

THE WEEKLY WAVE



NEWSLETTER



Regional and 8 & Under Championship

Meet Entries Due Jan 2

Meet entries for the 2026 Regional and 8 & Under Championships are due Friday, January 2. No qualifying times are needed to compete in this meet. This meet marks the start of the championship swim meet series and is the last chance to qualify for either the IASI Age Group Championships or the IASI Short Course Championships (13&Over).

USA Swimming Membership Renewal

Please review your USA swimming accounts and renew membership for the 2026 season before the end of the year to continue participating at swim meets. Boys competing in high school need to renew memberships for times achieved during the high school season to translate into USA Swimming.

Midwest All Star Team Selection

Congratulations to Waves swimmers who were selected to be a part of the Midwest All Star Team! The competition begins January 9 - 11 at the Wellmark YMCA. Congrats to Taelyn Deyoung, Leona Boaz, Whitney Textor, Emmersyn Sledge, Harper Hornung, Adrian Steven, Addie Deyoung, and Colton Pellett!

DECEMBER 31, 2025

- 01. Regional Meet Entries Due**
- 02. USA Swimming Membership Renewal**
- 03. Midwest All Star Team Selection**
- 04. Schedule Changes in January**
- 05. IASI Age Group State Entries due Jan 18**

Schedule Changes in January

Please review the schedule below for upcoming changes due to Boys High School meets on Thursday nights in January.

IASI Age Group State Entries Due Jan 18

If your swimmer has already achieved a 2026 Q time you can now declare for the Age Group State meet. Meet entries are due January 18.

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	December 29	December 30	December 31	January 1	January 2	January 3	January 4
Silver	5:00 - 6:30 PM	5:00 - 6:30 PM	10:00 - 11:30 AM	None	10:00 - 11:30 AM	9:00 - 10:30 AM	None
Gold 1	5:00 - 6:30 PM	5:00 - 6:30 PM	10:00 - 11:30 AM	None	10:00 - 11:30 AM	9:00 - 10:30 AM	None
Gold 2	5:00 - 7:00 PM	5:00 - 7:00 PM	10:00 AM - 12:00 PM	None	9:00 - 11:00 AM	9:00 - 11:00 AM	None
Senior AM	6:30 - 8:00 AM	6:30 - 8:00 AM	10:00 AM - 12:00 PM	None	7:00 - 9:00 AM	7:00 - 9:00 AM	None
Senior PM	3:00 - 5:00 PM	3:00 - 5:00 PM	None	None	None	None	None
	January 5	January 6	January 7	January 8	January 9	January 10	January 11
Silver	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	None	5:30 - 7:00 PM	9:00 - 10:30 AM	None
Gold 1	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	7:45 - 8:45 PM	5:30 - 7:00 PM	9:00 - 10:30 AM	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	5:30 - 7:15 PM	7:45 - 9:00 PM	5:30 - 7:15 PM	9:00 - 11:00 AM	None
Senior AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	None	7:00 - 9:00 AM	None
Senior PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	7:45 - 9:00 PM	5:30 - 7:15 PM	None	None
	January 12	January 13	January 14	January 15	January 16	January 17	January 18
Silver	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	None	None	None	None
Gold 1	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	7:45 - 8:45 PM	None	None	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	5:30 - 7:15 PM	7:45 - 9:00 PM	None	None	None
Senior AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	5:45 - 7:00 AM	None	None	None
Senior PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	7:45 - 9:00 PM	5:00 - 6:30 PM	None	None

Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	December 29	December 30	December 31	January 1	January 2	January 3	January 4
Diving Bronze	12:00 - 1:15 PM	12:00 - 1:15 PM	None	None	None	None	None
Diving Silver	12:00 - 2:00 PM	12:00 - 2:00 PM	None	None	None	None	None
Diving Gold	12:00 - 2:00 PM	12:00 - 2:00 PM	None	None	None	None	None
Diving Senior	12:00 - 2:00 PM	12:00 - 2:00 PM	None	None	None	None	None
	January 5	January 6	January 7	January 8	January 9	January 10	January 11
Diving Bronze	5:30 - 6:45 PM	None	5:30 - 6:45 PM	None	None	None	None
Diving Silver	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
Diving Gold	None	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None	None
Diving Senior	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None	None
	January 12	January 13	January 14	January 15	January 16	January 17	January 18
Diving Bronze	5:30 - 6:45 PM	None	5:30 - 6:45 PM	None	None	None	None
Diving Silver	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
Diving Gold	None	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None	None
Diving Senior	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None	None