

Inspire Learning. Unlock Potential. Empower Achievement.

Volume IX, Edition III

Wednesday, September 2nd, 2026

2026 PUMPKIN PLUNGE

MEET ENTRY DEADLINE - FRIDAY, SEPTEMBER 11TH



@cposephoto

On Saturday, October 3rd, LMST is hosting our annual Pumpkin Plunge at the Linn-Mar Aquatic Center. All swimmers registered with LMST (Prep, Bronze, Silver, Gold, Platinum, Diamond, Senior) are encouraged to participate.

Again this year, swimmers 10 years of age or younger will compete in our morning session, and swimmers 11 years of age or older will compete in our afternoon session. Warmups for the morning are tentatively scheduled for 8 AM with a 9 AM competition starts. **The afternoon session will have 11:30 AM warmups with a 12:30 PM start.**

Parents may choose to commit (enter) their swimmers by logging into their Commit accounts (often referred to as parent portal). To enter your child for the competition, go to the "Meets" tab, and select the *commit* option to confirm your swimmer's participation. Parents are welcome to select events, but all final events lineups are subject to change. The coaching staff does have the discretion to add and remove events. Parents are also able to leave notes for the coaching staff and mark particular days/sessions your child is available or not available to compete in.

There is not an entry fee for LMST swimmers to enter this meet. The entry

deadline is Friday, September 11th, 2026.

The volunteer sign up will be available to families in the next couple of days (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. A signup for hospitality donations will be released within the next week.

The meet's hosted and attended by LMST are all USA Swimming sanctioned swim meets. For students to participate in USA Swimming swim meets, they must be USA registered (see page 2).

USA Swimming Age Group Excellence Program - 2025-26

Congratulations to the Linn-Mar Swim Team on finishing **35th overall in the nation** in the inaugural USA Swimming Age Group Excellence Program!

Age Group Excellence evaluates clubs across five equally weighted metrics; each tied to a core goal for age-group swimmers:

- **Exposure:** Bring new swimmers into the sport
- **Meet Participation:** Get swimmers to race in meets
- **Improvement Rate** (Performance): Support development
- **IMX/R Participation:** Swimmers legal in all four strokes
- **Retention:** Get swimmers to come back the next year

The program measures athletes age 14 and under. The objectives of getting kids into the sport, encouraging them to compete, supporting their improvement, building their competency in all four strokes, and retaining them as members are all traits the Age Group Development Committee identified as common among successful age-group programs. Way to go, LMST swimmers and families!

USA Swimming Registration - 2026-27

The link to register your child for a USA Swimming membership is available: [LMST USA Swim Registration Link](#) (NOTE: Outreach/Free or Reduced Lunch families should not use the link above).

A USA Swimming membership is required for athletes who wish to participate in a meet with LMST. The meets hosted & attended by LMST are USA Swimming sanctioned 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](#) to receive this credit.

- **Premium** - Membership will last until Dec. 31st, 2027.
- **Seasonal** - Membership lasts 150 days after purchase. Note: A membership purchased on September 1st, 2026, will only last until January 29th, 2027.
- **Outreach** - Low-cost, year-round membership for qualified athletes/families. Families only have to pay \$5 for meet entry fees for each child. Contact Parker Crow (parker.crow@linnmar.k12.ia.us) if your family qualifies.

A3 Performance - LMST Team Store

LMST is excited to be partnering with A3 Performance again to bring families a year-round team store for the 2026-2027 school year!

LMST Team Store - A3 Performance

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

- LMST Custom Sublimated Mesh Equipment Bag (**NEED 12 TO CONTINUE WITH PRODUCTION**)
- LMST Silicone Caps 2-Pack with Names (aka personalized caps)
- LMST Silicone Caps

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 other items ordered will be shipped directly to the mailing address used at checkout.

New this season, **Gold swimmers are encouraged, and Platinum, Diamond, Senior swimmers are highly recommended to purchase the following items from the team store** (in priority):

- **Team Training Snorkel**
- **Swift Kick Fins**
- **Power Paddles** (Red: Gold-Diamond, White: Diamond-Senior)
- **Team Kickboard**
- **Pro Pull Buoy**
- **LMST Mesh Equipment Bag**

Prep, Bronze, and Silver swimmers are encouraged train and compete in the solid colored training suits (sprint-back, x-back, jammer, brief) at the top of the page. Gold-Senior are also welcome to purchase the aforementioned suit options as well.

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.



LMST Fall 2026 Practice Calendar

Prep (August - December ONLY)

- Tuesday (on weeks without a HS home meet) □ 6:30-7:30 PM
- Saturday □ 10:30-11:30 AMx

Bronze

- Monday □ 6:30-7:30 PM
- Thursday □ 6:30-7:30 PM
- Friday □ 6:00-7:00 PM

Silver

- Monday □ 7:30-8:45 PM
- Wednesday □ 6:30-7:30 PM
- Thursday □ 6:30-7:45 PM
- Friday □ 6:30-7:45 PM
- Saturday □ 9:30-10:45 AM

Gold

- Monday □ 7:30-8:45 PM
- Tuesday! □ 7:30-8:45 PM
- Wednesday □ 7:30-8:45 PM
- Thursday □ 7:30-8:45 PM

- Friday □ 6:30-8:00 PM
- Saturday □ 9:30-11 AM

Platinum\$

- Monday □ 6:30-8:15 PM
- Tuesday! □ 7:30-8:45 PM
- Wednesday □ 6:30-8:30 PM
- Thursday □ 7:30-8:45 PM
- Friday □ 7:00-8:30 PM
- Saturday □ 9:00-10:45 AM

Diamond\$

- Monday □ 6:00-7:15 AM (on weeks without a meet the day before) & 6:30-8:00 PM
- Tuesday! □ 6:30-8:30 PM
- Wednesday □ 6:30-8:30 PM
- Thursday □ 6:00-7:15 AM
- Friday □ 6:30-8:30 PM
- Saturday □ 9:00-10:45 AM

Senior\$

- Monday 6:00-7:15 AM & 6:00-7:30 PM
- Tuesday! 6:30-8:30 PM#
- Wednesday 6:00-8:00 PM
- Thursday 6:00-7:15 AM & 6:30-8:00 PM
- Friday 5:30-7:30 AM
- Saturday 7:00-9:30 AM

\$ - Platinum (Th PM), Diamond (W PM & S AM), and Senior (M AM & Th AM) Dryland times are now included on the LMST Practice Calendar.

! - On 9/1, 9/22, and 10/13, the LM HS Girls Swim and Dive team will have home meets at the aquatic center. On these nights, LMST PM practice are cancelled.

- On 9/8, 9/29, & 10/6, the HS Girls team will be at an away meet. Senior will practice at 4:30 PM on these Tuesdays.

LMST Practice Updates

9/5 (Sat.) - First day of Diamond dryland for the Fall. Diamond will have dryland on W (5:45-6:30 PM) & Sat. (8:15-9 AM) where there will be swim practice.

9/7 (M) - NO Bronze, Silver, Gold and Platinum Practice (Labor Day); Diamond & Senior will practice from 7-9 AM, with Senior having dryland from 9-10 AM.

9/8 (T) - Senior swim from 4:30-6:30 PM (HS Girls Away Meet); Prep and Diamond will be at normal time; **Gold & Platinum will be from 6:30-8 PM on this day... Future T PM practice times are SUBJECT TO CHANGE for Gold/Plat.**

9/10 (Th) - First day of Platinum dryland (6:45-7:30 PM). Platinum will have dryland on every Th. PM for the Fall.

9/12 (Sat) - **Prep, Silver, Gold, Platinum and Diamond practices will all be CANCELED on this day due to the LMHS Girls Invite...** Senior will have practice from 6:30-8:30 AM on this morning.

9/19 (Sat.) - Senior will have a joint practice with IFLY at the CRWC in Iowa City from 10 AM to 12 PM. All other practice groups will be at LM on this day.

9/22 (Tue.) - NO LMST PM due to LMHS Girls Duals.

9/29 (T) - Senior swim from 4:30-6:30 PM (HS Girls Away Meet); Prep and Diamond will be at normal time. Gold & Platinum TBD.

Fitter & Faster Camp - Iowa City (9/26 & 9/27)

Fitter & Faster is hosting a two-day Comprehensive Freestyle Racing camp at the CRWC in Iowa City on September 26-27, led by Austrian Olympian and World Champion Felix Auboeck. It is for competitive swimmers ages 9-12 and 13 & Over.

More information and registration: [Comprehensive Freestyle Racing Swim Camp, Iowa City, IA](https://linnmarswimteam.com/commitswim.com/)

Parent Info Meeting - 9/9 (W) @ 6:30 PM

LMST staff will host a beginning of the year informational meeting at the Linn-Mar Aquatic Center on Wednesday, September 9th at 6:30 PM in the aquatic center lobby.

LMST staff will discuss the following during this evening:

- Team Mission & Values
- Practice Group Structure
- Parent & Athlete Expectations
- Team, Practice & Meet Fees
- Meet Athlete Registration & Entries
- Volunteering Opportunities

This meeting is catered for Prep/Bronze families and/or new families on the team. We hope to see you there!

FALL/WINTER (SCY) 2026-27

DATE	MEET	LOCATION
OCTOBER 3, 2026	LMST PUMPKIN PLUNGE\$	LINN-MAR AQUATIC CENTER
OCTOBER 17, 2026 (TENATIVE)	BLST-LMST-PSC 13&O TRI MEET	LINN-MAR AQUATIC CENTER
OCTOBER 17-18, 2026	COE COLLEGE HARVEST INVITE	COE COLLEGE NATATORIUM
NOVEMBER 6-8, 2026	IFLY A3 MIDWEST CHALLENGE!	CRWC, IOWA CITY
NOVEMBER 20-22, 2026	DASH GIVING THANKS INVITATIONAL	DUBUQUE AQUATIC CENTER
DECEMBER 4-6, 2026	LMST FAST & FLURRIOUS INVITE#	LINN-MAR AQUATIC CENTER
DECEMBER 8-11, 2026	USA SWIMMING WINTER JUNIORS	UNIVERSITY OF TEXAS
DECEMBER 18-20, 2027	BLST HOLIDAY CLASSIC	CEDAR FALLS HS NATATORIUM
JANUARY 10, 2027	LMST WINTER WHITEOUT\$	LINN-MAR AQUATIC CENTER
JANUARY 15-17, 2027	FOXJETS WINTER CLASSIC!	UNIVERSITY OF MINNESOTA
LATE JANUARY, 2027	IFLY-LMST DUAL MEET (ALL AGES)	LOCATION TBD
FEBRUARY 13-14, 2027	IASI REGIONALS 8&U CHAMPIONSHIPS	LINN-MAR AQUATIC CENTER
FEBRUARY 19-21, 2027	IASI AGE GROUP CHAMPIONSHIPS!	CEDAR FALLS HS NATATORIUM
FEBRUARY 25-28, 2027	IASI SENIOR CHAMPS!	WELLMARK YMCA, DM
MARCH 11-14, 2027	USA SWIMMING SPRING SECTIONALS (LCM)!	WAUKEE NATATORIUM

\$ = MEET ENTRY FEES ARE FREE WITH COST OF LMST TEAM REGISTRATION

= HALF OF MEET ENTRY FEES ARE FREE WITH COST OF LMST TEAM REGISTRATION

! = QUALIFICATION TIMES REQUIRED FOR ENTRY TO EACH MEET

QUESTIONS?

Contact Jackson Allmon