

THE WEEKLY WAVE NEWSLETTER



CIA Winter Blues Buster Meet Information

This weekend Waves swimmers will compete in the CIA Winter Blues Buster at the Waukee Natatorium. This meet is a timed final event for Friday, Saturday, and Sunday sessions. [Click here for the meet information, psych sheet, timelines, etc.](#) Warm up times are listed below

- Friday: 6:00-6:50 PM
- Saturday 12&U: 10:20-11:30 AM
- Saturday 13&O: 3:45 - 4:35 PM
- Sunday 12&U: 7:30-8:20 Am
- Sunday 13&O: 1:00-1:50 PM

Waves Swim End of Season Champ T-Shirt

Online ordering is now available for Waves end of season championship t-shirts. [Click here to visit the Elsmore Team Store](#) and place your order. The deadline to order a shirt is Monday, February 2.

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 28, 2026

01. CIA Winter Blues Buster
Meet Information

02. Waves Swim End of
Season Champ T-Shirt

03. Waves Officials

04. January Swim Meet
Billing

05. End of Season
Practice Dates

January Swim Meet Billing

ACAC Tundra and CIA Blues Buster meet entry fees will now be billed to Waves accounts on Tuesday, February 3.

End of Season Swim Practice Dates

Silver and Gold 1 Non
State Participant:
Friday Feb 13

Gold 2 and Senior Non
State Participant:
Wednesday Feb 25

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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	None	5:45 - 7:00 AM	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	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	5:45 - 7:00 AM	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
	February 9	February 10	February 11	February 12	February 13	February 14	February 15
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	None	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	None	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	5:30 - 7:15 PM	6:00 - 7:45 PM	5:30 - 7:00 PM	7:00 - 8:30 AM	None
Senior AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	5:45 - 7:00 AM	6:45 - 8:30 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 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			
	February 9	February 10	February 11	February 12	February 13	February 14	February 15
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			