

# THE WEEKLY WAVE



## NEWSLETTER



### CIA Blues Buster Meet Results

Over the weekend, Waves swimmers participated in the CIA Winter Blues Buster meet held at the Waukee Natatorium. Many swimmers swam personal best times and qualified for the upcoming IASI championship meets. [Click here for the official meet results.](#) Great job Waves!

### End of Fall/Winter Season Practices

Over the next month several practice times have been adjusted for various reasons including taper practices which are typically shorter in length to help swimmers prepare and rest for upcoming competitions. Please continue to review the schedule and monitor email/text for communication from the coaching staff if practices have been changed.

#### IASI Regionals and IASI Championship Meet Billing

Waves accounts will be charged on February 23 for those attending any of the following meets, IASI Regionals, IASI Age Group Championships, or IASI Short Course Championships.

FEBRUARY 4, 2026

01. CIA Blues Buster Meet Results
02. End of Season Practices
03. IASI Regional and Championship Billing
04. Volunteering at Championship Meets

#### Volunteering at Championship Meets

Parent volunteer timers and officials will be needed throughout the championship meet season to help make the meets run. The Waves will be required to provide volunteers for these meets per IASI rules. Parents who volunteer as timers receive \$25 credit per session timed and parents who officiate receive \$50 credit per session. Please consider volunteering and be on the lookout for a signup sheet!

## Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	February 2	February 3	February 4	February 5	February 6	February 7	February 8
<b>Silver</b>	7:00 - 8:00 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	7:00 - 8:00 PM	5:30 - 7:00 PM	8:00 - 8:45 AM	None
<b>Gold 1</b>	7:00 - 8:00 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	7:00 - 8:00 PM	5:30 - 7:00 PM	7:45 - 8:45 AM	None
<b>Gold 2</b>	5:30 - 7:00 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	7:00 - 8:45 AM	None
<b>Senior AM</b>	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	None	7:00 - 8:45 AM	None
<b>Senior PM</b>	5:00 - 7:00 PM	5:00 - 7:00 PM	5:00 - 6:45 PM	5:00 - 7:00 PM	5:00 - 6:45 PM	None	None
	February 9	February 10	February 11	February 12	February 13	February 14	February 15
<b>Silver</b>	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
<b>Gold 1</b>	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
<b>Gold 2</b>	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
<b>Senior AM</b>	6:00 - 7:00 AM	None	6:00 - 7:00 AM	None	None	6:45 - 8:30 AM	None
<b>Senior PM</b>	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
	<b>IASI CHAMP QUALIFIERS</b>						
	February 16	February 17	February 18	February 19	February 20	February 21	February 22
<b>Silver</b>	6:00 - 7:00 PM	6:00 - 7:00 PM	5:30 - 6:30 PM	6:30 - 7:30 PM	None	None	None
<b>Gold 1</b>	6:00 - 7:00 PM	6:00 - 7:00 PM	5:30 - 6:30 PM	6:30 - 7:30 PM	None	None	None
<b>Gold 2</b>	6:00 - 7:45 PM	6:00 - 7:45 PM	5:30 - 7:15 PM	6:30 - 8:00 PM	5:15 - 6:45 PM	7:30 - 9:00 AM	None
<b>Senior AM</b>	6:00 - 7:00 AM	None	6:00 - 7:00 AM	None	None	7:30 - 9:00 AM	None
<b>Senior PM</b>	5:00 - 7:00 PM	5:00 - 7:00 PM	5:00 - 6:45 PM	5:00 - 7:00 PM	5:00 - 6:45 PM	None	None

## Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	February 2	February 3	February 4	February 5	February 6	February 7	February 8
<b>Diving Bronze</b>	5:00 - 6:15 PM	None	5:00 - 6:15 PM	None	None	None	None
<b>Diving Silver</b>	5:00 - 6:30 PM	None	5:00 - 6:30 PM	None	None	None	None
<b>Diving Gold</b>	None	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None
<b>Diving Senior</b>	5:30 - 7:30 PM	None	None	None			
	February 9	February 10	February 11	February 12	February 13	February 14	February 15
<b>Diving Bronze</b>	5:00 - 6:15 PM	None	5:00 - 6:15 PM	None	None	None	None
<b>Diving Silver</b>	5:00 - 6:30 PM	None	5:00 - 6:30 PM	None	None	None	None
<b>Diving Gold</b>	None	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None
<b>Diving Senior</b>	5:30 - 7:30 PM	None	None	None			
	February 16	February 17	February 18	February 19	February 20	February 21	February 22
<b>Diving Bronze</b>	5:00 - 6:15 PM	None	5:00 - 6:15 PM	None	None	None	None
<b>Diving Silver</b>	5:00 - 6:30 PM	None	5:00 - 6:30 PM	None	None	None	None
<b>Diving Gold</b>	None	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None
<b>Diving Senior</b>	5:30 - 7:30 PM	None	None	None			