

THE WEEKLY WAVE

NEWSLETTER



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2026 IASI Age Group Championship

Meet Entries Due Jan 18

Meet entries for the Age Group championship meet are due Sunday, January 18. To register for this meet, swimmers must have achieved a 2026 IASI Q time for their age group. The Age Group meet is for 12 & Under swimmers only. The competition will take place February 20-22 at the Cedar Falls Natatorium. Late entries for swimmers who achieve a Q time after the entry deadline will be accepted.

USA Swimming Membership Renewal for High School Boys

Boys competing in high school who wish to have their times count in USA swimming need to renew memberships for times achieved during the high school season to translate. Please renew your USA swimming membership for the 2026 season if not done so already.

JANUARY 7, 2026

- 01. 2026 IASI Age Group Champs**
- 02. USA Swimming Membership Renewal - High School Boys**
- 03. Declining Swim Meets**
- 04. Practice Schedules in January**

Declining Swim Meets

If your swimmer is not planning on competing in an upcoming meet, please decline the meet through SportsEngine.

January Practice Schedule Changes

Many practices in the month of January have either been moved or cancelled due to high school meets at the Nat on Thursday nights and some Saturday's. Please review the schedule below.

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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	None	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
	January 19	January 20	January 21	January 22	January 23	January 24	January 25
Silver	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None
Gold 1	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None
Gold 2	5:30 - 7:30 PM	6:00 - 8:00 PM	5:30 - 7:15 PM	None	5:30 - 7:15 PM	6:30 - 8:15 AM	None
Senior AM	None	None	5:45 - 7:00 AM	5:45 - 7:00 AM	None	6:30 - 8:15 AM	None
Senior PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	None	5:30 - 7:15 PM	None	None

Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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
	January 19	January 20	January 21	January 22	January 23	January 24	January 25
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