



Happy  
New Year

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

# NEWSLETTER

JANUARY 2026 ISSUE

## Upcoming Meets

### January 9-11

GBSC Sub Zero Meet

Green Bay Southwest High School

*Registration deadline 12/24*

*Appropriate for all swimmers*

### January 23-25

HSSB Winter Meet

Howard-Suamico Community Pool

*Registration deadline 1/11*

*Appropriate for all swimmers*

### January 30-February 1

A+ Meet

Walter Schroeder Aquatic Center

*Registration deadline 1/19*

*Qualifying Times + Relay Swimmers*

### February 6-8

Oshy Winter Open

Oshkosh YMCA

*Registration deadline 1/26*

*Appropriate for all swimmers*

### February 20-22

WI Winter Regional Champs

Ashwaubenon Community Pool

*Registration deadline 2/9*

*\*\*Open to all swimmers*



## End of Season Championship Meets

It's time to start thinking about those end-of-season championship meets as registration deadlines are right around the corner. Please review the full meet info and descriptions on our website and pay close attention to deadlines. You can reach out to coaches with any questions.

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*

You can find qualifying times for state and national meets under "athlete info" on our website.  
[Click here](#) for Wisconsin Swimming time standards.

*Livestream Sponsor*



*Snowman Sponsors*

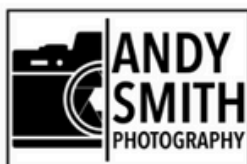


THANK YOU TO OUR 2025 SPLASHFEST SPONSORS!

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# The Coaches Corner

## Head Coach Notes

*Ryan*

Hello Wave families! I hope you all had a good holiday and got spoiled with full bellies. It was a good little break but we are back to work now! We are turning the corner into the Winter season, which is championship focused. This session will go fast so please remember to keep up the hard work, and attendance.

“

**NO ONE GETS BETTER BY NOT SHOWING UP.**

”

This quote was drilled into me as a youth swimmer and I want to express its importance. It's not just about just showing up physically but also mentally. We have a bit over two months left of this season and it will go by quickly. It's crucial that swimmers are working hard and focusing.

Right now, Fox Valley Wave is being noticed state wide as a powerhouse team. We are being reached out to by “Super Teams” wanting to set up dual meets, and inviting us to invitational meets reserved for the big hitters in the state. This is a direct result of our team's hard work. Thank you to all the swimmers for showing up and working hard, and to our parents for making it possible through your support and commitment.

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## Tidal Waves

*Scott*

Fresh off of filling up our bellies during the Thanksgiving weekend, we had two meets to get ready for in consecutive weeks. There was no time to waste, so we had to lock in and get to work!

We started off the month by getting ready for our home meet, Splashfest. I'm proud to report that EVERY SINGLE Tidal Wave participated! The meet served as an important meter for where we are as a group and individually at the de facto midpoint of the season, before we turn the page to winter. Overall, the group responded really well. We had tons of great swims and conversations. In each of those swims, there were always at least a few details identified to continue to improve upon.

The following weekend we had a group compete in the 12&U Single Age State Meet. It's a long meet and you need to be prepared for it if you want your desired results. All of the Tidal Waves reps at the meet showed up with a great mindset, lots of food, and the results spoke for themselves. Everyone had uncomfortable moments they had to navigate through and they all responded tremendously well. This included having to step up in relays, digging deep to race the 5th and last race of the day, hammering the last 25 despite missing the wall and rising up after a swim didn't go as planned.

As we embark now on the last days of 2025, I want to convey the importance of keeping the momentum going as the end of the season is going to come QUICK. Take this time to reflect on what your goals are for February and March and what you are willing to do to achieve those. This next month is going to be the most crucial for the season, so let us welcome the opportunity to make ourselves better and enjoy the process.

## Breakers

*Ruthe*

The Breakers swimmers have been doing a great job in practice! We're seeing improved focus, strong effort, and some excellent progress as the swimmers continue to work on slowing things down in drills to build better technique. That patience is paying off, and it's been fun to watch their confidence grow as they put pieces together. The group energy has been positive, supportive, and hardworking—exactly what we love to see. We're excited to keep building on this momentum moving forward! Thank you for your continued support!

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I know the dedication to your child's sport gets hard sometimes, but I hope seeing them succeed makes you as proud of them as we are as coaches.

Looking forward to another great month and kicking off the new year with some great work in the pool. Feel free to reach out with any questions or just to chat. We are there for whatever you need! Thanks!

- Ryan :-)

## 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.



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



## Team Accomplishments & Announcements



**Maddie Loken** was named to the Scholastic All-America team. Maddie is one of only 36 Wisconsin swimmers to make the 2024-25 list. Congrats Maddie!



**Sydney Josephson, Mesa Josephson, Jaxon Josephson, Maya Klister, Reese Jensen, Daphne Scullion and Lauren Barnes** will join 80 swimmers, aged 11-14, from the across the state to represent Team Wisconsin at the **mid-state all-stars** meet to compete with swimmers from Indiana, Ohio, Michigan, Minnesota and Kentucky.

**Follow our socials for more team accomplishments and news!**



## Safe Sport Update

We're on our way to becoming a SafeSport certified team!! We need parents and teen athletes to complete the training ASAP.

Parents	<div><div></div></div> 34%
Athletes (13-17)	<div><div></div></div> 35%

Parents and athletes should click on the links below to complete this task on or before November 1st. It takes approx. 20-25 minutes and works best on a computer (not phone).

[Instructions for Youth Athletes \(ages 13-17\)](#)

[Instructions for Parents](#)

We would love to have 100% participation by January 1!! Thank you for participating in this important program.



## Team Birthdays

1/3

Mesa Josephson

1/6

Jason Hindman

1/8

Charles Collins

1/13

Leah Arun

1/18

John Collins

1/20

Emmie Seibel

1/22

Oliver Lynch

1/27

Naduah Mueller

1/30

Rose Gharabelou



## Save Money + Help The Team

***Here's how you can easily save on swim fees just by shopping where you normally would anyway.***

1. Join our Raise Right program by going to [raiseright.com](https://raiseright.com).
2. Choose "join an existing program" and enter our team code: **L2L64A4D224L8** then follow the on-screen directions.
3. 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.

That's it! It's very simple and easy to use. You can even buy e-gift cards while waiting in line at the store, and then use them right away at the register. Plus, watch the app for extra bonuses!

## Swim Officials Info Session

Join us from 6:30 to 8:00PM on Saturday, January 10<sup>th</sup> for snacks and beverages while learning what it takes to become a USA Swimming Official! Whether you are interested in becoming a Deck Official or an Administrative Official, this is your chance to be guided through the process.

Please click the link below for more information and to RSVP.  
[Become a Wave Official - Special Event!](#)

## Team Photos

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

***Don't forget to check practice schedules weekly just in case of changes!***