

THE WEEKLY WAVE NEWSLETTER



2026 IASI Age Group Championships

This weekend Waves age group swimmers will travel to Cedar Falls to compete in the 2026 Age Group Short Course Championships. To compete in this event, swimmers must have achieved an IASI Q time in one or more events. [Timelines, psych sheet, and more can be found on the host team's website linked here.](#)

The Waves MUST provide one timer for sessions 1, 2, 3, and 5. Please click this link to sign up for a session. A \$25 credit will be issued to volunteers on their Waves account per session timed.

2026 Regional and 8&U Championship Results

Over the weekend, Waves swimmers competed at the Regional Championships in Ames. Many new Q times and personal best times were achieved. [Click here for a full copy of the results.](#) Great job WAVES!

2026 IASI 13&O Select Camp

The 2nd annual Iowa Select Camp will bring together the top 13 & Over swimmers in the state to learn about optimal training habits in and out of the pool. Families with swimmers over the age of 13 should be on the lookout for an application for the camp. More information coming soon!

FEBRUARY 18, 2025

01. IASI Age Group Champs

02. 2026 Regional Champ Results

03. 2026 IASI Select Camp

04. High School Prep Clinic

05. Waves Swim Spring Start Dates

High School Prep Clinic

Beginning March 23 the Natatorium will be offering a High School Prep training clinic. This group will practice 3:30-4:30 PM Monday-Thursday until April 30. It is an opportunity for swimmers wishing to continue building stroke technique in between high school seasons. Registration is open now through Captyn.

Waves Swim 2026 Spring Start Date

Below are the start dates for Waves swim team spring season. Practice and meet schedules will be announced at a later date. Thank you for your patients.

Senior: March 23
Gold 2, Gold 1, and Silver: March 30

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	
Senior PM	6:00 - 7:00 AM	None	6:00 - 7:00 AM	None	None	7:30 - 9:00 AM	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
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	5:00 - 6:00 PM	5:00 - 6:00 PM	None	None	None	None
Senior PM	6:15 - 7:00 AM	None	None	None	None	None	None
	6:30 - 8:00 PM	5:00 - 6:30 PM	5:00 - 6:00 PM	None	None	None	None
March 2							
Silver	March 2	March 3	March 4	March 5	March 6	March 7	March 8
Gold 1	None	None	None	None	None	None	None
Gold 2	None	None	None	None	None	None	None
Senior AM	None	None	None	None	None	None	None
Senior PM	None	6:00 - 7:00 PM	5:00 - 6:00 PM	6:00 - 7:00 PM	5:00 - 6:00 PM	None	None

Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
February 16							
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							
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			
March 2							
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			