

*Inspire Learning. Unlock Potential. Empower Achievement.*

Volume VIII, Edition II

Wednesday, April 1st, 2026

## 2026 LMST SPRING SPLASH ENTRIES

**DEADLINE TO ENTER ON COMMIT: MONDAY, APRIL 6TH**



@cposephoto

On Saturday, April 25th, LMST is hosting our annual Spring Splash at the Linn-Mar Aquatic Center. All swimmers registered with LMST (Bronze, Silver, Gold, Platinum, Diamond, Senior) are encouraged to participate.

We will be having an afternoon session again this year in addition to our traditional 12&U morning session. For the afternoon session we will be offering a Pentathlon (100 FL, 100 BK, 100 BR, 100 FR, 100 IM) for 14&U and 15&O. **All 12&U swimmers on the team should enter in the AM session, and AM session only!**

Parents may choose to commit (enter) their swimmers by logging into their Commit accounts, navigating to the meets tab, clicking on the Spring Splash, and selecting "Yes, Commit."

Parents do not have to choose events and may have the coaches select their swimmers' events. Families are also welcome to leave notes for coaches about specific events, or if your swimmer may arrive late or leave a particular session early.

There is not an entry fee for LMST swimmers to enter this meet if your swimmer is registered with the team for the 2025-26 academic year. **The entry deadline is Monday, April 6th, 2026.**

Signups for volunteering and hospitality are now available to families on the Jobs tab (note: if your family is interested in signing up for multiple slots for one job, reach out to Jackson and he will sign you up for multiple slots).

The meets hosted and attended by LMST are all USA Swimming sanctioned swim meets. For students to participate in USA Swimming sanctioned swim meets, students must be a current member of USA Swimming.

As a part of the registration process, payment is required for the registration. LMST families will receive a credit on their Commit accounts for the cost of their student's registrations. For more information, check the link below:

**[USA Swimming Registration FAQ](#)**

USA Swimming Memberships Include: • Seasonal → Membership lasts 150 days, swimmers eligible for all meets this season is membership purchased today... • Outreach → Contact Parker if Interested

## Upcoming LCM Season Meet Information

### EELS Long Course Kickoff (Mercer- Iowa City) Saturday, May 2nd and Sunday, May 3rd

Athletes in all practice groups are encouraged to attend our first Long Course (50-meter) competition of the season! 10&U and 11-12 Boys will swim in the morning, 11-12 Girls and 13&O will swim in the afternoon. Deadline to enter is **Wednesday, April 8th.**

### IFLY David Armbruster Open (CRWC - Iowa City) Friday, May 8th to Sunday, May 10th

Athletes in all practice groups are encouraged to attend! This will also be a Long Course meet. On Friday, only Diamond/Senior can enter the 1500, and Gold and above can swim in the Fri PM events. For the rest of the weekend, all 12&U swimmers are in the AM, 13&O swimmers in the PM. Deadline to enter is **Wednesday, April 8th.**

### DASH Spring Pentathlon (Dubuque Hempstead) Saturday, May 23rd

14&U Athletes in the Bronze, Silver, Gold, Platinum, and Diamond swimmers are welcome to attend! This meet will be held in a Short Course pool, and swimmers who are not able to attend all of the Long Course meets this summer are highly encouraged to attend! Deadline to enter is **Wednesday, April 15th.**

### EELS Splash Out Hunger (Mercer- Iowa City) Saturday, June 6th and Sunday, June 7th

More information TBA, open to all practice groups (LCM).

### LMST "School's Out Tri Meet - BLST/EELS (LMAC) Friday, June 12th

More information TBA, designed for "Age Group" swimmers.

### WW Waukee Open Summer Invite (Waukee Natatorium) Friday, June 19th to Sunday June 21st

All athletes with qualifying times are encouraged to attend! This will be a Long Course meet. For 10&U/ 11-12 entry, swimmers must have USA "B" motivational times in LCM events. For 13-14, 15&O, swimmers must have 13-14 "BB" times in LCM. Deadline to enter is **Wednesday, May 6th.**

### VAC Annual Vinton Invite (Vinton Community) Saturday, June 20th and Sunday, June 21st

This meet will be designed for any swimmer who does not qualify for Waukee. The meet will be Short Course Meters (25 meters). More information TBA.

## Colorado Mesa Training Trip - 6/26-7/3

In disheartening news, our previously scheduled trip to the Olympic Training Center in Colorado Springs for Spring Sectional qualifiers has been cancelled. At the start of the new year, the USOPC and USA Swimming National Governing Bodies implemented new policies/procedures that placed tighter restrictions on the priority list for reserving space at their facility. Thus, preventing us from getting any pool time at all.

However, at this past Monday's Linn-Mar Community School District Board meeting, voters approved of a new, upcoming opportunity for LMST Senior-level swimmers!

Eligible LMST athletes will now be travelling to Colorado Mesa University in Grand Junction, CO from 6/26-7/3. Attending swimmers will participate in 12 LCM practices and 3 out-of-the-water strength and conditioning session at altitude, in addition to participating in 3 classroom sessions and other team activities throughout the week.

LMST swimmers selected for the trip will fly to Grand Junction on June 26th and stay overnight in CMU's dorms until departure on July 3rd. Athletes will travel with Coach Jackson and Coach George.

Since this new opportunity has allowed for more swimmers to attend, the following athletes have been invited to apply:

- **1<sup>st</sup> Priority (Guaranteed)** - 2026 Spring Sectionals Cut
- **2<sup>nd</sup> Priority** - 2+ 15-16 "AA" Motivational Time Standards + 80% Spring Attendance
- **3<sup>rd</sup> Priority** - 2+ 15-16 "A" Motivational Time Standards + 80% Spring Attendance

### LMST CMU Trip Application - Summer 2026

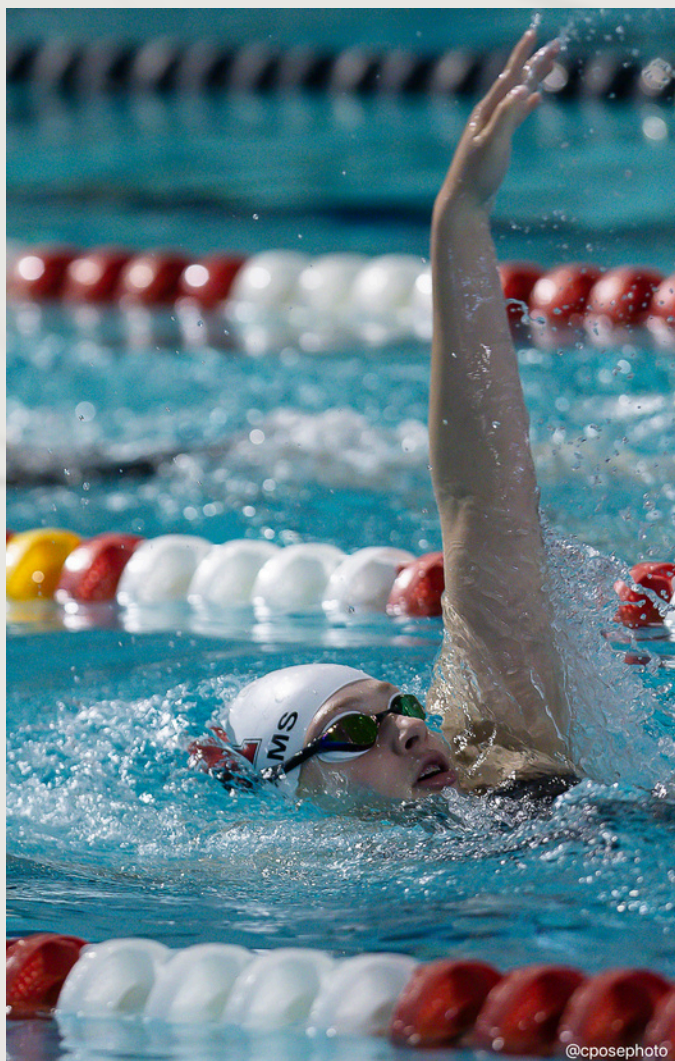
(Deadline to Fill out Google Form - Saturday, April 18<sup>th</sup>; Roster Selection Date - Wednesday, April 22<sup>nd</sup>)

More information about itineraries, cost, and fundraising is available on the Google Form, or will be communicated to selected families.

## IFLY Joint Senior Practice - 4/18 (Sat.)

Swimmers in the Senior practice group will participate in a joint practice with the Iowa Flyers' Senior Performance group at the Linn-Mar Aquatic Center on Saturday, April 18<sup>th</sup> from 7:30-10 AM.

Senior swimmers are encouraged to bring an old tech suit to practice during to complete Saturday's test set in. Platinum and Diamond swimmers should not bring tech suits.



## ***LMST Team Registration - 2025-26 CLOSED***

Spots in the Bronze, Silver, Gold, and Platinum practice groups are now currently FULL for the 2025-26 academic year. LMST is also no longer accepting new students on the registration waitlist this school year.

Team administration will reach out to waitlist families if there is room for their swimmer on the team in the Spring or Summer. Families who only swim during the LCM season this academic year will be billed \$120 as a registration fee, as opposed to the standard \$195.

New for the 2026-27 academic year, registration will be split between Priority families (returning families, or families who inquired about the team before 2/1/26) and Non-Priority (new families or families who inquire about the team after 2/1/26).

Priority registration will begin on Saturday, August 1st, 2026 on the team website's homepage. Non-priority registration will begin on Saturday, August 8th, 2026 on the team website.

## ***LMST Practice Expectations***

LMST will swimmers in all groups are to arrive 5-10 minutes before their group's practice start time.

If your swimmer may be late consistently on a given night, please reach out to Coach Jackson, or else swimmers are expected to hop in the water on time with the rest of their teammates.

## ***LMST Volunteer Credit Policy Change - March 26***

Individuals who either sign up to volunteer for a meet through team website or ask team administration to be signed up for a specific role who do not show up for their assigned position on time will receive the following disciplinary actions (barring any unforeseen circumstances determined by team administration):

- First offense – Family will not be allowed to volunteer during the next LMST home swim meet or IASI Championship meet
- Second offense – Family is not allowed to volunteer for the next three (3) LMST home swim meets and/or IASI Championship meets their child participates in
- Third offense – Family will no longer be allowed to volunteer at future LMST home swim meets or IASI Championship meets.

## ***LMST Practice Group Objectives - Fall 2026***

In the Fall of 2026, LMST plans to adjust its current practice group requirements. In order to join the Bronze practice group (currently our lowest group) next year, swimmers must complete the following skills:

- 100-yard Freestyle with flip turns
- 25-yard Butterfly
- 25-yard Breaststroke

We hope to introduce a "prep group" for students who are new to competitive swimming in the Fall. This would be a transitional group that helps students bridge from lessons to swim team. Swimmers will be introduced to lane etiquette, swim team practice habits, and will further develop FL/BR technique along with building FR/BK workout endurance.

The prep group will tentatively be for Station 7 (50 FR, 25 BK, Half-Pool BR Kick), 8/9, and 10 students. Prep practice opportunities will likely be on Saturday mornings + any additional evenings the LMHS teams are at away meets from September-December. More information will be posted on the LMST website as soon as that becomes available.

# SPRING/SUMMER (LCM) 2026

DATE	MEET	LOCATION
APRIL 25, 2026	LINN-MAR SPRING SPLASH (SCY) \$	LINN-MAR AQUATIC CENTER
MAY 2-3, 2026	EELS LONG COURSE KICKOFF	MERCER AQUATIC CENTER
MAY 8-10, 2026	IFLY DAVID ARMBRUSTER OPEN	CRWC, IOWA CITY
MAY 23, 2026	DASH SPRING PENTATHALON (SCY)	DUBUQUE AQUATIC CENTER
JUNE 6-7, 2026	EELS SPLASH OUT HUNGER	MERCER AQUATIC CENTER
JUNE 13TH	'SCHOOL'S OUT" TRI - BLST/EELS (SCY)	LINN-MAR AQUATIC CENTER
JUNE 19-21, 2026	WAUKEE OPEN SUMMER INVITE !	WAUKEE NATATORIUM
JUNE 20-21, 2026	VAC ANNUAL VINTON INVITATIONAL (SCM)	VINTON COMMUNITY POOL
JULY 9-12, 2026	BLST SUMMER SIZZLER	THE FALLS, CEDAR FALLS
JULY 18-19, 2026	IASI REGIONAL AND 8&U CHAMPIONSHIPS (SCY)	DUBUQUE AQUATIC CENTER
JULY 23-26, 2026	IASI LONG COURSE CHAMPIONSHIPS !	CRWC, IOWA CITY
JULY 29 - AUGUST 2, 2026	TYR FUTURES CHAMPIONSHIPS !	MADISON, WI

\$ = MEET ENTRY FEES ARE FREE WITH COST OF LMST TEAM REGISTRATION  
! = QUALIFICATION TIMES REQUIRED FOR ENTRY TO EACH MEET

**QUESTIONS?**  
*Contact Jackson Allmon*