

## KOHAWKS HARVEST INVITE

OCTOBER 18<sup>TH</sup> & 19<sup>TH</sup> | COE COLLEGE NATATORIUM, CEDAR RAPIDS



Pictured Above: LMST 11-12-year-old swimmers (from left to right) Kate Caldwell, Emma Thompson, and Rory Breitbach competing at the Saturday Afternoon session of the LMST Pumpkin Plunge on October 4<sup>th</sup> (Source: Karen Thompson).

### Sat. AM Session Itinerary (10&U)

- Arrival Time on Deck: **8:45 AM** (Swimmers should arrive in their swimsuits, ready to warm-up)
- Meet with Group Coaches (Lauren, Stephanie, Julia, Jon, and Meredith) to discuss warmup: **8:50**
- Meet Warm-Ups: **9:00 AM**
- Writing Event, Heat, Lanes Assignments on Swimmers: **9:30-9:50 AM** (If possible, help your child write down E/H/L assignments before arrival to help save coaches' time)
- Team Meeting and Cheer on Deck: **9:50 AM**
- Meet Start: **10:00 AM** (Please refer to the Session Report/Timeline to

find out when your child is swimming each event)

- Meet Conclusion: **12:30 PM** (Swimmers may leave once they have competed in their final race, but they must check-in with a coach before they leave for the day. **There are relays at the end of the session for many 10&U swimmers!**)

### Sat. PM Session Itinerary (11&O)

- Arrival Time on Deck: **12:45 PM**
- Meet Warm-Ups: **1:00 PM**
- Team Meeting/Cheer: **1:50 PM**
- Meet Start: **2:00 PM**

### Sun. AM Session Itinerary (Gold & ↑)

- Arrival Time on Deck: **8:45 AM**
- Meet Warm-Ups: **9:00-9:50 AM**
- Team Meeting/Cheer: **9:55 AM**
- Meet Start: **10:00 AM**

Remember to look at the [LMST Entry Report](#) before arriving at the swim meet. Heats Sheets will be sent out to families as soon as they become available to LMST coaches (read [10/1 LMST News](#) to learn how to write down E/H/L assignments). Note- LMST will participate in mixed (2 male, 2 female) free relays in the Saturday AM & PM sessions. Check the Entry Report to see if your swimmer is entered on a relay on Saturday.



Pictured Above: LMST alumni (left to right, front to back) Mason Turner, Ian Steffen, Luke Kelley, and Cameron Kelley at the University of Minnesota/University of South Dakota/University of Nebraska swim meet in Minneapolis on Friday, October 10th!

## *BLST Fall Triangular - 10/18*

On Saturday, October 18th, 13 and over swimmers from the Platinum, Diamond, and Senior groups will compete against the following teams in Cedar Falls at their new natatorium (2701 W 27th St, Cedar Falls, IA 50613):

- Black Hawk Area Swim Team (BLST)
- Linn-Mar Swim Team (LMST)
- Piranhas Swim Club (PSC)

### **Sat. AM Session Itinerary (13 and Over)**

- Arrival Time on Deck: **8:45 AM**
- Meet Warm-Ups: **9:00 AM**
- Team Meeting and Cheer on Deck: **9:50 AM**
- Meet Start: 10:00 AM (Please refer to the Session Report/Timeline to find out when your child is swimming each event)
- Meet Conclusion: **11:45 PM**
- Tailgate Conclusion: **Approximately 1:30 PM**

Swimmers are welcome to wear a tech suit for this meet (talk to Jackson if interested).

- **On Deck:** We will not open the pool deck until 8:45am as the CFHS team will be practicing until 9am.
- **Meet Website:** Includes **Timeline, Psych Sheet, and Heat Sheet**
- **Parking:** Please park in the back of the VISITOR LOT adjacent to the football stadium (EAST SIDE). You will follow the walkway behind the stadium to enter the glass pool doors.
- **Concessions:** Due to the short timeline, we will not have any concessions available on Saturday.
- **Tailgate:** Please join us for a small tailgate after the meet! Let me know if there are any dietary restrictions we need to accommodate! BLST will serve the following:
  - Hamburgers/Cheeseburgers
  - Hot Dogs
  - Chips (assorted)
  - Fruit (bananas, apples, oranges)
  - Cookies (assorted)
  - Gatorade
  - Soda (assorted)
  - Water

# *MS Girls Swimming Safe Sport Renewal*

Middle School Girl swim practices for Oak Ridge and Excelsior begins TODAY, Wednesday, October 15<sup>th</sup>.

According to the [LMST Monthly Dues page](#), Middle School Girls swimmers, regardless of the school that they attend, are still eligible for free monthly dues in November, regardless of attendance numbers.

Jackson will send an email to prospective MS girls swimming families outlining practice attendance recommendations for your athlete in the upcoming days based off of their current practice group at LMST. All swimmers on the MS teams are required to compete in the MS meets.

LMST will support however many practices (MS or club) your child wants to attend. For questions about MS swimming in the LMCS, contact Oak Ridge coach Tristan Evans (tevans@linnmar.k12.ia.us) or Excelsior coach Elizabeth Frangella (bfrangella@linnmar.k12.ia.us)

The Safe Sport Recognized Club Program is a program with USA Swimming in which clubs demonstrate their commitment to creating an abuse-free, safe, healthy, and positive environment for all its members.

USA Swimming has provided training materials for athletes (ages 5-17) and parents to help teach the signs of abuse and how to create a more positive environment. For LMST to be recognized as a Safe Sport club we need all athletes and parents to complete the following:

**Athletes Course (ages 5-17) → "Optional Course - Safe Sport for Youth Athletes"**

**Parents Course → "Parents Guide to Misconduct"**

**Instructions on how to complete the programs were sent in email on Monday, October 13<sup>th</sup> from Parker Craw. Please finish the course as soon as possible!**

## *Practice Updates - October & Beyond*

**10/16 (Th)** - This Thursday, there will be NO LMST PM swim practice due to the Metro JV Diving Champs. **Diamond and Senior will have an additional 5:45 AM practice on this day.** Senior will also have dryland from 4-4:45 PM.

**10/18 (Sat.)** - There will be NO practice this Saturday, October 18<sup>th</sup> due to the BLST Tri and Kohawk Harvest swim meets.

**10/28 (T)** - LMST PM practice on Tuesday, October 28<sup>th</sup> will be moved back due to the first MS Girls meet at the aquatic center. Silver & Gold will practice from 7:30-8:30 PM. Platinum, Diamond, and Senior will practice from 7:30-8:45 PM. **Senior Dryland time is tentatively scheduled for 6:15-7:30 PM**

**10/29 (W)** - On Wednesday, October 29<sup>th</sup> will have their annual Halloween practice for Bronze-Diamond at 6:30 PM. **Diamond and Senior will have normal practice at 6 AM.**

**10/31 (F)** - On Friday, October 31<sup>st</sup>, there will be NO LMST PM practice due to Halloween and the A3 Midwest Challenge in Iowa City.

**Week of 11/10** - On this week, both LM HS Girls and Boys swim teams will practice at the aquatic center. Thus, LMST will have limited pool time/space. For current practice times, check the [LMST Practice Calendar](#). Bronze will NOT on Monday (11/10) and Wednesday (11/12) of this week.

## *Halloween - 10/29*

On Wednesday, October 29<sup>th</sup>, 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. More information TBA...

## *LMST Cap Update*

LMST swim caps (personalized, non-personalized, and dome caps) have arrived at the aquatic center!

The coaching staff passed out ordered caps to swimmers in attendance for the Friday, October 10<sup>th</sup> practice. LMST coaches hope to pass out the remainder of caps ordered this week. The team also hopes to pass out any additional items ordered through the A3 Performance team store this week.

If you ordered caps or other items from A3 and your swimmer does not receive it by week's end, please reach out to Jackson.

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 DECEMBER INVITE\$	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