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Volume VII, Edition V

Wednesday, September 17th, 2025

TEAM REGISTRATION WAITLIST

BRONZE-GOLD REGISTRATION GROUPS ARE NOW AT MAX CAPACITY



Pictured Above: LMST Senior swimmer Rylee Sieren competing during the Friday morning session of the BLST Summer Sizzler at the Falls Aquatic Center in Cedar Falls on July 11th (source: Shaun Elhard).

As of Tuesday, September 16th, the LMST Bronze, Silver, and Gold practice groups are at maximum capacity for the Fall Season.

At this point in the season, the team is unable to accept any new registrants for the 2025-26 academic year with the current number of Fall participants. If the team were to accept new swimmers at this time, the training environment may be fit unsafe and unproductive.

Team administration has implemented a "*Registration Waitlist*" for this ongoing season.

If your child has not registered yet for the 2025-26 academic year, but is interested in training with either the Bronze, Silver, or Gold practice groups this short course (Fall/Winter) season, they can be added to the waitlist for entering a specific group.

If interested in adding your swimmer to the Registration Waitlist (assuming

they are at least a [Station 7 SwimAmerica Lessons student](#)), please contact LMST Head Coach Jackson Allmon (email address found at bottom of page).

When enough Bronze swimmers become inactive, Jackson will reach back out to your family to notify of an opening on the team.. Traditionally, we have multiple Bronze swimmers inactive starting the first week of October every year.

Practice Updates - Weeks of 9/15 & 9/22

9/17 (W) & 9/19 (F) - LMST will plan to have evening practices (swim and dryland) as originally planned. Tonight, the LM CSD Homecoming parade will happen before practice on Tenth Street. On Friday, LMHS will have its homecoming football game. Please take these events into consideration when planning for commute times to and from LMST practice.

9/20 (Sat.) - On Saturday, LMST will have practice for Platinum to Senior from 7:30-9:30 AM at the Linn-Mar Aquatic Center. **Swimmers in the Senior practice group will participate in a joint practice with the Iowa Flyers' Senior Performance group. Senior swimmers are encouraged to wear an old tech suit to practice during to complete Saturday's test set in.** Platinum and Diamond swimmers should not bring tech suits.

9/23 (T) - Next Tuesday, there will be NO LMST PM swim practice due to the LM HS Girls Swim & Dive meet against Iowa City High. Senior will have dryland from 4-4:45 PM on days that there is a LM HS Girls Swim Meet. The Men's locker will be used by the Cedar Falls swim and dive team, and will be unavailable to use by LMST male swimmers.

9/25 (Th) - Next Thursday, swimmers in the Silver, Gold, Platinum, Diamond, and Senior groups will participate in a combined Sprinting Clinic. This night, practice will be from 6:30-8 PM for all participating practice groups.



Pictured Above: LMST Gold swimmer Lynlee Budke competing during the Thursday evening session of the DASH- LMST-PAC June Tri Meet at the University of Northern Iowa on June 26th (source: Shaun Elhard).

Permitted Meet Swimwear - USA Swim

Swimwear shall include only a swimsuit, cap, and goggles. It is not permissible to wear more than two (2) caps.

In swimming competitions, the swimmer must wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

A suit with a tie-back or zipper is not legal for competition, regardless of the manufacturer. A tie-back suit could be worn during team practices and meet warm up.

Exemptions will be granted only for conflicts due to the swimmer's verified religious beliefs, verified medical conditions or other reasons deemed appropriate by the USA Swimming Rules Chair. Currently (2024) the contact is Derek Paul at ruleregs@gmail.com.

Instructions for content to be included in the request are provided in the Rules & Regulations section of the USA Swimming website. The swimmer is responsible to present a copy of the exemption letter to the meet referee prior to the start of the meet in which the swimmer intends to participate.

LMST Cap Policy

LMST swimmers who choose to wear a swim cap shall wear Linn-Mar team caps or a coach-approved cap when swimming with LMST at meets. Swimmers are only allowed to wear the color of caps they have earned (see our [LMST Cap Color Guide Page](#)).

LMST caps ordered through A3 will arrive by the week of the first meet. Plain caps will also be available for purchase at our first swim meet



Pictured Above: LMST Diamond swimmer Catherine Sklarsky competing during the Friday morning session of the BLST Summer Sizzler at the Falls Aquatic Center in Cedar Falls on July 11th (source: Shaun Elhard).

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, 2026.

Seasonal - Membership lasts 150 days after purchase. Note: a membership purchased on September 3rd, 2025, will only last until January 31st, 2026 (check meet calendar on Page 4).

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, 2026.

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.](#)

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 DECEMBER INVITE\$	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