

Inspire Learning. Unlock Potential. Empower Achievement.

Volume VI, Edition II

Wednesday, April 2nd, 2025

2025 LMST SPRING SPLASH

DEADLINE TO ENTER ON COMMIT: WEDNESDAY, APRIL 16TH



Pictured Above: LMST Silver swimmer Colin Janda competing at the 2025 IASI Age Group Championships at the Des Moines Wellmark YMCA on Saturday, February 22nd (Source: Chris Pose).

On Saturday, April 26th, LMST is hosting our annual Spring Splash at the Linn-Mar Aquatic Center. All swimmers registered with LMST (Bronze, Silver, Gold, Platinum, Diamond, Senior) are encouraged to participate.

We will be having an afternoon session again this year in addition to our traditional 12&U morning session. For the afternoon session we will be offering a Pentathlon (100 FL, 100 BK, 100 BR, 100 FR, 100 IM). 12&U swimmers in Diamond are welcome to compete in the afternoon session.

Parents may choose to commit (enter) their swimmers by logging into their Commit accounts, navigating to the meets tab, clicking on the Spring Splash, and selecting "Yes, Commit."

Parents do not have to choose events and may have the coaches select their swimmers' events. Families are also welcome to leave notes for coaches about specific events, or if your swimmer may arrive late or leave a particular session early.

There is not an entry fee for LMST swimmers to enter this meet. **The entry deadline is Wednesday, April 16th, 2025.** Moving forward, we will use Commit to sign up for volunteer and hospitality positions.

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).

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

Waukee Waves Summer Invite

Waukee Waves will host the inaugural Open Summer Invite at the NEW Waukee Natatorium from Friday, June 20th to Sunday, June 22nd. This competition is Timed Final for 12&U swimmers, and Prelim/Final for 13&O swimmers.

Swimmers in the Silver, Gold, Platinum, Diamond, and Senior groups are eligible to compete in this meet. The meet's design allows for a family-friendly travel schedule.

This 50-meter pool will serve as host for this year's Iowa Swimming LSC Long Course Championships.

Families must enter their swimmers by Wednesday, May 7th to guarantee entry! This meet will fill up fairly quickly, do not miss the deadline!



Pictured Above: LMST Platinum swimmer Jackson Kray competing at the 2025 IASI Age Group Championships at the Des Moines Wellmark YMCA on Saturday, February 22nd (Source: Chris Pose).

LMST April Monthly Dues

If your swimmer is registered with the team for the 2024-25 academic year and will be inactive this month or for the Spring/Summer season, please reach out to Jackson or Parker ASAP so that your family will not be billed for April!

For those swimming this season, no re-registration is required for returning students.

2025 LMST Spring Practice Times

LMST Spring Practice Schedule from Monday, March 31st to Saturday, May 24th:

Bronze

- M-Th at 7:00 to 8:00 PM

Silver

- M-Th at 7:00 to 8:15 PM
- F at 5:30 to 6:45 PM

Gold

- M-Th at 7:00 to 8:30 PM
- F at 5:30 to 6:45 PM
- Sat. at 7:30 to 9:00 AM (Starting 4/19)
- Dryland TBD

Platinum

- M-Th at 6:45 to 8:30 PM
- F at 4:00 to 5:30 PM
- Sat. at 7:30 to 9:30 AM (Starting 4/19)
- Dryland TBD



PLMST Gold swimmer Samantha Mollman competing at the 2025 IASI Age Group Championships at the Des Moines Wellmark YMCA on Saturday, February 22nd (Source: Chris Pose).

Diamond

- M-Th at 4:00 to 5:45 PM
- Th AM at 5:45 to 7:00 AM (Starting on 4/10)
- F at 4:00 to 5:30 PM
- Sat. at 7:30 to 9:30 AM (Starting 4/19)
- Dryland TBD

Senior

- M-Th at 4:00 to 6:00 PM
- T & Th AM at 5:45 to 7:00 AM (Starting on 4/10)
- F at 4:00 to 5:30 PM
- Sat. at 7:30 to 9:30 AM (Starting 4/19)
- Dryland TBD

Coach-Athlete Meetings - Platinum-Senior ONLY

LMST athletes can now schedule a meeting with Jackson to review short and long terms goals, areas of improvement within technique, etc. Athletes are welcome to schedule multiple meetings in a row (if 30 minutes is not enough) or schedule follow up meetings. This opportunity is recommended for swimmers 13 years of age or older:

[Link to Schedule an Appointment with Jackson](#)

Spring Dryland Times - Gold-Senior

Jackson is still working with LMST staff and facility administration to create and implement the best Spring dryland times for each group. Offerings need to work around coach and swimmer availability, lessons programming, and space/equipment available. Drylands are likely to be between 6-6:45 PM for each group, days TBA. Jackson will communicate times to families ASAP.



Pictured Above: LMST Senior swimmer Mackenzie Tristan competing at the 2025 IASI Short Course Championships at the University of Iowa on Saturday, March 1st (Source: Chris Pose).

2025 LMST Summer Meet Schedule



Date	Meet	Facility	Groups Attending
April 26 th (Sat.)	Linn-Mar Spring Splash	Linn-Mar Aquatic Center, Marion, IA	All Groups*
May 9 th to 11 th	Iowa Flyers Swim Club David Armbruster Open	Campus Recreation and Wellness Center, Iowa City, IA	All Groups
June 7 th to 8 th	Iowa City Eels Splash Out Hunger	Mercer Aquatic Center, Iowa City, IA	All Groups
June 20 th to 22 nd	Waukee Waves Invite	Waukee Natatorium, Waukee, IA	Silver - Senior
June 26 th	PAC/DASH Tri Meet	University of Northern Iowa Natatorium, Cedar Falls, IA	Bronze – Diamond
July 10 th to 13 th	Black Hawk Area Swim Team Summer Sizzler	The Falls Aquatic Center, Cedar Falls, IA	All Groups*
July 19 th to 20 th	IASI Regional and 8&U Championships	TBD	All Groups
July 24 th to 27 th	IASI Long Course Championships	Waukee Natatorium, Waukee, IA	All Groups ("Q" time required)
July 31 st to August 3 rd	USA Swimming Central Zone 14&U Championships	Rochester Recreation Center, Rochester, MN	Gold-Senior ("AAA" Motivational time required)

*The LMST Registration fees cover the entry fees expense to LMST Home meets. LMST students may swim at these meets without incurring additional entry fee charges.