

*Inspire Learning. Unlock Potential. Empower Achievement.*

Volume VI, Edition XII

Wednesday, June 11<sup>th</sup> 2025

## SPLASH OUT HUNGER RECAP

CONGRATULATIONS, LINN-MAR SWIM TEAM ATHLETES!



Pictured Above: The first-place trophy LMST received at the 2025 ICE Splash Out Hunger meet in Iowa City, IA on June 7<sup>th</sup> and June 8<sup>th</sup>. The trophy is placed in front of the recently maintained Linn-Mar Aquatic center pool!

Congratulations to all LMST swimmers who competed at the 2025 ICE Splash Out Hunger this past weekend in Iowa City! This was a two-day long, timed final meet at the Mercer Aquatic Center pool.

For the third year in a row, LMST received 1st place in the meet's annual food drive. LMST had so many non-perishable donations that there was not enough room left in the initial bin!

ICE on Monday brought over a thousand pounds of food to the food crisis shelter for distribution to the families who, among others, rely upon school meals to keep their children fed. Way to go, LMST families!

New Central Zone 14&U Championship Qualifying Times ("AAA" times):

- Joseph Saputra - Boys 11-12 400 Meter Individual Medley

New IASI Long Course Championships Qualifying Standards ("Q" Times):

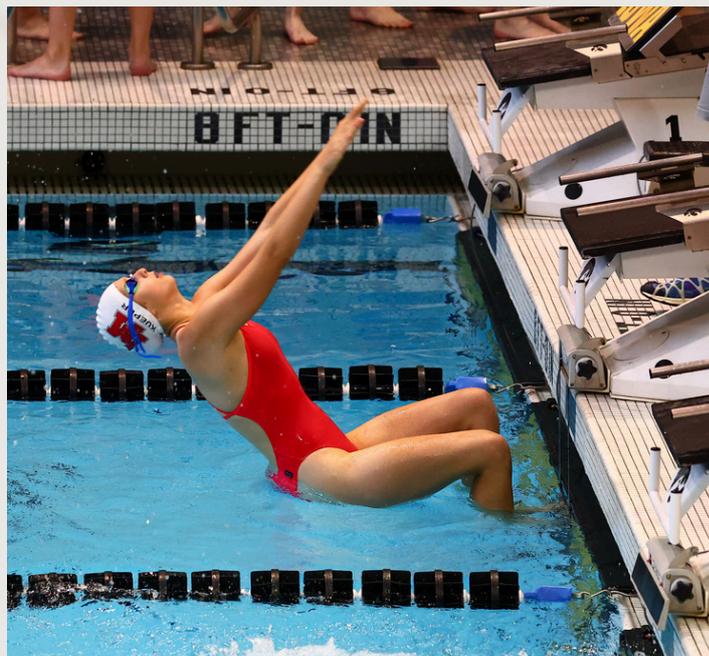
- Kylie Caldwell - Girls 11-12 200 BK
- Saniha Deepak - Girls 11-12 100 BR
- Kristina Do - Girls 10&U 50 BR
- Anna Larson - Girls 10&U 50 FR, 100 FL
- Mehal Raghvani - Girls Senior 200 BR
- Eloise Sanger - Girls 10&U 50 BK
- Rylee Sieren - Boys Senior 200 FL
- Peter Wittnebel - Boys Senior 200 IM

## Open Water Zones

Congrats to the record-setting 12 LMST swimmers on being selected to compete for Team Iowa at the 2025 Central Zone Open Water Champs this Friday in Pleasant Prairie, Wisconsin:

- Rory Breitbach
- Megan Kueper
- Ava Lutz
- Francesca Martino
- Levi Richards
- Joseph Saputra
- Nathan Saputra
- Clayton Treharne
- Mackenzie Tristan
- Bradyn Weis
- Shay Williams
- Peter Wittnebel

Team Iowa will compete against the top swimmers from Arkansas, Illinois, Indiana, Lake Erie, Michigan, Minnesota, Missouri Valley, Midwestern, North Dakota, Ohio, Oklahoma, Ozark, South Dakota, and Wisconsin compete against one another for a Central Zones OW title. Congratulations, swimmers!



Pictured Above: LMST swimmer Megan Kueper competing at the 2025 Armbruster Open in Iowa City on Sunday, May 11 (source: Shaun Elhard)

## DASH- LMST-PAC Tri Meet

PAC/DASH Tri Meet Entry Deadline: **Friday, June 13th**

*Open to Bronze through Senior*

LMST will compete against PAC and DASH swimmers at the University of Northern Iowa's pool on the evening of Thursday, June 26th.

Warmups will begin at 4:00 PM with a meet start time of 5:00 PM. The meet should not last more than a couple of hours.

This is a great opportunity for swimmers to race in a short course pool and achieve "Q" times before the end of the summer season. The meet date also provides flexibility to LMST families who may be more available during the week, as opposed to the weekend. 50s-200s will only be offered at this meet.

Points will be awarded by gender for each age category: 10 & Under, 11-12, 13-14, 15 & Over. Only total team scores will be kept. Based on the total number of swimmers entered, a multiplier will be applied to each team score proportional to the number of swimmers less than the largest team.

## Para Swimming Clinic - 6/28 (Cedar Falls)

US Paralympic Swimming, in partnership with Iowa Swimming and the University of Northern Iowa, is hosting an Introduction & Orientation to Para Swimming clinic on Saturday, June 28th in Cedar Falls! This clinic is free to all participants.

The clinic is open to anyone interested in learning more about paralympic swimming! A portion of the clinic will be in-water for the swimmers, but all are welcome to observe. Additionally, lunch for participants in the clinic will be provided.

**[Para Swimming Clinic Registration Link](#)** (more information provided on SignUp Genius)

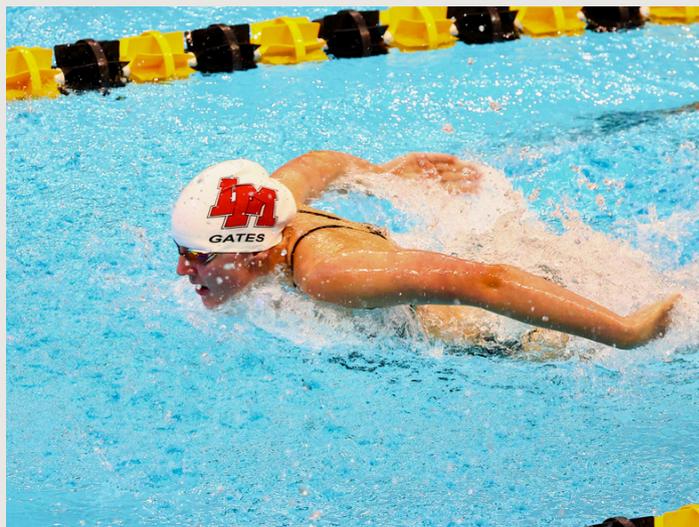
Interested participants should contact UNI Coach Ben Colin ([NorthMountainParaRegionCoach@gmail.com](mailto:NorthMountainParaRegionCoach@gmail.com)).

## Diamond/SR Dryland

Due to the cancellation of practice on Monday, June 9<sup>th</sup>, Diamond and Senior will have an additional dryland offering on **Friday, June 13<sup>th</sup> from 8:30-9:30 AM** after their morning swim practice.

## *LMST Summer Practice Schedule - 6/9 (M) to 7/18 (F)*

- **Bronze**
  - Monday-Thursday → 5:45 to 6:45 PM
- **Silver**
  - Monday-Thursday → 5:45 to 7:00 PM
  - Every other Friday → 8:15 to 9:45 AM
    - Dates with Friday AM practices:
      - 6/20
      - 7/4
      - 7/18
- **Gold**
  - Monday-Thursday → 5:30 to 7:00 PM
  - Every other Friday → 8:15 to 9:45 AM
    - Dates with Friday AM practices:
      - 6/20
      - 7/4
      - 7/18
  - Thursday Dryland → 4:45 to 5:30 PM
  - **Saturday → 7:00 to 8:30 AM (Marion Outdoor)**
    - **Start time moved 30 minutes back!**
- **Platinum**
  - Monday-Thursday → 5:15 to 7:00 PM
  - Friday → 6:15 to 8:15 AM
  - Tuesday Dryland → 4:30 to 5:15 PM
  - Saturday → 6:30 to 8:30 AM (**Marion Outdoor**)
- **Diamond**
  - Monday-Thursday Afternoons → 2:00 to 4:00 PM
  - Tuesday & Friday Mornings → 6:15 to 8:15 AM
  - Monday & Wednesday Dryland → 4:00 to 4:45 PM
  - Saturday → 6:30 to 8:30 AM (**Marion Outdoor**)
- **Senior**
  - Monday-Thursday Afternoons → 2:00 to 4:00 PM
  - Tuesday, Thursday & Friday Mornings → 6:15 to 8:15 AM
  - Monday & Wednesday Dryland → 4:00 to 4:45 PM
  - Saturday → 6:30 to 8:30 AM (**Marion Outdoor**)



Pictured Above: LMST athletes Joseph Saputra (left) and Kennedee Gates (right), competing at the Armbruster Open in Iowa City on May 11 (source: Shaun Elhard)

## *2025 USA Swimming Central Zone Athlete Summit*

Congratulation to Linn-Mar Swim Team Senior athletes Layla Breitbart and Mehal Raghvani on being selected to represent Iowa Swimming LSC at the 2025 Cental Zones Athlete Leadership Summit. The summit will be held at Cleveland State University in Cleveland, Ohio on June 19<sup>th</sup> to 22<sup>nd</sup>. Each LSC is only allowed four swimmers to attend the Summit.

The mission of the summit is to engage Central Zone athletes with collaborative conversation and networking across LSCs in order to develop action plans that lead to effective communication, successful implementation, and continuity for LSC athlete committees and their projects.

This year's athlete summit will have an emphasis on being hands on and collaborative as an "action workshop". Athletes will have the opportunity to work collectively across LSCs to understand how to design and implement events and ideas that will better their LSCs athletes for the future.