



LMST Weekly Admin Email

November 7, 2014

Hello Parents.

Below are this week's announcements.

- Home middle school meet next Monday – Change in practice times
- Age Group 2, Age Group 3 and Pre-Senior Coaching Changes
- Changes in the practice calendar with the start of high school boy's swim season
- BLAST IMX meet results – LMST swimmers shine!

Home Middle School Meet – Monday, November 10 (No Age Group 1 and Age Group 2 Practice that evening)

On next Monday, there is a home middle school meet. Due to this, the Age Group 1 and Age Group 2 practice groups will not have practices. All other practice groups will begin practicing at 7:00 PM that evening.

Age Group 2, Age Group 3 and Pre-Senior Coaching Changes

With the end of the girl's high school season, Coach Chad will no longer be permitted to coach LMST at most practices and meets. During the remainder of the school year, high school rules prohibit him from coaching any swimmers, regardless of age, whenever there are members of the girl's swim team in the pool. Chad wants to continue helping LMST and plans to work as one of the team's administrators and even help by lifeguarding. However, he will no longer be the primary coach of the Pre-Senior practice group.

Due to this, Karin Ford has now been assigned with responsibility of being the primary coach for the Pre-Senior practice group in Chad's absence. This does create a conflict for KJ because the Pre-Senior practice group starts swimming while the Age Group 3 practice is still running (KJ's other coaching responsibility). To solve this problem, starting next Monday, KJ and Coach Wendy Bielefeld will switch their age group coaching roles. KJ will now be the Age Group 2 primary coach and Wendy will now be the Age Group 3 primary coach.

If you have questions about this, please contact me.

November 10-25 Practice Schedule

The boy's high school season begins on Monday, November 10. With the start of their season, practice times for all practice groups have been changed slightly. Please see the times listed below.

Age Group 1 <i>Primary Coach – Diana Kimmel</i>	6:15-7:00 PM Monday through Friday (<i>Glass doors open at 6:10 PM</i>) 8:00-8:45 AM Saturday
Age Group 2 <i>Primary Coach – Karin (KJ) Ford</i>	6:15-7:15 PM Monday through Friday (<i>Glass doors open at 6:10 PM</i>) 8:00-9:00 AM Saturday
Age Group 3 <i>Primary Coach – Wendy Bielefeld</i>	6:30-7:45 PM Monday through Friday (<i>Glass doors open at 6:25 PM</i>) 8:00-9:15 AM Saturday



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Pre-Senior <i>Primary Coach – Karin (KJ) Ford</i>	7:15-8:45 PM Monday through Thursday 6:30-8:00 PM Friday 8:00-9:30 AM Saturday
Senior 1 <i>Primary Coach – Brian Ruffles</i>	6:30-8:15 PM Monday through Thursday (<i>Glass doors open at 6:25 PM</i>) 5:30-7:00 AM Tuesday & Thursday 6:30-8:00 PM Friday 8:00-9:30 AM Saturday
Senior 2 <i>Primary Coach – Brian Ruffles</i>	6:30-8:30 PM Monday through Thursday (<i>Glass doors open at 6:25 PM</i>) 5:30-7:00 AM Tuesday & Thursday 6:30-8:00 PM Friday 8:00-9:30 AM Saturday
Senior 3 <i>Primary Coach – Brian Ruffles</i>	6:30-8:45 PM Monday through Thursday (<i>Glass doors open at 6:25 PM</i>) 5:30-7:00 AM Tuesday & Thursday 6:30-8:00 PM Friday 8:00-10:00 AM Saturday

Also, with the start of the boy’s season, the protocol for entering the glass door will change. The glass door leading downstairs will be locked when swimmers arrive to the Aquatic Center. At 6:10 PM, only the Age Group 1 and Age Group 2 practice groups will be permitted to go downstairs. These swimmers will then need to enter the pool by going through the locker rooms. Once on the pool deck, these swimmers should walk directly to the shallow-end of the pool without making much noise. At 6:25 PM, swimmers in the other practice groups may go downstairs and enter the locker rooms.

BLAST IMX Results

The BLAST IMX Challenge Pentathlon was held last Sunday, November 2 at Cedar Falls. This meet gave swimmers the opportunity to compete in a total of five events: the four strokes plus an IM. This is a fun venue for swimmers, as they may compete in all five events, or may opt to swim in less than the maximum. Each event swum was mixed by gender, so the boys and girls were seeded together in each event.

The 8 and Under swimmers competed in 25s of the Butterfly, Backstroke, Breaststroke and Freestyle and the 100 IM. The 10 and Under swimmers competed in 50s of the four strokes and the 100 IM. The 11-12 swimmers competed in 100s of the four strokes and the 200 IM, and the 13 and Over swimmers competed in the 200s of Butterfly, Backstroke, and Breaststroke, as well as the 500 Freestyle and the 400 IM.

There were twenty-six swimmers from LMST who competed at this meet. Each of the twenty-six swimmers finished the meet with at least two new personal best times, and some of the swimmers posted a personal best every time they dove into the water. LMST swimmers are honing already learned skills, learning new skills, and getting faster. Way to go, LMST.

New Q times achieved:

- Raylee King (10) in the 50 Breast and the 100 IM
- Sydney Carsello (10) in the 50 Breast



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New A, AA, AAA times achieved

- Raylee also swam an 'A' time in the 50 Back and 50 Fly
- Lily Haars (10) swam to an 'A' time in the 50 Back and to 'AAA' times in the 100 Freestyle and 50 Fly
- Hayley Kimmel (10) also swam 'AAA' times in the 50 Back and 50 Breast

Joining these swimmers and making several personal best times were 8 and Under swimmers Ethan Crawford, Cian Hayes, Luke Kelley, Davis Kern, Sophia Mullin, Henry Wagner, Will Wagner, and Grace Whisenand. Nine and ten year old swimmers also included Lucy Haars, and Maddie Scott. Eleven and twelve year old swimmers included Helena Abodeely, Malory Ahrens, Nick Cavanah, Lilly Geelan, Alyssa Kimmel, Sam Peng and Ella Wagner. Thirteen and Over swimmers were Zach Hendricks, Cameron and Shannon Kelley, and Maddie LaGrange.

Congratulations, LMST swimmers, for your shining efforts in the pool to be the 'best you can be.' Also, great job with supporting each other and cheering for each other at the meet. Your teamwork demonstrates that helping each other is not only fun, it reaps improvement and fast times in the water. Way to go, LMST!