














# October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 3 <i>Strength Power Speed</i>	4 Porpoise Club 5:30 - 6:30  	5 Informational Parent meeting Via Zoom 6-7:30pm	6 Porpoise Club 5:30 - 6:30	7	8	9 
----- <b>BREASTROKE WEEK</b> -----						
10	11 Porpoise Club 5:30 - 6:30 	12	13 Porpoise Club 5:30 - 6:30	14	15	16 Bobcat Diving Invite 10:00a.m.-3:00p.m. Come and cheer on our bobcat Divers! 
----- <b>BUTTERFLY WEEK</b> -----						
17 	18 SWIM TEAM BEGINS!!! Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45 	19 MHS Girls Conf. Dive Meet 4:00-9:00 NO PRACTICE	20 Officials Training 6-9pm Beg/Int Group 5:15-6:15 Swim Adv. Group 5:15-6:15 Dryland Adv. Group - 6:15-7:00 Tech.	21 MHS Girls Conf. Swim meet 4:00-9:00 NO PRACTICE	22	23 Newton Invite Linda Bloom Natatorium
----- <b>FREESTYLE WEEK</b> -----						
24	25 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45 Cap/headset orders Due!!! 	26 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	27 Beg/Int Group 5:15-6:15 Swim Adv. Group 5:15-6:15 Dryland Adv. Group - 6:15-7:00 Tech. Nutrition Talk	28 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	29	30
----- <b>BACKSTROKE WEEK</b> -----						
24 	31					








## Blue Wave Swim Team Schedule

# November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	2 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	3 Beg/Int Group 5:15-6:15 Swim Adv. Group 5:15-6:15 Dryland Adv. Group - 6:15-7:00 Tech.	4 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	5	6 eliminating racism empowering women <b>YWCA</b>	
7	8 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	9 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	----- <b>BREASTROKE WEEK</b> -----			13 IGHSAU State Swimming & Diving Championships Finals 12:00pm 	
14	15 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	16 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	17 <b>Team Pictures</b> Families will sign up for a time <b>Will Not Swim Tonight just pictures only!</b>	18 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	19	20 <b>MACR</b> <b>Pentathlon</b> Cedar Rapids Time: TBA	
21	22	23 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	----- <b>BUTTERFLY WEEK</b> -----			25	27
28	29 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	30 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	----- <b>STARTS, TURNS, UNDERWATER WORK &amp; RELAY WEEK</b> -----			25 <b>No Practice</b> 	
			24 <b>No Practice</b> 	25 <b>No Practice</b> 	26		


## Blue Wave Swim Team Schedule

# December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Beg/Int Group 5:15-6:15 Swim Adv. Group 5:15-6:15 Dryland Adv. Group - 6:15-7:00 Tech.	<b>2</b> Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	<b>3</b> 	<b>4</b> <b>Home Meet vs.</b> Newton, Walnut Creek, Charles City, MACR, Osky, Nishna Valley
<b>5</b>	<b>6</b> Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	<b>7</b> Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	<b>8</b> Beg/Int Group 5:15-6:15 Swim Adv. Group 5:15-6:15 Dryland Adv. Group - 6:15-7:00 Tech.	<b>9</b> Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	<b>10</b>	<b>11</b> <b>Away Meet</b> @ Oskaloosa vs. Rathbun, Washington Time: TBA
<b>12</b> 	<b>13</b> Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	<b>14</b> Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	<b>15</b> Beg/Int Group 5:15-6:15 Swim Adv. Group 5:15-6:15 Dryland Adv. Group - 6:15-7:00 Tech.	<b>16</b> Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	<b>17</b>	<b>18</b> <b>Home Meet</b> Relay Meet vs. Muscatine, MACR, Newton, Ottumwa, Rathbun, Oskaloosa
<b>19</b>	<b>20</b> Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	<b>21</b> Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45 	<b>22</b> Beg/Int Group 5:15-6:15 Swim Adv. Group 5:15-6:15 Dryland Adv. Group - 6:15-7:00 Tech.	<b>23</b> <b>No Practice</b>	<b>24</b> 	<b>25</b> 
<b>26</b> Practice times this week are subject to change	<b>27</b> Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	<b>28</b> Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	<b>29</b> Beg/Int Group 5:15-6:15 Swim Adv. Group 5:15-6:15 Dryland Adv. Group - 6:15-7:00 Tech.	<b>30</b> <b>No Practice</b>	<b>31</b> 	<b>All Home Meets</b> Doors open at 8:00 Warmups at 9:00 Meet Begins at 10am

## Blue Wave Swim Team Schedule

# January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	4 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	5 Beg/Int Group 5:15-6:15 Swim Adv. Group 5:15-6:15 Dryland Adv. Group - 6:15-7:00 Tech.	7 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	6	8 <b>Away Meet @ Indianola</b> <b>Distance Meet</b> Vs. Newton Time:TBA
9 eliminating racism empowering women <b>ywca</b>	10 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	11 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	12 Beg/Int Group 5:15-6:15 Swim Adv. Group 5:15-6:15 Dryland Adv. Group - 6:15-7:00 Tech.	13 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	14	15 <b>Home Meet</b> vs. Nishna Valley, Bedell Osby, Black Hawk, Ott, Newt.
16	17 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	18 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	19 Beg/Int Group 5:15-6:15 Swim Adv. Group 5:15-6:15 Dryland Adv. Group - 6:15-7:00 Tech.	20 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	21	22 <b>Away Meet @ Newton</b> vs. Charles City Time: TBA
23 	24 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	25 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	26 Beg/Int Group 5:15-6:15 Swim Adv. Group 5:15-6:15 Dryland Adv. Group - 6:15-7:00 Tech.	27 <b>Sectional Goal Setting</b>	28	29 <b>Home Meet</b> <b>Distance Meet</b> vs. Black Hawk Charles City, Newton
30	31 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45					

## Blue Wave Swim Team Schedule

# February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	<b>SWIMMING</b> ----- LAST HARD WEEK!!!! -----					Please note: Swimmers who do not qualify for the State Swim Meet are done with practices after the Last Chance Meet. Thank You!

## Blue Wave Swim Team Schedule

# March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>YWCA</b>	<b>1</b> State Q Group 1 5:15-6:15 State Q Group 2 6:15-7:45	<b>2</b> State Q Group 1 5:15-6:15 State Q Group 2 6:15-7:45	<b>3</b> State Q Group 1 5:15-6:15 State Q Group 2 6:15-7:45	<b>4</b> Anyone who is available <b>State Set Up</b>	<b>5</b> <b>YMCA BOYS State Swimming</b>	
----- <b>FINAL TAPER! GET LOTS OF REST &amp; EAT WELL!</b> -----						
<b>6</b> <b>YMCA GIRLS State Swimming</b>	<b>7</b> <b>No Practice</b>	<b>8</b> Regional Qualifiers 6:00-7:30	<b>9</b> <b>Regional Goal Setting</b> Regional Qualifiers 6:00-7:30	<b>10</b> Regional Qualifiers 6:00-7:30 	<b>11</b>	<b>12</b> 
<b>13</b>	<b>14</b> Regional Qualifiers 6:00-7:30	<b>15</b> Regional Qualifiers 6:00-7:30	<b>16</b> Regional Qualifiers 6:00-7:30	<b>17</b> Regional Qualifiers 6:00-7:30	<b>18</b> Y Regionals @ Wellmark Y Des Moines, IA Time: TBA 1000 Free only	<b>19</b> Y Regionals @ Wellmark Y Des Moines, IA Time: TBA
----- <b>FINAL TAPER!! GET LOTS OF REST AND EAT WELL!!</b> -----						
<b>20</b> Y Regionals @ Wellmark Y Des Moines, IA Time: TBA	<b>21</b> 	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> 
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		

## Blue Wave Swim Team Schedule