

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 | 5:30 - 7:30 PM | 5:30 - 7:30 PM | 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 | 5:30 - 7:30 PM | 5:30 - 7:30 PM | 5:30 - 7:30 PM | None | None | None |