

*Inspire Learning. Unlock Potential. Empower Achievement.*

Volume VII, Edition XII

Wednesday, November 5th, 2025

## 2025 HALLOWEEN PRACTICE

**COSTUME CONTEST WINNERS AND MYSTERY PRIZES**



Pictured Above: LMST Diamond swimmer Francesca Martino competing in the Saturday morning preliminary session of the 2025 A3 Midwest Challenge at the University of Iowa on November 1<sup>st</sup> (source: Chris Pose Photography).

Thank you to the 100+ LMST students who participated in the annual Halloween practice on Wednesday, October 29th.

Practice began with a costume contest, where coaches selected winners based on categories to draw from a random raffle of prizes. Congratulations to the winner of each category:

**Scariest Costume** - **Aveera Rawat**  
(Coaches will bring treat of Aveera's choosing for her practice group at the

end of a practice on Friday, November 7th.

**Most Creative Costume** - **Elise Foreman** (DEFENDING CHAMPION - Elise will help create a workout plan/set and will coach alongside his lead coaches for a workout on a day, date TBD.

**Funniest Costume** - **Margo Hackett**  
(Margo's practice group coaches will participate in a workout over Thanksgiving Break.

The final prize was determined by a mixed coach and student vote. Congratulations to **Ori Fireman, Annie Landherr, Lauren Lang, Frankie Martino, Joseph Saputra, Molly Weaver, and Benji Yetter** for winning the **Fan Favorite** award.

As a prize, their practice groups will have a "game day" for the last 30 minutes of a practice, date TBD.

Thank you to everyone who participated, it was a very fun night!

1:38.15	S. Martin, E. Hochstetler O. Taeger, A. Roghair	ICW'19	1:36.12	A. Feddersen, G. Wesselmann M. Winer, B. Horras	AM'18	1:37.78	J. Jenks, L. Adams P. Broghammer, K. Drake	2014	500 Freestyle Relay
56.46	Kimmel LMR/Frericks CF	'19/'21	55.85	Scarlet Martin	ICW'20	56.14	Hayley Kimmel	2022	100 Backstroke
1:04.39	Hayley Kimmel	LMR'22	1:00.21	Lindsey Horejsi	AL'14	1:03.54	Hayley Kimmel	2019	100 Breaststroke
3:34.17	S. Martin, J. Roghair O. Taeger, A. Roghair	ICW'19	3:30.84	J. Roghair, O. Taeger A. Roghair, S. Martin	ICW'20	3:32.94	J. Jenks, S. Jenks L. Adams, K. Drake	2014	400 Freestyle Relay
<b>DIVING</b>									
494.30	Jacintha Thomas	ICW'14	545.25	Jayna Mirsa	AM'18	469.15	Mikaela Lengwin	2018	11 Dives

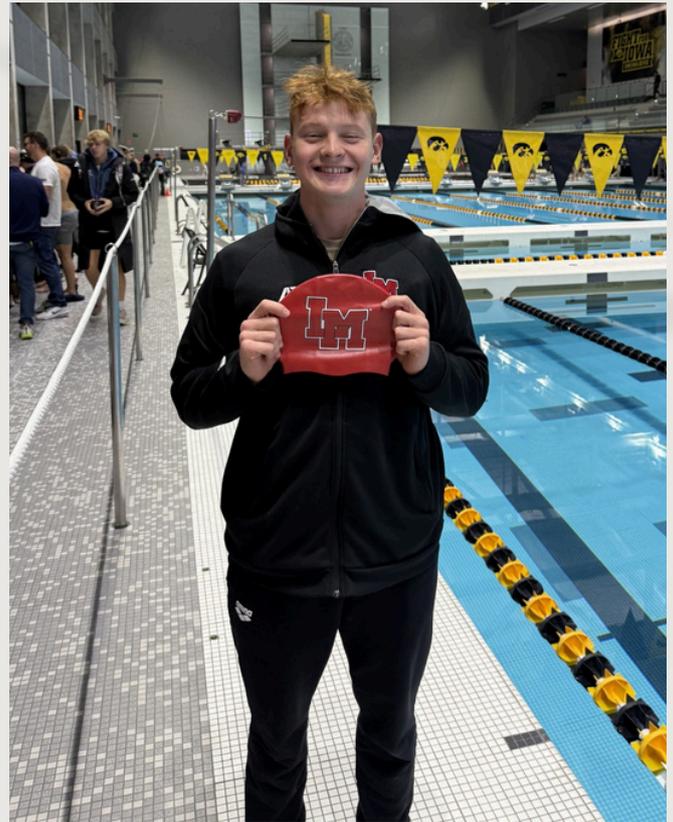


# 14&U Midwest All Star Registration

Team Iowa and Iowa Swimming extend an invitation to register your athlete for consideration for both Team Iowa and the 2026 Midwest All-Star Championship. The championship meet is scheduled for January 9-11, 2026, at the Wellmark YMCA in Des Moines, IA. To be eligible for registration; swimmers are required to be available for the entire three-day competition (Friday-Sunday), USA Swimming registration must be renewed for 2026, and meet the eligibility requirements. Team Iowa registration will close December 15, 2025.

To be considered for Team Iowa, swimmers must have achieved a minimum of a '[BB' USA Swimming motivational time standard](#)' in any Midwest All-Star event. Selections will be based on swimmers' best official times from SWIMS Data Hub, during the short course season from September 1, 2025, to December 21, 2025. Unofficial intermediate splits or times achieved outside this eligibility period will not be accepted.

**The deadline to register/apply for Team Iowa is Monday, December 15th. Please visit the [Team Iowa website](#) for more information**



Congratulations to LMST Senior swimmer and assistant coach Sheppard West on earning his "LMST Red Cap" at the Midwest Challenge this past weekend (source: Jackson Allmon)!

## LMST Fast & Flurrious Invite

On Friday, December 5th to Sunday, December 7th, LMST is hosting our annual [Fast & Flurrious Invitational Meet](#) (formerly known as the December Invite) at the Linn-Mar Aquatic Center. All swimmers registered with LMST (Bronze, Silver, Gold, Platinum, Diamond, and Senior) are encouraged to participate.

LMST swimmers will compete in the following sessions:

- Friday PM Session (Platinum, Diamond, and Senior)
- Saturday AM Session (12&U)
- Saturday PM Session (13&O)
- Sunday AM Session (12&U)

The Friday evening will have the 11-12 400 IM, the 13 & Over 400 IM and then the 50's of Fly, Back, Breast and Free for 13 & Overs. The 8 & Under, 10 & Under and 11-12 age groups will swim on Saturday and Sunday mornings with the 13 & Overs only swimming Saturday afternoon

There is not an entry fee for LMST swimmers to enter this meet. **The entry deadline is Friday, November 7th.**

## BLST Holiday Classic

On Friday, December 19th to Sunday, December 21st, BLST is hosting their annual Holiday Classic at the new Cedar Falls Community Natatorium. All swimmers registered with LMST (Bronze, Silver, Gold, Platinum, Diamond, and Senior) are encouraged to participate.

LMST swimmers will compete in the following sessions:

- Friday PM Session (11&O Timed Finals)
- Saturday/Sunday AM Sessions (11&O Prelims)
- Saturday/Sunday Afternoon Sessions (10&U Timed Finals)
- Saturday/Sunday PM Sessions (11&O Finals)

After prelims, the top (10) 11-12 girls, top (10) 11-12 boys, top (20) 13-14 girls, top (10) 13-14 boys, top (20) 15&O girls, and top (10) 15&O boys will advance to finals on Saturday and Sunday evenings. The 11&12 and 13&O 500FR heats are Timed Finals with the fastest (10) swimmers of each event swimming in Saturday evening finals session.

**The entry deadline is Thursday, November 13th.**

# 2025 A3 Midwest Challenge Recap

Congratulations to the following LMST swimmers who competed at the 2025 A3 Midwest Regional this past weekend in Iowa City:

Peyton Adair, Bentley Brodeur, Everett Burr, Kennedee Gates, Frankie Martino, Jada Ripke, Rylee Sieren, Clayton Treharne, Bradyn Weis, Sheppard West, Shay Williams, and Peter Wittnebel.

In order to qualify, swimmers must have achieved a [USA Swimming 15-16 "A" Motivational Time Standard](#).

## LMST Final Session Swims (Top 24):

- Peyton Adair - 1650 FR (20th)
- Frankie Martino - 400 IM (21<sup>st</sup>), 200 FL (12<sup>th</sup>), 100 FL (16th)
- Rylee Sieren - 500 FR (17th)
- Clayton Treharne - 200 BK (23rd)
- Sheppard West - 1650 FR (15<sup>th</sup>), 200 FL (24<sup>th</sup>), 500 FR (23<sup>rd</sup>)
- Peter Wittnebel - 200 FR (15<sup>th</sup>), 100 FR (24<sup>th</sup>), 500 FR (22nd)

Way to represent LMST, swimmers!

## Bronze Pro-Rate: November 2025

Due to the lack of practice offerings available to the Bronze practice group this upcoming month, team administration has decided to prorate November practice fees. Active Bronze families will be charged the following for November fees this upcoming week:

In-District Bronze - \$60  
Out-of-District Bronze - \$73

Bronze will practice on the following days in November: 11/3 (M), 11/5 (W), 11/7 (F), 11/14 (F), 11/17 (M), 11/19 (W), **11/21 (F) - TENTATIVE** (could change based on staffing), 11/26 (W), 11/28 (F).

A reminder that if your child will be inactive for the month of November, please reach out to Jackson or Parker (parker.craw@linnmar.k12.ia.us) to avoid billing.

## LMST Athlete-Coach Meetings

Jackson has now updated his meeting availability on Google for the months of November and December.

LMST Platinum, Diamond, and Senior athletes can schedule a meeting with Jackson to review short and long terms goals, areas of improvement within technique, etc. Athletes are welcome to schedule multiple meetings in a row (if 30 minutes is not enough) or schedule follow up meetings. This opportunity is recommended for swimmers 13 years of age or older.

Note: Swimmers can only sign up for ONE meeting once every two (2) weeks.

[Link to Schedule an Appointment with Jackson](#)

## Practice Updates - November & Beyond

**11/10 (M) & 11/11 (T)** - On this week, both LM HS Girls and Boys swim teams will practice at the aquatic center. All practices will begin at 8 PM (end times will vary from group to group): [LMST Practice Calendar](#).

**11/12 (W)** - There will be NO LMST Evening Practice on Wednesday, November 12<sup>th</sup> due to the MS meet and HS Overlap week. LMST will return to normal evening practice times on Thursday, November 13th.

**11/24 (M)** - There will be NO LMST Evening Practice on Wednesday, November 12<sup>th</sup> due to the MS CRANDIC Conference Meet.

**11/26 (W) & 11/28 (F)** - On this Wednesday and Friday, LMST will practice in the AM. Bronze, Platinum, Diamond and Senior will practice at 9 AM. Silver/Gold will swim at 10 AM.

**11/27 (Th)** - There will be NO LMST Practice on Thanksgiving.

**12/1 (M)** - This will be the first day Senior returns to AM practice (M/W - 5:45-7:15 AM).

**12/2 (T)** - There will be NO PM LMST Practice on this evening due to the LM HS Boys Dual meet at the aquatic center. This will be the first day Senior will return to afternoon dryland (3:45-4:45 PM).

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 "FAST & THE FLURRIOUS"\$	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