



FALL / WINTER SESSION 2024/25



- This is a tentative schedule and may be subject to change. Tuesday will overlap with highschool swim meets and will move around.
- Group levels are determined on a number of attributes. Contact coaches with any questions.
- All swimmers are encouraged to attend as many practices as possible throughout the season.
- If you have any questions about the schedule please reach out to the head coach

Email: headcoach@foxvalleywave.org

FALL/WINTER 2024/25	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
TROPICAL STORM (SENIOR NATIONAL)	5:45am - 7:00am <i>WEIGHT ROOM TBD</i>	-	5:45am - 7:00am <i>WEIGHT ROOM TBD</i>	-	5:45am - 7:00am <i>WEIGHT ROOM TBD</i>	6:00am - 8:00am Appleton North	GROUP END DATES
	6:30pm - 8:30pm Appleton North	6:00pm - 8:30pm Appleton North	6:00pm - 8:00pm Neenah Middle School	6:00pm - 8:30pm Appleton North	5:30pm - 7:30pm Appleton North	-	TROPICAL STORM 3/17/2024
TSUNAMIS (SENIOR GROUP)	6:30pm - 8:30pm Appleton North	6:00pm - 8:00pm Appleton North	6:00pm - 8:00pm Neenah Middle School	6:00pm - 8:00pm Appleton North	5:30pm - 7:30pm Appleton North	6:00am - 8:00am Appleton North	TSUNAMIS 2/28/2024
TIDALNAMIS (HS SWIMMERS)	6:00pm - 7:30pm Appleton North	6:00pm - 8:00pm Appleton North	6:00pm - 7:30pm Appleton North	6:00pm - 8:00pm Appleton North	6:00pm - 7:45pm Neenah Middle School	6:00am - 8:00am Appleton North	TIDALMANIS 2/28/2024
TIDAL WAVES (GOLD GROUP)	6:00pm - 7:30pm Appleton North	6:00pm - 7:45pm Appleton West	6:00pm - 7:30pm Appleton North	6:00pm - 7:45pm Neenah Middle School	6:00pm - 7:45pm Neenah Middle School	6:00am - 8:00am Appleton North	TIDAL WAVES 3/7/2024
BREAKERS (SILVER GROUP)	6:00pm - 7:30pm Neenah Middle School	-	6:00pm - 7:30pm Appleton West	7:00pm - 8:30pm Appleton East	6:00pm - 7:30pm Appleton West	-	BREAKERS 2/28/2024
SWELLS (BRONZE #2)	-	6:00pm - 7:15pm Neenah Middle School	-	6:00pm - 7:15pm Appleton East	-	10:45am - 12:00pm Appleton North	SWELLS 2/28/2024
WAVELETS (BRONZE #1)	-	6:00pm - 7:00pm Neenah Middle School	-	6:00pm - 7:00pm Appleton East	-	11:00am - 12:00pm Appleton North	WAVELETS 2/28/2024
TIDAL WAVES (DRYLAND)	5:00pm - 6:00pm Appleton North - WR	-	5:00pm - 6:00pm Appleton North - WR	-	-	-	
TSUNAMIS & TIDALNAMIS (Dryland)	-	5:00pm - 6:00pm Appleton North - WR	-	5:00pm - 6:00pm Appleton North - WR	-	-	