



# LMST NEWS

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Wednesday, July 10<sup>th</sup>, 2024 • Volume IV, Edition XVI



New Information Highlighted in   

## Week of 7/8 Schedule

Updates for Remainder of Month

Week of 7/8 - 7/14

**7/10 (W)** → National will continue to follow Lift and Swim in afternoon at 2 PM instead of swimming in the morning.

**7/11 (Th) & 7/12 (F)** → No Thursday PM or Friday AM practices due to meet (**this includes dryland**).

Week of 7/15 - 7/21

**7/15 (M)** → No AM Swim for Senior & National (will swim in PM instead).

**7/16 (T)** → No Platinum & Diamond AM

**7/16 (T) & 7/18 (Th)** → Senior & National will attend AM OR PM, not both (meters in morning, yards in afternoon). **Swimmers should not attend both practices!**

**7/20 (Sat.)** → Diamond, Senior, National LC Champs Qualifiers - **7:30-8:45 AM**

*NO Dryland for ALL Groups this week*

**Week of 7/22 - 7/28**

**7/22 (M), 7/23 (T), & 7/24 (W)** → Diamond, Senior, National LC Champs Qualifiers will practice from 2:00 to 3:30 PM

**7/22 (M) & 7/23 (T)** → Bronze, Silver, Gold, Platinum LC Champs Qualifiers will practice from 5:30 to 6:45 PM

**7/24 (W)** → Bronze, Silver, Gold, Platinum LC Champs Qualifiers will practice from 3:00 to 4:00 PM

**7/25 (Th)** → 12&U LC Champs Qualifiers, not attending the meet on Thursday, will swim from 8:00 to 9:00 AM

**Week of 7/29 - 8/4**

**7/29 (T)** → 14&U Zones Qualifiers will practice from 2:00 to 3:30 PM

**7/29 (T) - 8/2 (F)** → Zones 7:15 - 8:45 AM



Pictured Above: LMST Swimmer Oliver Snyder competing in the Saturday Afternoon Session of the 2024 Junior Armbruster meet at the University of Iowa on June 1<sup>st</sup>, 2024 (Source: Chris Pose Photography).

## Meet Information

# 2024 BLST Summer Sizzler

Warmup/Start Times, Psych Sheet, Session Report/Timeline

The [2024 Summer Sizzler](#), hosted by the Black Hawk Area Swim Team, is this weekend (Thursday, July 11th to Sunday, July 14th) at the Falls Aquatic Center in Cedar Falls, IA.

LMST coaches will bring tents for swimmers, but families are encouraged to bring their own tents with buckets/bungees to weight it down (stakes are NOT allowed). There will be no seating available so you will need to bring your own chairs and tents. Spectators will not be allowed on deck. Spectators must remain on the Northeast grass area.

**GATES WILL OPEN AT 4:30PM ON THURSDAY.** There will be a lot of teams in attendance, so make sure to arrive when it opens to ensure a "premium" spot.

**NO PARKING in the Falls parking lot.** Coaches, athletes, and spectators **MUST** park in the Nazareth Lutheran Church parking lot or in the Roth Apartment lot behind the Falls.

### Meet Itinerary (WU Time/Start Time)

- Thursday Evening (Events 1-10; Open 50's/400 IM's) → 5:00 PM/6:00 PM
- Friday AM (Events 21-32; 13&O Prelims) → 6:50 AM/8:30 AM
- Friday Afternoon (Events 11-20; 12&U Timed Finals) → **12:00 PM/12:50 PM**
- Friday PM (13&O Finals) → **5:00 PM/6:00 PM**
- Saturday AM (Events 45-56; 13&O Prelims) → 6:50 AM/8:30 AM
- Saturday Afternoon (Events 33-44; 12&U Timed Finals) → **12:00 PM/12:50 PM**
- Saturday PM (13&O Finals) → **5:00 PM/6:00 PM**
- Sunday AM (Events 57-66; 12&U Timed Finals) → 7:00 AM/8:00 AM

[Psych Sheet](#)

Timelines, Heat Sheets, WU Assignments will be posted on [Meet Site](#) shortly.

## IA Regionals/8U Champ

**Extended Deadline → 7/13**

The deadline for the IASI Summer Regionals and 8 & Under Champs has been extended to Sat., July 13<sup>th</sup>. We currently only have 30 swimmers and 3 8&U's entered. All families are encouraged to attend our championship meets. *Athletes 8 years of age or younger are highly encouraged to attend the meet!* No qualifying times are needed.

## Summer Sizzler ?s

Email Jackson Questions

**Coach Jackson will only be attendance for the Thursday evening session of the Summer Sizzler** meet in Cedar Falls this weekend. If you have any questions about the meet, please reach out to Jackson via email ASAP. Please do not wait until Thursday evening to ask questions about events, schedule, etc.

## Summer Sizzler Food

**Food available for Families**

BLST will once again provide food trucks at the meet from different restaurants/vendors. Families are welcome to buy meals during the meet from there (vendor schedule will be posted on meet site). There will also be on-deck concessions. Concessions will have basic swimmer-friendly pre-packaged snacks/drinks for purchase.

## Meet Information

# IASI Long Course Championships (7/25-28)

Deadline to enter is Tuesday, July 17<sup>th</sup>; Meet held in Des Moines (Wellmark)

Entries are now open for 2024 IASI Long Course Championships. To check if your swimmer is qualified for their age group, see the [IASI Championship "Q" Times](#). Athletes can qualify with Long Course Meters OR Short Course Yards times. The meet will be held at the Wellmark YMCA in Des Moines from Thursday, July 25<sup>th</sup> to Sunday, July 28<sup>th</sup>.

Athletes that have achieved a qualifying standard in one event and are entered in that event, may enter up to two bonus events.

Athletes that have achieved qualifying standards in two events and are entered in those events may enter one bonus event. Swimmers may also compete in Time-Trials.

If no more than 4 LMST swimmers in a respective age group qualify, the team may ask swimmers to compete as "relay-only" swimmers. Jackson will reach out to families after the Summer Sizzler if your child is being considered for a relay. If you are interested in being a relay only swimmer, please commit online.



[IASI LC Champs Meet Landing Page](#)



Pictured Above: LMST Swimmer Alexa Goertzen competing in the Saturday Afternoon Session of the 2024 Junior Armbruster meet at the University of Iowa on June 1<sup>st</sup>, 2024 (Source: Chris Pose Photography).

## Meet Information

# 2024 Summer Sizzler Sessions

### Themes and Details for LMST by Session

**'Beach Day Thursday'** - Hawaiian shirts aren't required, but the officiating crew will be proudly sporting them around the pool deck. **Triple Crown** - Fastest compiled time of 50FL, 50BK, and 50BR (must compete in all three events to qualify) for Women & Men will each win the coveted Triple Crown kickboard!

**'Fiesta Friday'** - Join in the fun and dress for a fiesta! **Dueling 50's** - Winners of the Women & Men's 50FR will each win a new A3 backpack!

**'Team USA' Saturday** - Show off your red, white, and blue proudly! **12&U Cannonball Contest** - Upon conclusion of

the afternoon session, BLST will conduct a cannonball contest for all 12&U swimmers. The winners will receive some great prizes! **13&O Lazy River Race** - Upon conclusion of Finals Saturday night, participants will pair up and race down their tallest water slides into the lazy river and battle to the finish line against the current (full speed of course). BLST will raffle off 30 awesome prizes! Note: Liability waiver required for all participants (available at the meet)

**'Sunday Funday'** - BLST will finish off the FUN weekend with the final 12&U session. Anything goes theme wise...

## Team Information

### 2024-25 Fall/Winter Season (Short Course)

**Share with Interested Families!**

Registration for the 2024-25 Fall/Winter Season is set to begin on Thursday, August 1<sup>st</sup> on our new [Linn-Mar Swim Team](#) website via Commit Swimming. A link to register will be included on the website's homepage in August.

During the Fall/Winter Season the Linn-Mar Swim Team (LMST) competes in various short course (25 yard) meets throughout the Eastern Iowa. **The official practice start date for the 2024-25 Fall/Winter season is Monday, August 26<sup>th</sup>.** Athletes will practice and compete through Friday, February 16<sup>th</sup> (Note: competing in meets are *optional* for LMST swimmers).

**Starting in August 2024, students must have reached *Station 7* in the SwimAmerica Lessons curriculum to join the swim team.**

As a part of the registration process, families will pay a registration fee (which will cover the cost of meet entry fees for three of our home meets). This fee will last the student through the remainder of the 2024-2025 academic year (includes our Spring/Summer season).

In addition to the team's registration fee, each family is billed monthly practice dues, varying between practice groups and whether your child is a Linn-Mar Community School District student.

LMST is the district youth club swim team and is a part of Linn-Mar's aquatic programming at the Aquatic Center. LMST is a member swim club of USA Swimming. The team practices at the Linn-Mar Aquatic Center and competes in USA Swimming sanctioned swim meets.



