



PO Box 221, Neenah, WI 54957  
www.foxvalleywave.org

# NEWSLETTER

FEBRUARY 2026 ISSUE

## Upcoming Meets

February 6-8

### **Oshy Winter Open**

Oshkosh YMCA

*\*Registration deadline 1/26*

February 20-22

### **WI Winter Regional Champs**

Ashwaubenon Community Pool

*\*Registration deadline 2/9*

February 27-1

### **15/0 WI State Championships**

WSAC

*\*Registration Deadline 2/16*

February 28-1

### **10/U WI SC State Championships**

Verona Aquatic Center

*\*Registration Deadline 2/16*

March 6-8

### **11-14 WI State Championship**

RecPlex

*\*Registration Deadline 2/23*

March 17-21

### **NCSA Senior Championships**

Orlando, FL

*\*Registration Deadline 3/4*

March 19-22

### **Swim Strong National Championships**

Fishes, IN

*\*Registration Deadline 1/1*

Happy February Wave Families!

Make sure you read the Coaches Corner notes this month! And, please pay close attention to dates and deadlines as we move into the final months of our fall/winter season.

You may want to take a moment now to join the Wave parent group on Facebook. We share things like state and national meet qualifiers, upcoming social events, and team accomplishments. Plus, parents are welcome to post and share!

**[Click Here to Join.](#)**

## Reminder

- Don't forget to check practice schedules weekly just in case of changes.
- Make sure to check meet info and meet deadlines, especially with so many championship meets coming up.
- Every parent AND every athlete aged 13-17 needs to complete the Safe Sport training!!
- Our end of season celebration will be April 15th.

# THE COACHES CORNER

## Head Coach Notes

*Ryan*

Hello everyone. Another month gone, another closer to championship meets. Please keep an eye on meet deadlines as once they have passed, it is very hard to make changes. We have the following championship meets coming up:

**Regionals** - For any swimmer WITHOUT a state time.

**State Age Champs** - For swimmers with qualifying times.

**National Champ Meet** - For swimmers with qualifying times.

If you have any questions about any of these meets, please read the meet information, which can be found on our website under the Upcoming Events section. All information that coaches have is from the meet files. If you have trouble finding the information after that, please reach out to coaches.

We are in the final stages of the season. At this point swimmers are fine tuning skills and focusing on race preparation. The hard work has been done, now we work on putting it together. Parents, please make sure swimmers are eating good foods, and getting plenty of sleep. These are crucial to the recovery process and can help shape the end of your swimmers season.

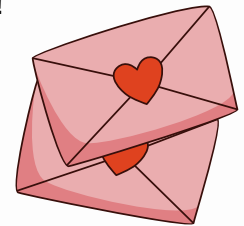
As we hit February we will be coming out with information about try outs, off season swim, and spring swim. Keep an eye out for that! As always, please feel free to reach out with questions :-)

Thanks,  
- Ryan.

## Tidal Waves

*Scott*

Hello all! Whew, the month of January really flew on by. Coming back from Christmas break we knew we had a crucial month to attack and set the stage for the final month of meets before Championship season. We had two meets this month where the primary focus was practicing how to race fast while honing in on the little details. Leading into the HSSB meet we had a tremendous week of practice despite a Monday holiday and it being a wee bit cold during the weekend. The group is well conditioned at this point and now it is time to really focus on what we are doing on the back half of races to maintain that front half speed. Excited to see the results!



## Breakers

*Ruthe*

Hi everyone! As we head into the final stretch of the season, the Breakers swimmers are bringing great energy, focus, and effort to practice (most of the time :-). This is the time of year when all the hard work starts to come together, and the group has done an awesome job leaning into fine tuning—sharpening skills, dialing in technique, and paying attention to the details that make swimmers feel confident behind the blocks.

Some parents may have noticed the noodles under the flags in the pool during practice. These are a tool I made to help strengthen underwater skills after seeing some other teams using something similar. They've been a huge success. The swimmers have embraced the challenge and we're seeing noticeable improvements in their underwaters and push-offs—exactly what we want as we prepare to race.

Regionals will be the final meet of the season for the Breakers group, and it's an exciting one! This meet is for everyone and all about racing with confidence, trusting the work they've put in, and celebrating how much they've grown throughout the season. We're looking forward to watching the swimmers finish strong, cheer each other on, and have fun racing one last time together this season. We're incredibly proud of this group and can't wait to see them shine at Regionals. Let's finish strong!

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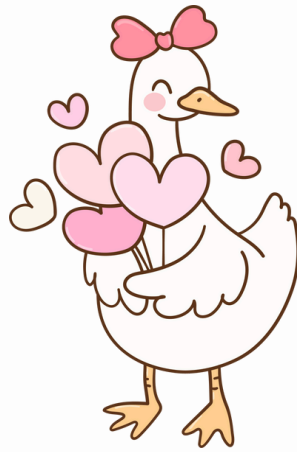
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Follow our socials for team accomplishments, photos, team news, parent discussions and more!





## Raise Right

Join our Raise Right program by going to [raiserright.com](https://raiserright.com). Choose "join an existing program" and enter our team code: **L2L64A4D224L8** then follow the on-screen directions.

Use the app or website to buy gift cards for the places you normally shop. For each gift card, you'll earn the bonus listed on Raise Right. 75% of that bonus goes toward your Wave account and 25% goes to our team account.

## Team Photos

Our tentative team photo date is March 14. We will send out more info when the details are finalized.

## Team Apparel

You can order directly through our team website on Elsmore and have your orders shipped directly to your house any time of year!  
[\*\*Shop the WAVE team store now!\*\*](#)

## Carpool Directory

New! If you would like to carpool with other swim families, please enter your information into the directory [HERE](#). You can then use the directory to connect with other families.

## End of Season Celebration

Please save the date for our end of fall/winter season celebration, which will be held on **Wednesday, April 15<sup>th</sup>** from 6-8pm at Holidays Pub and Grill in Appleton. More details coming soon!!

[\*\*Join the FV Wave Parent Group on Facebook!\*\*](#)



## Team Birthdays

2/5  
Norah Vande Slunt

2/8  
Alivia Romenesko

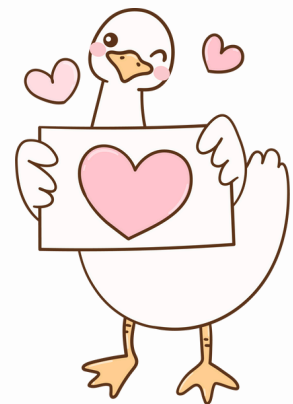
2/18  
Theodore Ozark

2/19  
Elise Brazzale

2/21  
Sebastian Brown

2/22  
Reese Jensen

2/24  
Claire Paffel



### Safe Sport Update

As of today, 58% of swimmers and 43% of parents have completed the Safe Sport training! Go TEAM!

### Safe Sport Instructions

[Athletes](#) (ages 13-17)  
[Parents](#)