

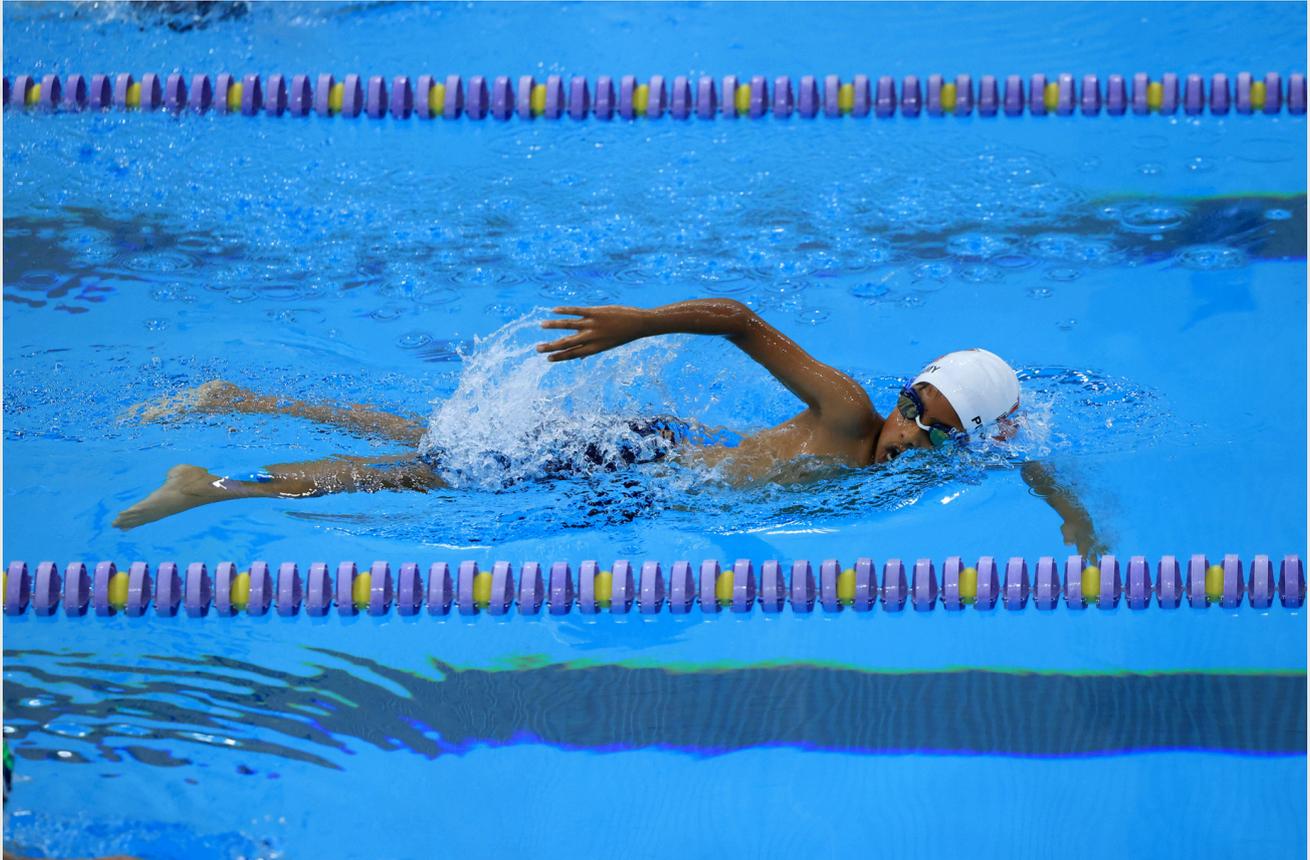
*Inspire Learning. Unlock Potential. Empower Achievement.*

Volume VII, Edition IV

Wednesday, September 10th, 2025

## LMST PUMPKIN PLUNGE

**MEET ENTRY DEADLINE - TONIGHT, SEPTEMBER 10TH**



Pictured Above: LMST Silver swimmer Dhyan Deepak 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).

On Saturday, October 4th, LMST is hosting our annual Pumpkin Plunge (formerly known as the Fall Invite) at the Linn-Mar Aquatic Center. All swimmers registered with LMST (Bronze, Silver, Gold, Platinum, Diamond, Senior) are encouraged to participate.

Parents may choose to commit (enter) their swimmers by logging into their Commit accounts. Parents do not have to choose events for events and may have the coaches select their swimmers' events.

There is not an entry fee for LMST swimmers to enter this meet. **The entry deadline is Wednesday, September 10th, 2025.**

**The volunteer and HOSPITALITY sign up is now available to families** (note: if your family is interested in signing up for multiple slots for one job, reach out to Jackson and he will sign up for you). The LMST Credit Policy does apply for this event.

For students to participate in USA Swimming sanctioned swim meets, students must be a current member of USA Swimming.

**If your child is entered to compete in this Saturday's meet, but you know that they will not be able to attend/participate, please reach out to Jackson as soon as possible.**

Swimmers in each session should arrive in their swimsuit, so that they are ready to warmup as soon as their warmup time begins. All swimmers must warmup with the team for the entirety of the warmup time. If your child is not able to make warmups at the start, please let me know, or your child will be assumed absent.

# 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

## *BLST-LMST-PSC Tri Cedar Falls - 10/18*

On Saturday, October 18th, LMST will attend a meet in Cedar Falls. This meet is for swimmers 13 years of age or older in the Platinum, Diamond, and Senior groups. The meet is tentatively scheduled to take place at the new Cedar Falls High School Athletic Complex (which is set to open at the end of the month). Holmes Junior High School will be the backup location if the new facility is not ready in time.

LMST will swim against the Black Hawk Area Swim Team (BLST) and Piranhas Swim Club (PSC). The meet will conclude with a BBQ for all participating families/volunteers.

This meet is the same weekend as the Kohawks Harvest Invite at Coe College. All swimmers 12 years of age or younger are encouraged to attend the meet at Coe. Swimmers 13 years of age or older in the Silver, Gold, and Platinum groups are also encouraged to attend the Coe meet (although 13&O swimmers in the Platinum group are welcome to swim at the BLST meet).

More meet information will be posted on Commit in the upcoming weeks.

## *A3 Midwest Challenge Iowa City - 10/31-11/2*

On Friday, November 8th to Sunday, November 10th, LMST Diamond, Senior, and National swimmers will attend the A3 Midwest Challenge meet at the CRWC in Iowa City, IA.

On Friday, they will contest the 400 IM and 1650 FR in a timed final format. On Saturday and Sunday, it will be prelim/final with the top 24 swimmers qualifying for finals.

Only swimmers with a [USA Swimming 15-16 "A" Motivational time](#) are eligible to compete. If you have any questions about whether your child qualifies, please reach out to Jackson.

The 400 IM, 1650 Freestyle, and 500 Freestyle events will be limited to a total of 64 entries each. The top seeded 32 females and the top seeded 32 male swimmers based on the entry times in each of the respective event will be entered into the meet. Additional entries will be accepted to fill open lanes if this results in an unbalanced mix of males and females. Those entrants not in the top 32 male or female swimmers will be notified via email to the club by the week of October 18th.

The deadline to enter this meet is **Monday, September 15th**. There will be a fee per event entered.



Pictured Above: LMST Platinum swimmer Joshua Renaud 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).

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## *Parent Informational Meeting Recap*

Thank you to those parents who were able to attend last night's parent informational meeting. For those that may have missed the meeting, here are some major talking points that were discussed a little more in depth.

### **Championship Culture**

At LMST, we have many students on the team with differing goals and aspirations in the sport. No matter the reason for participation, the coaching staff pushes our students to strive for high goals and will hold the students accountable to said goals. Whether or not students achieve the goals they set out for initially may be an afterthought. Instead, coaches prioritize the pursuit of progress and learning rather than perfection.

### **Account Activation/Suspension**

When a family registers their student for the 2025-26 school year (includes Fall/Winter and Spring/Summer seasons), their swimmers' account becomes active on our team

website, meaning that their family will be billed practice fees for their child for the upcoming billing month. If your child will not be swimming for a particular month for any given reason, please reach out to Jackson or Parker before the first of that month so that your family is not billed.

### **Team Registration Fee**

To participate with LMST during the Fall/Winter and/or Spring/Summer seasons, your family needs to pay our annual team registration fee (\$195 for non FRL families). This fee covers the cost of USA Swimming Registration and four of our home meets over the course of our two seasons within a year.

### **Communication**

If you ever have any questions relating to activation/suspension, meets, or practices feel free to email Coach Jackson Allmon at [jackson.allmon@linnmar.k12.ia.us](mailto:jackson.allmon@linnmar.k12.ia.us). If you ever have any questions regarding billing, reach out to Team Admin Parker Craw at [parker.craw@linnmar.k12.ia.us](mailto:parker.craw@linnmar.k12.ia.us) (not the LM Business Office).

# 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.](#)

## A3 Performance - LMST Team Store

The Linn-Mar Swim Team is excited to announce that we are partnering with A3 Performance again to bring families a year-round team store for the 2025-256 school year!

[LMST Team Store - A3 Performance](#)

**The following items on the team store have an order deadline of Friday, September 12th:**

- [LMST Custom Sublimated Mesh Equipment Bag](#)
- LMST Dome Caps
- LMST Silicone Caps 2-Pack with Names (aka personalized caps)
- LMST Silicone Caps

Any families that have previously reached out to me are welcome to go ahead and order directly through the A3 website. LMST will order a bulk of plain white caps that will be available for purchase through the team once they arrive to the aquatic center, for those that miss out on ordering their own before the 12th. All caps ordered

through the link will all be delivered to the aquatic center before the Pumpkin Plunge on October 4<sup>th</sup>. All Mesh bags will also be delivered to the aquatic center.

All other items ordered will be shipped directly to the mailing address used at checkout. Other items on the team store include:

- Training Suits
- Jackets
- Backpacks
- T-Shirts
- Goggles
- Training Equipment

Feel free to contact A3 with any inquiries about your cap order, suit recommendations, or sizing via [email](#) or by phone at 888-369-7946.

*\*Note: Bronze, Silver, and Gold swimmers are encouraged train and compete in the solid colored training suits (sprint-back, x-back, jammer, brief) at the top of the page.*



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*