

THE WEEKLY WAVE



NEWSLETTER



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. IHSAA Boys State Swim Meet**
- 05. Regional Swimmers Friday 2/13 Practice**

IHSAA 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 | 6:00 - 7:30 PM Regional Swimmers 6:00 - 7:00 PM | 5:30 - 7:00 PM Regional Swimmers 5:30 - 6:30 PM | 6:00 - 7:30 PM Regional Swimmers 6:00 - 7:00 PM | 5:30 - 7:00 PM Regional Swimmers 5:30 - 6:30 PM | None | None |
| Gold 1 | 6:00 - 7:30 PM | 6:00 - 7:30 PM Regional Swimmers 6:00 - 7:00 PM | 5:30 - 7:00 PM Regional Swimmers 5:30 - 6:30 PM | 6:00 - 7:30 PM Regional Swimmers 6:00 - 7:00 PM | 5:30 - 7:00 PM Regional Swimmers 5:30 - 6:30 PM | None | None |
| Gold 2 | 6:00 - 8:00 PM | 6:00 - 8:00 PM Regional Swimmers 6:00 - 7:00 PM | 5:30 - 7:00 PM Regional Swimmers 5:30 - 6:30 PM | 6:00 - 7:45 PM Regional Swimmers 6:00 - 7:00 PM | 5:30 - 7:00 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 | | | | | | | |
| | February 16 | February 17 | February 18 | February 19 | February 20 | February 21 | February 22 |
| Silver | 6:00 - 7:00 PM | 6:00 - 7:00 PM | 5:30 - 6:30 PM | 6:30 - 7:30 PM | None | None | None |
| 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 | 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 AM | 6:00 - 7:00 AM | None | 6:00 - 7:00 AM | None | None | 7:30 - 9:00 AM | None |
| Senior PM | 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 |
| IASI 13&O CHAMP QUALIFIERS | | | | | | | |
| | February 23 | February 24 | February 25 | February 26 | February 27 | February 28 | March 1 |
| Silver | None | None | None | None | None | None | None |
| Gold 1 | None | None | None | None | None | None | None |
| Gold 2 | 6:30 - 7:45 PM | 5:30 - 6:30 PM | 5:30 - 6:30 PM | None | None | None | None |
| Senior AM | 6:15 - 7:00 AM | None | 6:00 - 7:00 AM | None | None | None | None |
| Senior PM | 5:00 - 7:00 PM | 5:00 - 7:00 PM | 5:00 - 6:45 PM | None | None | 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 | 5:30 - 7:30 PM | 5:30 - 7:30 PM | 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 | 5:30 - 7:30 PM | 5:30 - 7:30 PM | 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 | 5:30 - 7:30 PM | 5:30 - 7:30 PM | 5:30 - 7:30 PM | None | None | None |