



# LMST NEWS

Inspire Learning. Unlock Potential. Empower Achievement.

Wednesday, April 17<sup>th</sup>, 2024 • Volume IV, Edition IV



New Information Highlighted in **■**

## USA Swimming Registration

All Swimmers Competing at the SS must be USA members!

The meet's hosted and attended by LMST are all USA Swimming sanctioned swim meets. In order for students to participate in USA Swimming sanctioned swim meets, students must be a current member of USA Swimming.

Parents must register their students for USA Swimming through their website. As a part of the registration process, payment is required for the registration. LMST families will receive a credit on their Team Unify 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](mailto:parker.crow@linnmar.k12.ia.us)) to receive this credit.

### Recommended USA Swimming Membership Types (Offered by LMST)

**Seasonal (\$50)** - Membership lasts 150 days after purchase. Note: a membership purchased on April 17<sup>th</sup>, 2024, will last through the end of the long course championship season. This is the most recommended membership type for new LMST families this Spring/Summer.

**Seasonal to Premium Upgrade (\$34)** - For swimmers whose membership expires during the long course season and want to compete in USA Swimming meets through August 31st, 2024. Note- Families *must* upgrade before their seasonal membership expires to be re-credited.

**Outreach (\$5)** - 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, in order to facilitate registration and meet entry at the reduced fee. Contact Parker Crow ([parker.crow@linnmar.k12.ia.us](mailto:parker.crow@linnmar.k12.ia.us)) if your family qualifies.



Congratulations to LMST swimmer Maddox Elliott on signing to swim with Iowa Central Community College this morning!

## Meet Information

# 2024 LMST Spring Splash

Meet Entry Report is now Available on the LMST Website!

On Saturday, April 27<sup>th</sup>, LMST is hosting our annual Spring Splash at the Linn-Mar Aquatic Center. All swimmers registered with LMST (Bronze, Silver, Gold, Platinum, Diamond, Senior, and National) are encouraged to participate.

The current meet entry report for LMST has been posted to the Spring Splash meet information page on parent's Commit portal. I will also post a pdf of the entries on the Linn-Mar Swim Team website under the "Team Schedule" tab. Let me know if there are any errors with your swimmers' current events.

### [LMST Spring Splash Entries](#) (As of 4-17-24)

LMST is also currently still looking for volunteers and donations for the meet. Please use the Commit parent portal to sign up for volunteer positions. LMST also has a Sign-Up Genius for Hospitality donations.

### [Spring Splash Hospitality Sign Up](#)

Deadline to Sign up is Friday, April 26<sup>th</sup>.

### AM Session Itinerary (12 and under)

- Arrival Time on Deck: **7:45 AM** (Swimmers should arrive in their swimsuits, ready to warm-up)
- Meet with Group Coaches to discuss warmup: **7:55 AM**
- Meet Warm-Ups: **8:00-8:40 AM**
- Writing Event, Heat, Lanes Assignments on Swimmers: **8:40-9:10 AM** (If possible, help your child write down E/H/L assignments before arrival to help save coaches' time)
- Team Meeting on Deck: **9:10 AM**
- Meet Start: **9:20 AM** (Please refer to the Session Report/Timeline to find out when your child is swimming each event)
- Meet Conclusion: **1:00 PM**

### PM Session Itinerary (14&U, 15&O)

- Arrival Time on Deck: **12:45 PM**
- Meet Warm-Ups: **1:00 PM**
- Meet Start: **2:00 PM**
- Meet Conclusion: **5:30 PM**

## Donut SignUp

Saturday Morning Practices

A [Donut Sign Up Genius](#) is now available for Gold, Platinum, Diamond, Senior, and National families for Saturday morning practices this season. The team anticipates 30+ swimmers to attend each Saturday AM.

## Spring Splash

Multiple Volunteer Positions

If your family is interested in signing up for multiple slots for one job, reach out to Jackson as he is able to sign families for more than one slot on the Commit site (note: [Volunteer Credit Policy](#))

## Water Bottles

Encourage swimmers to Bring ALL LMST swimmers are encouraged to bring a water bottle to practice every day. Dehydration limits swimmers' performance at practice and could ultimately effort/recovery for the rest of the week!

## Practice Schedule

# 2024 LMST Summer Practice Calendar

## LMST Practice Calendar for Monday, June 3<sup>rd</sup> to Friday, July 19<sup>th</sup>

**Bronze:** Monday through Thursday evenings → 5:30 to 6:30 PM

**Silver:** Monday through Thursday evenings → 5:30 to 6:45 PM (different start time M-Th than last year), Friday Mornings → 10:30 AM to 12:00 PM

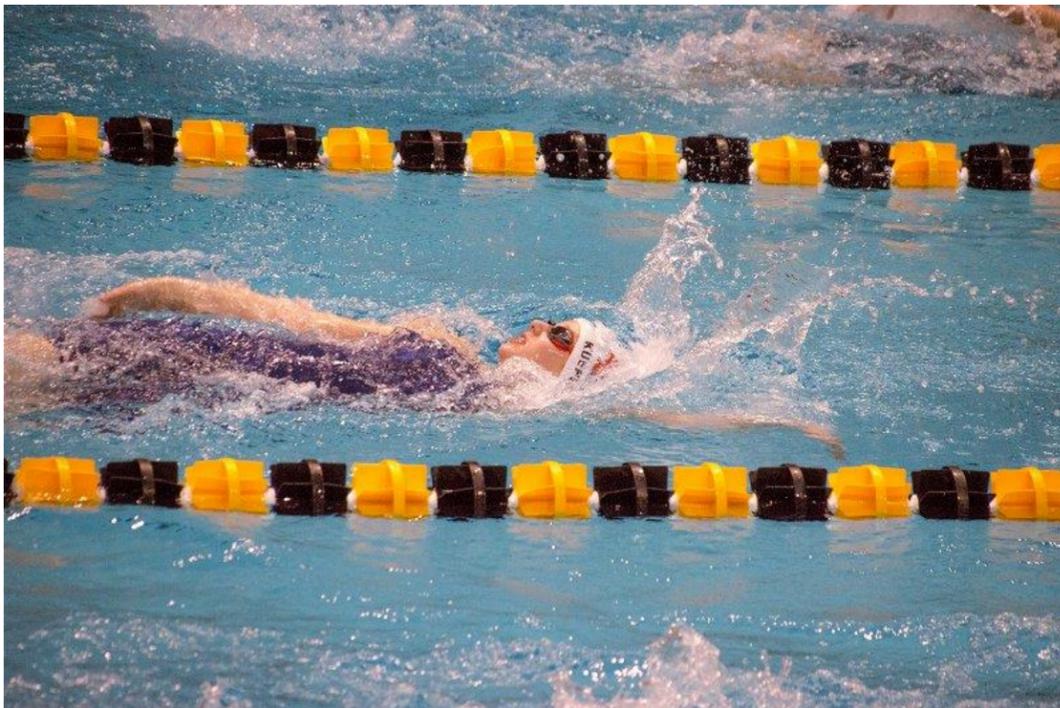
**Gold:** Monday through Thursday evenings → 5:15 to 6:45 PM, Monday Dryland → 4:45 to 5:15 PM, Friday Mornings → 9:00 AM to 10:30 AM, Saturday Mornings → 7:30 to 9:00 AM

**Platinum:** Monday, Wednesday, afternoons → 2:00 to 3:45 PM, Monday Dryland → 3:45 to 4:45 PM, Tuesday, Thursday evenings → 5:15 to 6:45 PM, Tuesday, Friday Morning → 6:15 to 8:15 PM, Saturday Mornings → 7:30 to 9:30 AM

**Diamond:** Monday through Thursday afternoons → 2:00 to 3:45 PM, Tuesday and Thursday Dryland → 3:45 to 5:00 PM, **Tuesday**, Friday Morning → 6:15 to 8:15 PM, Saturday Mornings → 7:30 to 9:30 AM

**Senior & National:** Monday, Tuesday, Thursday, Friday Morning Swim → 6:15 to 8:15 AM; **Wednesday Morning Swim → 7:00 to 8:30 AM (National ONLY);** Monday, Wednesday Afternoon Lift → 2:00 to 3:00 PM; Tuesday, Thursday Afternoon Swim → 2:00 to 4:00 PM; Wednesday Afternoon Swim → 3:00 to 4:00 PM; Friday Morning → 6:15 to 8:15 PM, Saturday Mornings → 7:30 to 9:30 AM

For any questions about the Spring/Summer Calendar, please reach out to Jackson



Pictured Above: LMST swimmer Megan Kueper competing at the 2024 IASI Age Group Championships in Iowa City, IA on Friday, February 16<sup>th</sup>, 2024.

## Practice Calendar

# LMST Turn Clinic

4/23 at 7:00 PM for Evening Groups (Platinum & ↓)

All Bronze, Silver, Gold, and Platinum swimmers are invited to attend the LMST Turn practice on Tuesday, April 23<sup>rd</sup> from 7:00-8:15 PM.

All Tuesday evening training groups will practice at this time (Gold/Platinum will start 15 minutes later, Bronze will end 15 minutes later).

From 7:00-7:30 PM, Jackson will explain the importance of a fast turn in practice and in competition. During this time, students will watch Senior/National swimmers demonstrate a perfect

turn, while coaches explain the fundamentals step-by-step.

After 30 minutes, the students will separate into their regular practice groups and will practice flip-turns and open turns with their group's coach.

Improving turn efficiency and technique are crucial when it comes to maintaining speed during the swim portion. Focus on turns may be the difference between remaining complacent in meet times and achieving swimmer goals.

Save the date, LMST parents!

## Practice Schedule

# End-of-the-School Year Schedule

Modifications to Practice Calendar from 5/20 - 6/1

Due to the Linn-Mar Aquatic Center Evening Lessons program coming to an end on Thursday, May 16<sup>th</sup>, LMST has decided to modify its Practice Calendar to take advantage of the open pool space during the last two weeks of the school year.

Below will be the practice schedule from Monday, May 20<sup>th</sup> to Saturday, June 1<sup>st</sup>:

**Bronze:** Monday through Thursday evenings → 6:00 to 7:00 PM

**Silver:** Monday through Thursday evenings → 5:45 to 7:00 PM, Friday Evenings → 5:15 to 6:45 PM

**Gold:** Monday through Thursday evenings → 5:30 to 7:00 PM, Friday Evenings → 5:15 to 6:45 PM

**Platinum:** Monday, Wednesday afternoons → 3:45 to 5:30 PM, Tuesday, Thursday evenings → 5:30 to 7:00 PM, Friday afternoons → 3:45 to 5:15 PM

**Diamond:** Monday through Thursday afternoons → 3:45 to 5:45 PM, Monday Mornings → 5:30 to 7:00 AM, Tuesday and Thursday Dryland → 5:45 to 6:45 PM, Friday afternoons → 3:45 to 5:15 PM

**Senior and National:** Monday through Thursday afternoons → 3:45 to 5:45 PM, Monday, Thursday Mornings → 5:30 to 7:15 AM, Tuesday and Friday Weights → 6:15 to 7:15 AM, Friday afternoons → 3:45 to 5:15 PM

(Note: Memorial Day practice time subject to change)



