

# THE WEEKLY WAVE



## NEWSLETTER



## 2026 IASI Short Course Championship

This weekend Waves aged 13 & Over will compete at the Short Course Championship meet at the Wellmark YMCA. This meet requires Q times to enter and includes swimmers from across the state of Iowa. [Psych sheet, timelines, and live stream can be found here.](#) The coaches are looking forward to a great weekend of racing. LET'S GO WAVES!

## 2026 Age Group Championship Results

This past weekend, many Waves swimmers competed at the IASI Age Group Championships. The Waves took fifth place overall for team points! Waves swimmers Whitney Textor (10) and Emmersyn Sledge (12) also earned high point trophies in their age groups! WAY TO GO WAVES! Congratulations to all athletes on an amazing season!

### 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 non year round swimmers wishing to continue building stroke technique in between high school seasons. Registration is open now through Captyn.

FEBRUARY 25, 2026

01. Short Course Champs
02. Age Group Champ Results
03. High School Prep Clinic
04. 2026 Athlete Leadership Summit
05. Waves Spring Start Dates

**2026 Athlete Leadership Summit Registration for the 2026 Athlete Leadership Summit is now open for 13&Over swimmers. It will take place at the Wellmark YMCA on April 11-12. [Click here to learn more.](#)**

### 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
	<b>IASI 13&amp;O CHAMP QUALIFIERS</b>						
	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	5:00 - 6:00 PM	5:00 - 6:00 PM	None	None	None	None
Senior AM	6:15 - 7:00 AM	None	None	None	None	None	None
Senior PM	6:30 - 8:00 PM	5:00 - 6:30 PM	5:00 - 6:00 PM	None	None	None	None
	March 2	March 3	March 4	March 5	March 6	March 7	March 8
Silver	None	None	None	None	None	None	None
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
	March 9	March 10	March 11	March 12	March 13	March 14	March 15
Silver	None	None	None	None	None	None	None
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	None	None	None	None	None	None

### Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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			
	March 2	March 3	March 4	March 5	March 6	March 7	March 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			
	March 9	March 10	March 11	March 12	March 13	March 14	March 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			