

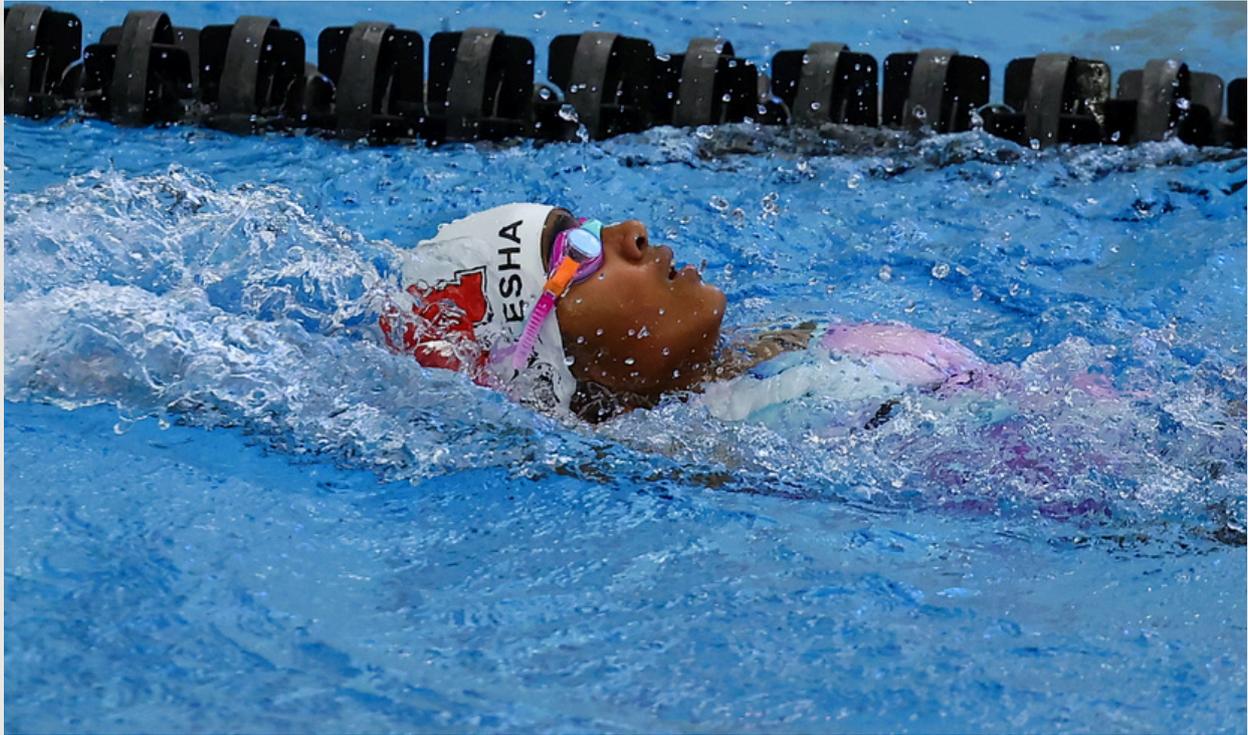
*Inspire Learning. Unlock Potential. Empower Achievement.*

Volume VII, Edition XIX

Wednesday, December 31st, 2025

## LMST WINTER WHITEOUT

LINN-MAR AQUATIC CENTER | SUNDAY, JANUARY 4TH



Pictured Above: LMST Silver athlete Thaneesha Puviarasan swimming in the Sunday afternoon session of the 2025 DASH Giving Thanks Meet in Dubuque, Iowa on November 23<sup>rd</sup> (source: Shaun Elhard)

LMST will host their annual Winter Whiteout meet this Sunday, January 4<sup>th</sup>. Rubber Ducks will be presented to the heat winners for each event and for any individual or relay team who finishes with a final time that ends in 26/100's.

All volunteers upon arrival will check in with Nisha Raghwani (Volunteer Leader) upstairs to confirm that they are present and gain a better understanding of their role/responsibilities. All volunteers are expected to report at least 20-30 minutes before the session's start time.

**LMST is still looking for a parent to announcer the 13&O afternoon session.** Members of LMST receive a \$25 credit when they volunteer to work a session at an LMST Invitational Swim Meet.

### Sunday AM Session – 12&U (Events #5-36)

- Arrival Time on Deck: 7:15 AM (Swimmers should arrive in their swimsuits, ready to warmup)
- Meet with Group Coaches: 7:25 AM
- Meet Warm-Ups: 7:30 AM – 8:10 AM
- Writing Event, Heat, Lane Assignments on Swimmers: 8:10 AM – 8:40 AM (if possible, help your child write down E/H/L assignments before arrival to help save coaches' time)
- Team Meeting on Deck: 8:50 AM
- Meet Start: 9:00 AM
- Session Conclusion: 1:00 PM (Swimmers may leave after once they have competed in their final race, but they must check-in with a coach before they leave for the day)

### Sunday PM Session – 13&O (Events #37-60)

- Arrival Time on Deck: 12:55 PM
- Meet Warm-Ups: 1:10 PM
- Team Meeting on Deck: 2:45 PM
- Meet Start: 3:00 PM
- Session Conclusion: 7:00 PM

Entry List with Event, Heat, and Lane Assignments and Heat Sheets will be posted on the [Winter Whiteout Meet Landing Page](#) at the end of the week.

**Athletes MUST be registered with USA Swimming for the year of 2025 to compete at the Winter Whiteout this Sunday:**

[USA Swimming Premium & Seasonal Registration Link for LMST](#)

# 14&U MW All Stars- Team Iowa Selections

Congratulations to LMST swimmers for being selected to represent Team Iowa in the 2026 All Stars Swim Meet!

- Bentley Brodeur
- Frankie Martino
- Joseph Saputra

The Midwest All-Stars Meet is a multi-state, short course meet for swimmers who are 14 & under. Team Iowa will compete against the top age group swimmers from Colorado, Midwestern (Nebraska/Western Iowa), Missouri Valley (Kansas/Western Missouri), North Dakota, and South Dakota.

The meet will take place at the Wellmark YMCA in downtown Des Moines on January 9th to 11th.

Only 12 swimmers from each age group/gender were selected for the Iowa All Star team. Team Iowa selections were based on each swimmer's ability to best represent Team Iowa across all possible events. Each swimmer will compete in six individual events and may be selected to race on relays.

Good luck swimmers, and way to represent LMST!

## BLST Holiday Classic Meet Recap

Congratulations to all swimmers who participated in the 2026 BLST Holiday Classic in Cedar Falls this last weekend!

Out of the LMST swimmers who attending the meet, most either achieved a new personal best, or completed a race legally for the first time. Way to go, LMST swimmers!

### Silver Cap Recipients:

- Rory Breitbach
- Saniha Deepak
- Jackson Kray

### New IASI Champ "Q" Times:

- Rory Breitbach - Girls 11-12 200 FR, 100 BK
- Arabella Bautista - Girls 11-12 50 FR
- Aatreye Dutta - Girls 11-12 50 FR
- Megan Kueper - Girls 13-14 200 BK
- Lauren Lang - Girls 13-14 200 IM
- Ava Lutz - Girls 13-14 200 BK
- Levi Richards - Boys 13-14 100 FL, 200 IM
- Joseph Saputra - Boys 13-14 1650 FR, 50 BK, 200 BR, 200 IM
- Mackenzie Tristan - Girls Senior 50 BK, 100 FL

### Central Zone Spring Sectional Qualifiers:

- Mackenzie Tristan - Girls Senior 200 BK

A thank you is also in order to the Linn-Mar Swim Team coaching staff! They did a great job of organizing warmups and cheers, giving excellent feedback, and staying positive and full of energy during a long, three-day meet!

## ICE Tunwall Invite & ACAC Tundra Entries

The first round of entries that were submitted to ACAC for the 2026 Tundra have been *accepted* by the host team! Meaning, if your swimmer was committed to the meet by the evening of Friday, December 12<sup>th</sup>, your swimmer is good to participate in the ACAC Meet on 1/16-1/18!

**For those that declared their intention to swim at Tundra on Saturday, December 13<sup>th</sup> or after, their entries will be submitted to ACAC in the next few days.** The host team guaranteed that any additional entries from LMST on 1/2 will be accepted, guaranteed!

On another note, a new opportunity has been presented within the area for the weekend of January 17<sup>th</sup> and 18<sup>th</sup>. ICE is hosting a meet for all ages at Mercer Park Aquatic Center in Iowa City this weekend. LMST will now be sending coaches to this meet.

Entries are now available for the ICE meet on Commit. This is a great local opportunity for swimmers in the Bronze, Silver and Gold practice groups.

The deadline to sign up for the ICE meet is **TODAY, Wednesday, December 31.**

**For anyone that signed up to swim at the ACAC meet, and would prefer to swim at the more local competition, please reach out to Jackson ASAP, and we will work with your family to remove the ACAC entries.**

Swimmers that attend practices/meets regularly are encouraged to prioritize the ACAC meet if they are already entered.



## *Upcoming Practice Schedule Updates*

**12/31 (W)** - Diamond will have dryland from 8:15-9 AM. Bronze, Platinum, Diamond, and Senior will have practice at 9 AM. Silver and Gold will practice at 10 AM.

**1/1 (Th)** - There will be NO LMST practice on New Year's Day.

**1/2 (F)** - Senior will have dryland before morning swim from 7:45-9 AM. LMST will have their final weekday morning practice on Friday.

**1/3 (Sat.)** - Platinum, Diamond, and Senior will have practice from 9-11 AM.

**1/2 (Th)** - Silver-Senior swim practice and Senior dryland start times will be delayed next Thursday due to a MS swim meet. LMST will tentatively plan for Senior dryland at 6:15 PM, and all other swim practices at 7:30 PM.

**1/10 (Sat.)** - Platinum, Diamond, and Senior will have practice from 7:30-9:30 AM due to the LM HS Boys Invite.

**1/20 (T)** - There will be NO LMST swim practice on this day due to the LMHS Boys Senior Night. Senior will have dryland at 3:45 PM.

**1/22 (Th)** - LMST Practice is TBD, as this day will be the CRANDIC Middle School Conference Meet.

## *IASI Bag Tag - 12&U AG Champs*

The Iowa Swimming LSC invites you to their first annual "Bag Tag Design Competition." Swimmers who enter have the chance to have their design as the next athlete "bag tag," passed out to all qualifiers at the 2026 IASI Age Group Championships in Cedar Falls on February 20<sup>th</sup> to 22<sup>nd</sup>.

**Deadline to Submit is Friday, January 9th!**

Rules and Submission: [Bag Tag Submission Form](#)

For any questions, email [Mehal.Raghwani@iaswim.org](mailto:Mehal.Raghwani@iaswim.org)

## *LMST Splash Apparel*

LMST has just received all recent Splash orders at the aquatic center! All items that have not yet been collected are in the classroom on deck.

If your family ordered items from Splash and have not received them yet, please have your student remind their lead coach on deck before or after practice. If there are any questions or concerns, 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 "FAST & THE FLURRIOUS"\$	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