



# LMST NEWS

Inspire Learning. Unlock Potential. Empower Achievement.

Wednesday, January 22<sup>nd</sup>, 2025 • Volume V, Edition XXII



New Information Highlighted in   

## IASI Winter Regionals and 8&U Champs

Entry Deadline → 2/5 (W)

Swimmers from all practice groups are encouraged to attend [The IASI Winter Regionals and 8&U Championships](#) in Dubuque (at Hempstead) on Saturday, February 15<sup>th</sup> and Sunday, February 16<sup>th</sup> if not already qualified for maximum number of events at Age Group and/or Senior Champs.

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. Swimmers in all groups have been preparing to "peak" for this meet.

*The LMST Entry Deadline for the meet is Wednesday, February 5<sup>th</sup>.*

### Sessions

**Saturday Morning (9-10, 11-12):** Warm-Up - Not before 7:00 am; Start - 8:30 am

**Saturday Afternoon (8&U):** Warm-Up - Not before 12:00 pm; Start - Not before 12:45 pm

**Saturday Evening (13&O):** Warm-Up - Not before 4:00 pm; Start - Not before 5:00 pm

**Sunday Morning (12&U):** Warm-Up - Not before 7:00 am; Start - 8:30 am

**Sunday Afternoon (13&O):** Warm-Up - Not before 12:00 pm; Start - Not before 1:00 pm

Meet Information is now available on the LMST website and Meet Landing Page. Families can choose events for their swimmers up until the entry deadline. The coaching staff has ultimate discretion when approving events.



### Meet Information

## 2025 CIA Winter Blues Buster

### Warmup/Start Times, Psych Sheet, Session Report/Timeline

The Winter Blues Buster meet, hosted by Central Iowa Aquatics, is this weekend (Friday, January 24<sup>th</sup> to Sunday, January 26<sup>th</sup>) at the new Waukee Natatorium in Waukee, IA. This is a timed final meet (swimmers only compete in each event number once). LMST has 46 total swimmers entered in the meet.

Unfortunately, CIA had to REMOVE morning relays (Sessions 2 & 4) from the meet. LMST will compete in relays in the afternoons. Relay teams/lineups are TBD.

There is parking directly outside the pool on the east side of the building, with the large meet the host team does expect this to fill up. There is an additional parking lot on the east side of Trailridge School, which is the school directly east of the Natatorium. PLEASE do not park in the drop off lane located along the front of the building.

A concession stand will be available throughout the meet but note that it will be Card only (no cash).

### Itinerary (Events) → WU Time/Start Time

- Friday PM Distance (#1-2; 400 IM & 1650 FR) → 6 PM/7 PM
- Saturday AM - 10&U, 11-12 (#7-17) → 7:30 AM/8:30 AM
- Saturday PM - 8&U, Senior (#19-42) → 12:30 PM (13&O swimmers), 1:10 PM (10&U swimmers)/1:40 PM
- Sunday AM - 10&U, 11-12 (#47-60) → 7:30 AM/8:30 AM
- Sunday PM - 8&U, Senior (#61-86) → 12:30 PM (13&O swimmers), 1:10 PM (10&U swimmers)/1:40 PM

[Winter Blues Buster Landing Page](#)

[Session Timeline](#) (as of 1-20-25)

[Psych Sheet](#) (as of 1-20-25)

[Warmup Assignments](#)

[Livestream Link](#)

### NO PM Practice – 1/23

#### AM Practice moved to 5:45 AM

PM practice (dryland & swim) tomorrow, January 23<sup>rd</sup> is cancelled due to the MS Conference meet and LM HS practice. Diamond will practice from 5:45 -7:15 AM (if possible, highly recommended). Senior will practice from 5:45-7:30/45.

### NO Practice – 1/25

#### No Practice Saturday Morning

There will be no practice on Saturday, January 25<sup>th</sup> due to the MVC Conference meet and most of the coaching staff at the CIA meet in Waukee. Enjoy your morning off, swimmers!

### NO SR Dryland – 1/24

#### No Dryland Due to Meet

On Friday, January 24<sup>th</sup>, there will be no dryland offered for Senior swimmers in the morning in preparation for the CIA meet. There will be practice for Bronze - Senior on Friday evening.

## Meet Information

# 2025 Linn-Mar “Last Chance” Intrasquad

Entry Deadline → Wednesday, February 5<sup>th</sup> | Linn-Mar Aquatic Center

LMST will be running one last home swim meet on Sunday, February 9<sup>th</sup>. Swimmers Bronze through Senior are encouraged to sign up. This may be the last opportunity to race/achieve time standards before the season concludes for many of our swimmers.

LMST swimmers will swim against each other in mixed events (girls and boys heats). Warm-Ups are currently scheduled to begin at 9 AM, with a meet start time of 10 AM. **Families are now able to select events for their swimmers.**

Reminder that to be eligible to compete at this meet, and all other meets LMST participates in, your swimmer must be registered with USA Swimming. Here is a link to a Frequently Asked Questions page on the LMST website on USA Swimming memberships:

[Linn-Mar Swim Team - USA Swimming Registration FAQ](#)

Premium memberships last until 12/31/25. Seasonal memberships last for 150 days (until Saturday, June 21<sup>st</sup>).

A Volunteer Sign Up is now available under the “Jobs” tab of the Commit Swimming Parent Portal.

*Reminder* that the Linn-Mar Swim Team Volunteer Credit Policy does not apply to Intrasquad meets (only home invitationals and IASI Regional & Championship meets).

[Linn-Mar Swim Team Volunteer Credit Policy](#)



Pictured Above: LMST Swimmer Everett Burr representing Team Iowa in the Sunday morning session of the 2025 Midwest All Stars competition in Des Moines, IA (Source: Chris Pose).

## Practice Calendar

# Spring Practice Times

**Practice times from 3/31 (M.) to 6/3 (T.)**

LMST will plan to begin the Spring/Summer season on **Monday, March 31<sup>st</sup>**. Practice times for the months of March, April, May, and early June will be similar to times last Spring for all groups. Morning times and Dryland are still TBD.

### Bronze

Monday through Thursday evenings → 7:00 PM to 8:00 PM

### Silver

Monday through Thursday evenings → 7:00 PM to 8:15 PM; Friday Afternoons → 5:30 PM to 6:45 PM

### Gold

Monday through Thursday evenings →

7:00 PM to 8:30 PM; Friday Afternoons → 5:30 PM to 6:45 PM

### Platinum

Monday through Thursday evenings → 6:45 PM to 8:30 PM; Friday Afternoons → 4:00 to 5:30 PM

### Diamond

Monday through Thursday afternoons → 4:00 PM to 5:45 PM; Friday Afternoons → 4:00 to 5:30 PM

### Senior

Monday through Thursday afternoons → 4:00 PM to 6:00 PM; Friday Afternoons → 4:00 to 5:30 PM

## Practice Calendar

# Championship Season Practice Calendar

February 17<sup>th</sup> and Beyond

Monday, February 17<sup>th</sup> is the first day that the LM HS boys’ team will not be practicing at the aquatic center. Thus, LMST will change its practice start times for championship qualifiers for the remainder of the season.

### Week of 2/17

*Age Group Champ Swimmers (Bronze - Diamond qualifiers)*

- 2/17 (M.) - 2/19 (W.) → 6:30 to 7:45 PM
- 2/20 (Th.) → 4:30 to 5:30 PM

*Short Course Champ Swimmers (Senior & National)*

- 2/17 (M.) - 2/21 (F.) → 4:30 to 6:30 PM
- 2/22 (Sat.) -> 7:30 to 9:30 AM
- AM Opportunities → Cameron will communicate days to SR swimmers

### Week of 2/24

*Short Course Champ Swimmers & Sectional ONLY Swimmers*

- 2/24 (M.) - 2/26 (W.) → 4:30 to 6:30 PM
- 2/27 (Th.) → TBD

### Week of 3/3

*Sectional Swimmers*

- 3/3 (M.) - 3/7 (F.) -> 4:30 to 6:30 PM
- 3/8 (Sat.) -> 7:30 to 9:30 AM
- Morning Opportunities -> AM Swim opportunities will be communicated closer to this week



