



LMST NEWS

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New Information Highlighted in

LMST 13&O Quad Meet

Saturday, October 19th | LMAC

On Saturday, October 19th, 13 and over swimmers from the Platinum, Diamond, Senior, and National groups will compete against the following teams at our Quad Meet at the Linn-Mar Aquatic Center:

- Black Hawk Area Swim Team (BLST)
- Dubuque Area Swimmⁱn' Hurricanes (DASH)
- Piranhas Swim Club (PSC)

Sat. AM Session Itinerary (13 and Over)

- Arrival Time on Deck: **7:40 AM**
- Meet Warm-Ups: **8:00 AM**
- Team Meeting and Cheer on Deck: **8:50 AM**
- Meet Start: **9:00 AM** (Please refer to the Session Report/Timeline to find out when your child is swimming each event)
- Meet Conclusion: **11:00 AM**
- Tailgate Conclusion: **Approximately 1 PM**

[LMST Quad Meet Landing Page](#) (Includes Session Report and Heat Sheet)

The meet will not last more than a couple of hours. LMST hopes to run only six lanes during the competition portion of the meet. We do not have an official ending time for the Tailgate but hope to clear out/have the facility locked up by around 1 PM. Jackson along other coaches/volunteers will be attending the Coe the meet that afternoon.

LMST is still looking for more help for this Saturday's Quad Meet:

- Timers (8) → LMST will be asking for timers the morning of the meet
- Tailgate Donations
 - Large Bag of Ice (1)
 - 5 Gallons of Lemonade (1) → Powdered or store bought

If interested in donating items, please sign up using the [LMST Quad Meet Tailgate SignUp Genius!](#)



Pictured Above: LMST Swimmer Peyton Adair at the 2024 IASI Long Course Championships in Des Moines, IA on Friday, July 26th (Source: Chris Pose Photography).

Meet Information

Kohawks Harvest Invite

October 19th and 20th | Coe College Natatorium, Cedar Rapids, IA

Sat. AM Session Itinerary (10 and under)

- Arrival Time on Deck: **8:45 AM** (Swimmers should arrive in their swimsuits, ready to warm-up)
- Meet with Group Coaches (Lauren, Bob, Julia) to discuss warmup: **8:50**
- Meet Warm-Ups: **9:00 AM**
- Writing Event, Heat, Lanes Assignments on Swimmers: **9:30-9:50 AM** (If possible, help your child write down E/H/L assignments before arrival to help save coaches' time)
- Team Meeting and Cheer on Deck: **9:50 AM**
- Meet Start: **10:00 AM** (Please refer to the Session Report/Timeline to find out when your child is swimming each event)
- Meet Conclusion: **12:30 PM** (Swimmers may leave once they have competed in their final race, but they must check-in with a coach before they leave for the day. **There are relays at the end of the session for many 10&U swimmers!**)

Sat. PM Session Itinerary (11 and over)

- Arrival Time on Deck: **1:00 PM**
- Meet Warm-Ups: **1:20 PM**
- Team Meeting/Cheer: **2:00 PM**
- Meet Start: **2:10 PM**

Sun. AM Session Itinerary (Platinum & ↑)

- Arrival Time on Deck: **8:45 AM**
- Meet Warm-Ups: **9:00-9:50 AM**
- Team Meeting/Cheer: **9:55 AM**
- Meet Start: **10:00 AM**

Remember to look at the [LMST Entry Report](#) before arriving at the swim meet. Heats Sheets will be sent out to families as soon as they become available to LMST coaches (read [10/2 LMST News](#) to learn how to write down E/H/L assignments).

Note- LMST will participate in mixed (2 male, 2 female) free relays in the Saturday AM & PM sessions. Check the Entry Report to see if your swimmer is entered on a relay on Saturday.

Returning HS Athletes

Email Jackson for Return Date

If your child participated for their HS Girls swim team and plans to come back and swim for LMST this Fall/Winter (short course) season, please notify Jackson of your child's anticipated return date/week!

MS Girls Swimming

No November Practice Fees

Middle School Girls swimmers, regardless of the school that they attend, are eligible for NO LMST November monthly fees. For questions on club practice attendance during the MS season, contact Jackson.

10/19 (Sat.) Practice

Cancelled due to Swim Meets

There will be no practice for the Gold, Platinum, Diamond, Senior, and National groups this Saturday, October 19th due to the LMST Quad meet and Kohawk Harvest Invite.

Practice Calendar

Fall Calendar Updates → October & November

Please Check the LMST Practice Calendar and Newsletter for All Updates!

To find the practice calendar on the team website, click on the “Team Schedule” tab and select “Calendar.” Practice times are still tentative and may be subject to change.

As we arrive closer to the start of middle school and high school boy’s programming at the aquatic center, in addition to the high school girl’s championship season, please make note of the following changes in schedule:

Friday, October 25th → The Diamond group will have an early dismissal from practice this evening. Practice will end at 7:30 PM instead of 8 PM. Those interested in swimming until 8 are welcome to join Senior.

Tuesday, October 29th → Halloween practice for Bronze, Silver, Gold, Platinum, & Diamond from 7:15 to 8:30 PM (time change due to MS Girls Meet). Diamond, Senior, and National will practice in the AM. NO Senior & National PM Practice.

Thursday, October 31st → NO PM Practice for Bronze through Diamond. Senior and National will tentatively plan to have evening swim practice on this day. Diamond, Senior, and National will have AM practice as normal.

Thursday, November 7th → NO PM Practice due to High School Girls Diving Regionals. Diamond, Senior, and National will have AM Practice.

Week of 11/11 → Practice times on 11/11 (M), 11/13 (T), and 11/14 (Th.) are still TBD due to the HS Girls and Boys teams practicing this week. **LMST may have Friday and Saturday practices for all groups this week. Stay tuned...**

Tuesday, November 12th → NO PM Practice due to MS Meet and HS team overlap week.

Monday, November 25th → NO PM Practice due to MS Conference Meet

Thanksgiving and Winter Breaks → LMST will plan to have practices in the morning for *all groups* during school breaks. Exact practice times are TBA.



Pictured Above: LMST Swimmer Clayton Treharne at the 2024 IASI Long Course Championships in Des Moines, IA on Friday, July 26th (Source: Chris Pose Photography)

Practice Information

Halloween Practice → 10/29

Bronze, Silver, Gold, Platinum, & Diamond Swimmers

On Tuesday, October 29th, LMST will host a Halloween-themed practice for swimmers in groups Bronze-Diamond from 7:15 to 8:30 PM. Senior and National will only have morning practice on this day (although they are welcome to join in on the fun).

Swimmers and coaches will wear their Halloween costume before practice, and the team will have a competition to see who is best dressed based on the following categories: scariest, funniest, most creative, fan favorite. Students

should arrive with their swimsuits on underneath their costumes. Prizes will be awarded to students selected by the coaching staff.

Parents are welcome to bring candy the night of 10/29. If you are interested in helping organize/distribute candy to swimmers after practice, [email Jackson](#).

There will be no evening swim practice for Bronze-Diamond on Thursday, October 31st. LMST plans on having normal PM practice on Wednesday, October 30th.

LSC Information

Athlete Travel Reimbursement

Athletes Attending National Level Meets

Senior & Age Group Athletes who will request Athlete Travel Reimbursement at the end of Short Course 2024-2025 season:

In order to qualify for travel reimbursement funds, swimmers must compete in **three** IASI swim meets throughout the season.

The deadline for submission of Athlete Travel Reimbursement applications for the Short Course Season is March 31st or 3 weeks after the final day of competition for the final listed eligible meet, whichever is later.

Swimmers who compete in the following meets this upcoming short course season may be eligible for reimbursement:

- Speedo Winter Junior Nationals
- Speedo Sectionals Series
- Midwest All Stars (TBD)

[IASI Athlete Application for Travel Funds](#)

[Additional Disclosures](#).

Please contact Phil Barnes if you have any questions. phil.barnes@iaswim.org

