

THE WEEKLY WAVE



NEWSLETTER



CIA Winter Blues Buster Meet Apparel Pre-Order

Splash Co. is now selling pre-meet apparel for the CIA Winter Blues Buster. The competition will take place at the Waukee Natatorium next weekend, Jan 30 - Feb 1. Equipment and apparel will also be for sale in the lobby of the Natatorium at the meet. [Click here to pre-order meet apparel.](#)

End of Season Championship Swim Meets

In February, many Waves swimmers will have the opportunity to compete in end of winter season competitions. Many of these competitions require qualifying time standards. Late entries will be accepted if any swimmer makes a qualifying time after the entry deadline.

Waves Officials

Waves Parents who are officials: IASI is recruiting officials to work at the LSC's Championship Swim Meets in February. Waves parents who volunteer to officiate at the Regional meet in Ames, the Age Group Champs meet in Cedar Falls, and the Short Course Champs meet at the Y will receive \$50 in session credits for each session they volunteer. Also, by volunteering to officiate, the number of timers that the Waves are required to provide by host clubs will be reduced. Please consider officiating at these meets.

JANUARY 21, 2026

01. CIA Blues Buster
meet apparel pre-order

02. IASI Champ Meet
Entries due today

03. Waves Officials

04. January Swim Meet
Billing

05. End of Season
Practice

January Swim Meet Fee Billing

ACAC Tundra and CIA Blues Buster meet entry fees will be billed to Waves accounts on Monday, February 2.

End of Season Practice Schedule

If your swimmer has not qualified or is not planning to attend an end of season meet, practice will conclude on Friday February 13.

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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
	February 2	February 3	February 4	February 5	February 6	February 7	February 8
Silver	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	8:00 - 8:45 AM	None
Gold 1	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	7:45 - 8:45 AM	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	5:30 - 7:15 PM	6:00 - 8:00 PM	5:30 - 7:15 PM	7:00 - 8:45 AM	None
Senior AM	TBA	None	5:45 - 7:00 AM	5:45 - 7:00 AM	None	7:00 - 8:45 AM	None
Senior PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	None	None

Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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	None	None	None			
	February 2	February 3	February 4	February 5	February 6	February 7	February 8
Diving Bronze	5:00 - 6:15 PM	None	5:00 - 6:15 PM	None	None	None	None
Diving Silver	5:00 - 6:30 PM	None	5:00 - 6:30 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	None	None	None			