

THE WEEKLY WAVE



NEWSLETTER



ACAC The Tundra Meet Information

This weekend Waves swimmers will compete at the Dan Flannery Pool in Ames, IA at The Tundra. Warm ups times, heat sheets, and psych sheet can be found on the [ACAC website linked here](#). LET'S GO WAVES!

Age Group Championship and Short Course Championship Meet Entries

Meet entires for the 2026 Age Group Championship meet (12&Under) are due Sunday January 18. Meet Entries for the Short Course Championship meet (13&Over) are due Wednesday January 21. If your swimmer has already qualified for either meet and is planning on attending, please register now. Late entires will be accepted if a swimmer qualifies for either meet following the meet entry deadline.

January Practice Schedule

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 occasional Saturday's. Please review the schedule below.

JANUARY 14, 2026

**01. ACAC The Tundra
Meet Information**

**02. Age Group and Short
Course Champs Meet
Entries**

**03. January Practice
Schedule**

**04. Participation in Swim
Meets**

Participation in Swim Meets

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

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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	7:00 - 8:00 AM	None
Senior PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	7:45 - 9:00 PM	5:00 - 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	7:45 - 9:00 AM	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
	January 26	January 27	January 28	January 29	January 30	January 31	February 1
Silver	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	6:00 - 7:30 PM	None	None	None
Gold 1	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	6:00 - 7:30 PM	None	None	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	5:30 - 7:15 PM	6:00 - 8:00 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	5:30 - 7:30 PM	None	None	None

Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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
	January 26	January 27	January 28	January 29	January 30	January 31	February 1
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	5:30 - 7:30 PM	None	None	None
Diving Senior	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None