FR, 100 BK, 200 BK, 50 BR, 100 BR, 200 BR, 400 IM
- Teresa Zhang - Girls
- Appel, Deepak, Pandey, Schroeder - Boys 8&U 100 FR Relay (SCY)
- Goertzen, Goldsmith, Janda, Nielsen - Boys 10U 200 FR, Medley
- Luck, Schaffel, Tristan, Zhang - Girls Senior 200, 400 FR Relays
- M. Macho, P. Macho, Sieren, Wittnebel - Senior Boys 200 FR 400 FR

FALL/WINTER (SCY) 2026-27

DATE	MEET	LOCATION
OCTOBER 3, 2026	LMST PUMPKIN PLUNGE\$	LINN-MAR AQUATIC CENTER
OCTOBER 17, 2026 (TENATIVE)	BLST-LMST-PSC 13&O TRI MEET	LINN-MAR AQUATIC CENTER
OCTOBER 17-18, 2026	COE COLLEGE HARVEST INVITE	COE COLLEGE NATATORIUM
NOVEMBER 6-8, 2026	IFLY A3 MIDWEST CHALLENGE!	CRWC, IOWA CITY
NOVEMBER 20-22, 2026	DASH GIVING THANKS INVITATIONAL	DUBUQUE AQUATIC CENTER
DECEMBER 4-6, 2026	LMST FAST & FLURRIOUS INVITE#	LINN-MAR AQUATIC CENTER
DECEMBER 8-11, 2026	USA SWIMMING WINTER JUNIORS	UNIVERSITY OF TEXAS
DECEMBER 18-20, 2027	BLST HOLIDAY CLASSIC	CEDAR FALLS HS NATATORIUM
JANUARY 10, 2027	LMST WINTER WHITEOUT\$	LINN-MAR AQUATIC CENTER
JANUARY 15-17, 2027	FOXJETS WINTER CLASSIC!	UNIVERSITY OF MINNESOTA
LATE JANUARY, 2027	IFLY-LMST DUAL MEET (ALL AGES)	LOCATION TBD
FEBRUARY 13-14, 2027	IASI REGIONALS 8&U CHAMPIONSHIPS	LINN-MAR AQUATIC CENTER
FEBRUARY 19-21, 2027	IASI AGE GROUP CHAMPIONSHIPS!	CEDAR FALLS HS NATATORIUM
FEBRUARY 25-28, 2027	IASI SENIOR CHAMPS!	WELLMARK YMCA, DM
MARCH 11-14, 2027	USA SWIMMING SPRING SECTIONALS (LCM)!	WAUKEE NATATORIUM

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

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

! = QUALIFICATION TIMES REQUIRED FOR ENTRY TO EACH MEET

QUESTIONS?

Contact Jackson Allmon