

Inspire Learning. Unlock Potential. Empower Achievement.

Volume IX, Edition VI

Wednesday, September 23rd, 2026

UPCOMING MEET DEADLINES

COE HARVEST, 13&O TRI, MIDWEST CHALLENGE, DASH GIVING THANKS



Kohawk Harvest Invitational

On Saturday, October 17th and Sunday, October 18th, LMST will be compete in the Kohawk Harvest Invitational at the Coe Natatorium in Cedar Rapids.

This meet is strongly recommended for all Prep, Bronze, Silver, Gold, and Platinum swimmers. Meet entries are currently not available, but will be posted as soon as meet information becomes available.

- Session 1 (Saturday AM) - 10&U (100 IM, 100 FR, and all 50s) and 8&U (100 FR and all 50s). Plus, Mixed 10&U 200 FR Relay
- Session 2 (Saturday Afternoon) - 11 to 13 (100s, 200 FR and 400 IM), & 14&O (same), Plus 11-13 and 14&O Mixed 200 Freestyle Relays

- Session 3 (Sunday AM) - 11-13 and 14&O (200 stroke, 200 IM, all 50s, 500 FR)

LMST-BLST-PSC 13&O Triangular

On Saturday, October 17th, select 13&O LMST athletes will compete against swimmers from BLST and PSC at the Linn-Mar. Swimmers in the Diamond & Senior groups are highly encouraged to attend. Platinum swimmers are welcome to attend, but are encouraged to go to Coe. The deadline to enter this meet is **Thursday, October 8th**.

Just like in past years, there will be an team tailgate for athletes, families, coaches, and officials immediately following the event. **TAILGATE DONATION & VOLUNTEER SIGN-UPS ARE NOW AVAILABLE ON COMMIT!**

A3 Midwest Challenge

On Friday, November 6th to Sunday, November 8th, select Senior swimmers will attend the A3 Midwest Challenge meet at the CRWC in Iowa City, IA. Only swimmers with a USA Swimming **15-16 "A" Motivational time** are eligible to compete. Jackson will enter swimmers through the USA Swimming Online Meet Entry Portal. Deadline to commit is **Sunday, September 27th**.

DASH Giving Thanks

On Friday, November 20th to Sunday, November 22nd, LMST will attend the DASH Giving Thanks invite. Bronze through Senior swimmers are eligible to participate in this meet. The deadline to enter this meet is, **Thursday, September 24th**.

USA Swimming Registration

The link to register your athlete for a USA Swimming **Premium or Seasonal membership** is now available:

[LMST USA Swimming Registration Link](#)

Outreach/Free or Reduced Lunch families should not use the link above.

A USA Swimming membership is only required for athletes who wish to participate in a swim meet with the Linn-Mar Swim Team. The meets hosted and attended by LMST are all USA Swimming sanctioned swim meets.

Payment is required as a part of registration. LMST families will receive a credit on their Commit

accounts for the cost of their student's registrations. Once the registration is complete, please email the receipt of the registration to Parker Crow (parker.crow@linnmar.k12.ia.us) to receive this credit.

Premium - Membership purchased after September 1st will last until December 31st, 2027.

Seasonal - Membership lasts 150 days after purchase. Note: a membership purchased on September 1st, 2026, will only last until January 28th, 2027 (check meet calendar on Page 5).

Seasonal to Premium Upgrade - For swimmers whose membership expires

during the short course season and want to compete in USA Swimming meets through August 31st, 2027.

Outreach - Low-cost, year-round membership for qualified athletes/families. Families only have to pay \$5 for meet entry fees for each child. Only the head coach and club administrator are privy to their club's Outreach membership information. Contact Parker Crow (parker.crow@linnmar.k12.ia.us) if your family qualifies.

For more information on membership types and how to register for USA Swimming, check our updated page on the Linn-Mar Swim Team website: [Registering for USA Swimming.](#)

Interested in Becoming a USA Swimming Official?

Have you ever wondered what it takes to become a swim official? Are you looking for a new way to support LMST and be more involved in your swimmer's sport?

LMST is hosting an **Officials Information Night** on **Wednesday, October 7, from 6:30-7:30 PM** in the Linn-Mar Aquatic Center Classroom.

The session will be led by LMST Head Meet Referee Randy Ironside and several current LMST USA Swimming officials.

This informal meeting is designed for parents, family members, and even high school students (16+) who are interested in learning more about officiating. We'll discuss what officials do during swim meets, the certification process, the time commitment involved, and how officiating helps ensure fair competition while supporting opportunities for our swimmers.

Many of our current officials are parents who started with little or no officiating experience. Through training and mentorship, they have gained a deeper understanding of the sport, built lasting friendships within the swimming community, and found a rewarding way to stay involved in their swimmer's journey. Officials also receive volunteer credit opportunities and enjoy some of the best seats on deck during competition.

LMST currently has only a small group of active officials, many of whom have swimmers in our oldest training groups. As these families eventually move on from the program, we need to begin building the next generation of officials to ensure we can continue hosting local meets and championship events. Having a strong officiating base helps LMST provide more competitive opportunities close to home and supports the long-term success of our team.

One of the biggest misconceptions about officiating is that the process is difficult or intimidating. In reality, entry-level certifications such as Stroke & Turn or Administrative Official are designed for beginners. Current LMST officials will be available to explain the certification process, apprenticeship requirements, mentorship opportunities, and answer any questions you may have. There is no obligation to become an official simply by attending the meeting.

Whether your swimmer is just starting in the 8 & Under group or preparing for senior-level competition, we encourage you to consider joining us to learn more. Interested in attending? **Please sign up through the Commit jobs tab so we can plan accordingly.**

"Today's officials are simply yesterday's swim parents who decided to take the next step in supporting the sport."



Safesport Renewal - Linn-Mar Swim Team

We're proud to share that our team is now USA Swimming Safe Sport Recognized! This designation reflects our ongoing commitment to providing a safe, positive, and supportive environment for all athletes.

As part of this recognition, our coaches, staff, and families completed Safe Sport training, followed USA Swimming athlete protection policies, and promoted open communication and reporting of concerns.

Thank you to your help in ensuring every swimmer feels safe, valued, and supported both in and out of the water!

Parent Timer Training 9/23 & 9/30 @ 6:30 PM

On Wednesday the 23rd and 30th, LMST staff will host a timer tutorial/walkthrough for those interested in volunteering at LMST home meets. Timing is the most common volunteer position for LMST meets. Those that sign up to time and follow through with their commitment earn a credit on commit: **LMST Volunteer Credit Policy**. New volunteers are only asked to attend one session. The session should not last more than 30 minutes.

LMST Practice Updates October & November

9/29 (T) & 10/6 (T) - Senior swim from 4:30-6:30 PM (HS Girls Away Meet); Prep and Diamond will be at normal time; Gold & Platinum will be from 6:30-8 PM on this day.

10/3 (Sat.) - There will be NO LMST AM practice for any group due to the LMST Pumpkin Plunge meet.

10/13 (Tue.) - NO LMST PM due to LMHS Girls Senior night against Waterloo West.

Saturday AM Donut Sign-Up

Sign-ups are now on Commit for Saturday morning practices! On LMST, it is tradition for families to volunteer to bring donuts for the swimmers on weekend practices. Each signup accounts for a commitment of a dozen donuts.

NOTE AS OF 9-23:

There are now separate signups for the Silver, Gold, Platinum, and Diamond groups for the dates of October 10th and beyond... if you signed up for a "Silver, Gold, Platinum, Diamond" donation spot for 9-26, that is unchanged. Please bring your previously committed amount to practice this Saturday. Thank you!

FALL/WINTER (SCY) 2026-27

DATE	MEET	LOCATION
OCTOBER 3, 2026	LMST PUMPKIN PLUNGE\$	LINN-MAR AQUATIC CENTER
OCTOBER 17, 2026 (TENATIVE)	BLST-LMST-PSC 13&O TRI MEET	LINN-MAR AQUATIC CENTER
OCTOBER 17-18, 2026	COE COLLEGE HARVEST INVITE	COE COLLEGE NATATORIUM
NOVEMBER 6-8, 2026	IFLY A3 MIDWEST CHALLENGE!	CRWC, IOWA CITY
NOVEMBER 20-22, 2026	DASH GIVING THANKS INVITATIONAL	DUBUQUE AQUATIC CENTER
DECEMBER 4-6, 2026	LMST FAST & FLURRIOUS INVITE#	LINN-MAR AQUATIC CENTER
DECEMBER 8-11, 2026	USA SWIMMING WINTER JUNIORS	UNIVERSITY OF TEXAS
DECEMBER 18-20, 2027	BLST HOLIDAY CLASSIC	CEDAR FALLS HS NATATORIUM
JANUARY 10, 2027	LMST WINTER WHITEOUT\$	LINN-MAR AQUATIC CENTER
JANUARY 15-17, 2027	FOXJETS WINTER CLASSIC!	UNIVERSITY OF MINNESOTA
LATE JANUARY, 2027	IFLY-LMST DUAL MEET (ALL AGES)	LOCATION TBD
FEBRUARY 13-14, 2027	IASI REGIONALS 8&U CHAMPIONSHIPS	LINN-MAR AQUATIC CENTER
FEBRUARY 19-21, 2027	IASI AGE GROUP CHAMPIONSHIPS!	CEDAR FALLS HS NATATORIUM
FEBRUARY 25-28, 2027	IASI SENIOR CHAMPS!	WELLMARK YMCA, DM
MARCH 11-14, 2027	USA SWIMMING SPRING SECTIONALS (LCM)!	WAUKEE NATATORIUM

\$ = MEET ENTRY FEES ARE FREE WITH COST OF LMST TEAM REGISTRATION

= HALF OF MEET ENTRY FEES ARE FREE WITH COST OF LMST TEAM REGISTRATION

! = QUALIFICATION TIMES REQUIRED FOR ENTRY TO EACH MEET

QUESTIONS?

Contact Jackson Allmon