

THE WEEKLY WAVE

NEWSLETTER



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WAUKEE WAVES

IASI Regional and 8&U Championships

This weekend, Waves swimmers will compete at the IASI Regional and 8&Under Championships at the Dan Flannery Ames high school pool. [Warm up times and heat sheets are posted here.](#) This competition is the final opportunity to qualify for either the Age Group Championship or the Short Course Championship meet. If your swimmer makes a new qualifying time at the meet, please notify the coaching staff if you want to add that event by Sunday night 2/15. Coach Lucia will also have a sign up sheet at the meet on deck for the swimmers to fill out.

Volunteers Needed at Regionals!

The Waves must provide two volunteer timers for this weekends Regional competition in Ames. [Please click this link to sign up for a session.](#)

Parents who volunteer as timers receive \$25 credit per session timed and parents who officiate receive \$50 credit per session to help offset Waves practice dues. Please consider volunteering!

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 12, 2026

01. [Regional and 8U Championships](#)
02. [Volunteering at Championship Meets](#)
03. [IASI Regional and Championship Billing](#)
04. [IHSA Boys State Swim Meet](#)
05. [Regional Swimmers Friday 2/13 Practice](#)

IHSA Boys State Swim Meet

Good luck to Waves swimmers from Waukee and Northwest swimmers competing at the Boys High School State swim meet! The prelim competition starts Friday night in Iowa City and finals begin Saturday afternoon.

Regional Swimmers Friday 2/13 Practice

Practice for all groups begins at 5:30 PM Friday 2/13. If your swimmer is competing at the Regional Championships, practice will conclude at 6:30 PM

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	February 9	February 10	February 11	February 12	February 13	February 14	February 15
Silver	6:00 - 7:30 PM	Regional Swimmers 6:00 - 7:00 PM	Regional Swimmers 5:30 - 6:30 PM	Regional Swimmers 6:00 - 7:00 PM	Regional Swimmers 5:30 - 6:30 PM	None	None
Gold 1	6:00 - 7:30 PM	Regional Swimmers 6:00 - 7:00 PM	Regional Swimmers 5:30 - 6:30 PM	Regional Swimmers 6:00 - 7:00 PM	Regional Swimmers 5:30 - 6:30 PM	None	None
Gold 2	6:00 - 8:00 PM	Regional Swimmers 6:00 - 7:00 PM	Regional Swimmers 5:30 - 6:30 PM	6:00 - 7:45 PM	Regional Swimmers 5:30 - 6:30 PM	7:00 - 8:30 AM	None
Senior AM	6:00 - 7:00 AM	None	6:00 - 7:00 AM	None	6:00 - 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
	IASI CHAMP QUALIFIERS						
Silver	February 16	February 17	February 18	February 19	February 20	February 21	February 22
Gold 1	6:00 - 7:00 PM	6:00 - 7:00 PM	5:30 - 6:30 PM	6:30 - 7:30 PM	None	None	None
Gold 2	6:00 - 7:00 PM	6:00 - 7:00 PM	5:30 - 6:30 PM	6:30 - 7:30 PM	None	None	None
Senior AM	13&O Champs 6:00 - 7:45 PM Age Group Champs 6:00 - 7:30 PM Non Champ 7:00 - 7:45 PM	13&O Champs 6:00 - 7:45 PM Age Group Champs 6:00 - 7:30 PM Non Champ 7:00 - 7:45 PM	13&O Champs 5:30 - 7:15 PM Age Group Champs 5:30 - 6:30 PM Non Champ 6:30 - 7:15 PM	13&O Champs 6:30 - 8:00 PM Age Group Champs 6:30 - 7:30 PM Non Champ 7:00 - 7:45 PM	13&O Champs/Non Champ 5:15 - 6:45 PM	13&O Champs/Non Champ 7:30 - 9:00 AM	None
Senior PM	6:00 - 7:00 AM	None	6:00 - 7:00 AM	None	None	7:30 - 9:00 AM	None
	IASI 13&O CHAMP QUALIFIERS						
Silver	February 23	February 24	February 25	February 26	February 27	February 28	March 1
Gold 1	None	None	None	None	None	None	None
Gold 2	None	None	None	None	None	None	None
Senior AM	6:30 - 7:45 PM	5:30 - 6:30 PM	5:30 - 6:30 PM	None	None	None	None
Senior PM	6:15 - 7:00 AM	None	6:00 - 7:00 AM	None	None	None	None
	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 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			
	February 16	February 17	February 18	February 19	February 20	February 21	February 22
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 23	February 24	February 25	February 26	February 27	February 28	March 1
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			