

*Inspire Learning. Unlock Potential. Empower Achievement.*

Volume VII, Edition VI

Wednesday, September 24th, 2025

## UPCOMING LMST MEET ENTRIES

**DASH GIVING THANKS, COE HARVEST INVITE, BLST 13&O TRIANGULAR**



Pictured Above: Linn-Mar Swim Team Senior swimmers practicing with the Iowa Flyers Senior Performance group on Saturday, September 20<sup>th</sup> Joint Practice at the Linn-Mar Aquatic Center (source: Jackson Allmon).

### DASH Giving Thanks

On Friday, November 21st to Sunday, November 23rd, LMST will attend the DASH Giving Thanks meet at the Dubuque Community Schools Aquatic Center. All swimmers who are currently registered with the team are eligible to participate in this meet. The deadline to enter this meet is **TODAY, Wednesday, September 24th.**

On Friday, Gold and above are eligible to compete. Saturday, 11&O swimmers will have a prelim/final format. All other days/age groups are timed final format.

### Kohawk Harvest Invitational

On Saturday, October 18th and Sunday, October 19th, LMST will be compete in the Kohawk Harvest Invitational at the Coe College Natatorium in Cedar Rapids, IA. The deadline to enter this meet is **Wednesday, October 1st.**

This meet is strongly recommended for all Bronze, Silver, Gold, and Platinum swimmers on Saturday. Diamond swimmers may compete at this meet on Saturday. Gold, Platinum, Diamond, and Senior swimmers are eligible to compete on Sunday morning.

### BLST 13&O Triangular

On Saturday, October 18th, LMST will compete against swimmers from BLST and PSC at the new Cedar Falls Natatorium. This meet is for swimmers 13 years of age or older **ONLY** in the Platinum, Diamond, and Senior groups. The deadline to enter this meet is **Wednesday, October 8th.**

This meet is the same weekend as the Kohawks Harvest Invite at Coe College. Swimmers 13 years of age or older in Diamond and Senior swimmers are highly encouraged to attend this meet on Saturday.

# Practice Updates – Weeks of 9/22 & 9/29

**9/25 (Th)** – Tomorrow, swimmers in the Silver, Gold, Platinum, Diamond, and Senior groups will participate in a combined **Sprinting Clinic**. Practice will be from 6:30-8 PM for all participating training groups.

**9/30 (T)** – Senior will swim from 4-6 PM, and will lift from 6-7 PM on this day due to the additional lane space provided from the LMHS Girls away meet. Silver, Gold, Platinum and Diamond will practice at normal times next Tuesday.

**10/4 (Sat.)** – There will be NO LMST morning practice for Platinum, Diamond and Senior next Saturday due to the Pumpkin Plunge meet at the aquatic center. This Saturday (9/27) will be normal practice time for Platinum, Diamond and Senior.



Pictured Above: LMST Senior swimmer Rowan Carter competing during the Friday morning session of the BLST Summer Sizzler at the Falls Aquatic Center in Cedar Falls on July 11th (source: Shaun Elhard).

## USA Swimming Permitted Meet Swimwear

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.



## LM Youth Medium Sweatshirt

An LMST family has donated a newer A3 LMST sweatshirt (Youth Medium) to the team. A picture of the donated article of clothing is featured in the picture above.

If interested in the sweatshirt, please email Jackson at the address included at the bottom of the page. *The sweatshirt will be given to a family on a first-come, first-serve basis.*

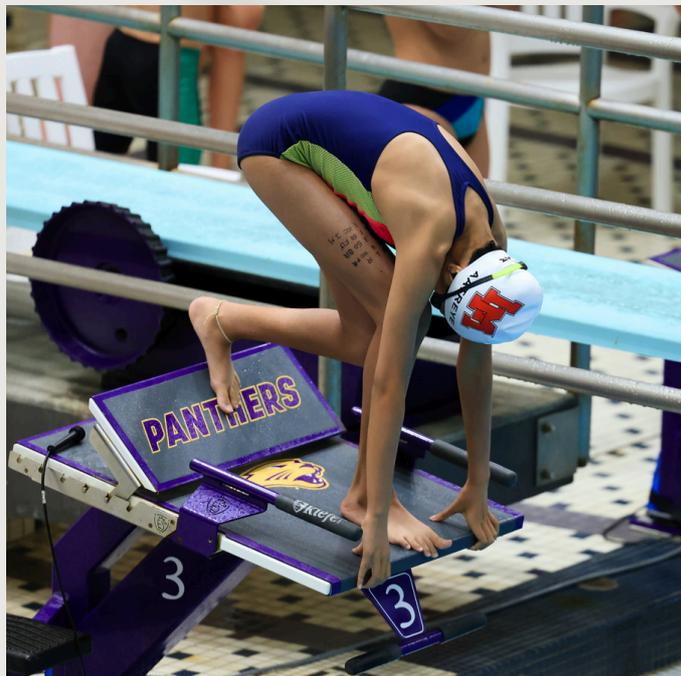
# USA Swimming Leadership Summit

Best of luck to LMST coach Meredith Nash who will be participating in the 2025 USA Swimming Women Swim Coaches in Governance program at the USA Swimming Annual Summit in Denver, Colorado this week! This event is the conclusion of a 9-week course program that includes 8 online educational courses.

The Women in Governance program is geared towards identifying, educating, supporting and mentoring female coaches who wish to be more involved in organizational governance. The program consists of approximately 59 individual members.

Topics of discussion include: Why We Need You in Governance, How to Take Ownership of Being the Only Female in the Room, Career Growth and Development, Learning from Female Officials, Business 101, Female Head Coaches LSC Governance and Structure, USA Swimming Committees and Working Groups, Career Reflections Course Wrap-Up and What's Next

Way to represent LMST, Coach Meredith!



Pictured Above: LMST Gold swimmer Aatreya Dutta 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).

## 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.](#)

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