





# September 2023








Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 eliminating racism empowering women <b>YWCA</b>
3	4 Y Closed Labor Day	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Porpoise Club 5:30 - 6:30	19	20 Porpoise Club 5:30 - 6:30	21	22	23
		----- FREESTYLE WEEK -----				
21	25 Porpoise Club 5:30 - 6:30	26	27 Porpoise Club 5:30 - 6:30	28	29	30 Strength Power Speed
		----- BACKSTROKE WEEK -----				

# October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 <i>Strength Power Speed</i></p>	<p>2 Porpoise Club 5:30 - 6:30</p>	<p>3</p>	<p>4 Porpoise Club <b>Parent meeting</b> Via Zoom 6-7:30pm</p>	<p>5</p>	<p>6 eliminating racism empowering women <b>YWCA</b></p>	<p>7</p>
<p>8</p>	<p>9 Porpoise Club 5:30 - 6:30</p>	<p>10</p>	<p>11 Porpoise Club 5:30 - 6:30 <b>Officials Training 6-9pm</b></p>	<p>12</p>	<p>13</p>	<p>14 Bobcat Diving Invite 10:00a.m.-3:00p.m. Come and cheer on our bobcat Divers!</p>
<p>15</p>	<p>16 <b>SWIM TEAM</b> <b>BEGINS!!!</b> Beg/Int Group 5:15-6:15 Adv. Group 6:15 - 7:45</p>	<p>17</p>	<p>18 Beg/Int Group 5:15-6:15 Swim Adv. Group 5:15-6:15 Dryland Adv. Group - 6:15-7:00 Tech.</p>	<p>19</p>	<p>20</p>	<p>21</p>
<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28 <b>Beggars Night</b></p>
<p>29</p>	<p>30</p>	<p>31</p>	<p>BACKSTROKE WEEK</p>	<p>Cap orders Due!!!</p>	<p></p>	<p></p>










## Blue Wave Swim Team Schedule

# November 2023

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> Outstanding Region Swimming & Diving <b>YWCA</b>
		----- <b>BREASTSTROKE WEEK</b> -----				
<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> IntraSquad Home Meet <b>5:30-7:30</b> <b>All Groups</b>	<b>10</b> IGHSAU State Swimming & Diving Championships Diving 10:00am Prelims 5:00pm	<b>11</b> IGHSAU State Swimming & Diving Championships Finals 12:00pm
		----- <b>BUTTERFLY WEEK</b> -----				
<b>12</b> 	<b>13</b> Beg/Int Group 5:15-6:15 Adv. Group 6:15 - 7:45	<b>14</b> <b>Beg will not practice</b> <b>Team Pictures</b> Individuals 5:30 Team 6:15 <b>Starts and Turns</b> <b>6:30-7:45 Adv. ONLY</b>	<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>MACR</b> <b>Pentathlon</b> <b>Cedar Rapids</b> Time: TBA
	----- <b>- STARTS, TURNS, UNDERWATER WORK &amp; RELAY WEEK -</b> -----					
<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> <b>No Practice</b> 	<b>23</b> <b>No Practice</b> 	<b>24</b>	<b>25</b>
<b>26</b> 	<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> Beg/Int Group 5:15-6:15 Adv. Group 6:15 - 7:45		

## Blue Wave Swim Team Schedule









# December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>All Home Meets</b> Doors open at 8:00 Warmups at 9:00 Meet Begins at 10am				1 	2 <b>Away Meet</b> @ Oskaloosa vs. Ottumwa & Newton Rathbun, Wash, Black Hawk Time: TBA
3	4 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	5 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	6 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	8 <b>Grinch Swim</b> 5-7pm 	9
10 <b>Away Meet</b> @Waukeg VS Algona, Nishna Valley Newton, Ottumwa	11 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	12 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	13 Beg/Int Group 5:15-6:15 Swim Adv. Group 5:15-6:15 Dryland Adv. Group - 6:15-7:00 Tech.	14 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	15 	16 <b>Team Event</b> Family Fun Event 10am-Noon
17	18 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	19 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	20 Beg/Int Group 5:15-6:15 Swim Adv. Group 5:15-6:15 Dryland Adv. Group - 6:15-7:00 Tech.	21 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	22	23
24 	25 <b>No Practice</b> 	26 <b>No Practice</b> Practice times this week are subject to change	27 Beg/Int Group 5:15-6:15 Swim Adv. Group 5:15-6:15 Dryland Adv. Group - 6:15-7:00 Tech.	28 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	29	30 
31 						

## Blue Wave Swim Team Schedule










# January 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>No Practice</b> 	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 <b>Away Meet</b> <b>@ Ottumwa</b> vs. Oaky, Rathbun Wash Time:TBA
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	10 Beg/Int Group 5:15-6:15 Swim Adv. Group 5:15-6:15 Dryland Adv. Group - 6:15-7:00 Tech.	11 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	12 	13 <b>Home Meet</b> vs. DSMY, MACR, Newton Oaky, North Scott, Charles City Bedell
14 eliminating racism empowering women <b>YMCA</b>	15 Beg/Int Group 5:15-6:00 Adv. Group 6:30-7:45	16 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	17 Beg/Int Group 5:15-6:15 Swim Adv. Group 5:15-6:15 Dryland Adv. Group - 6:15-7:00 Tech.	18 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	19	20 <b>Away Meet</b> <b>@ MACR</b> vs. DSMY, Black Hawk, Ott. Map Time: TBA <b>SPRINT MEET</b>
21	22 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	23 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	24 Beg/Int Group 5:15-6:15 Swim Adv. Group 5:15-6:15 Dryland Adv. Group - 6:15-7:00 Tech.	26 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	26	27 <b>Home Meet</b> vs. Black Hawk Musc. Newton, Burlington
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>Sectional entries are due on TU</b>	31  <b>Sectional</b> <b>Goal Setting</b>			










# February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SWIMMING</b>						
4 	5 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	6 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	7 Beg/Int Group 5:15-6:15 Swim Adv. Group 5:15-6:15 Dryland Adv. Group - 6:15-7:00 Tech.	8 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	9 	10 
11 <b>Sectionals</b> @Marshalltown! Doors open 8am Begins 10am	12 <b>No Practice Today</b>	13 <b>State entries due on TU</b>	14 <b>State Goal Setting</b> 	15 State Q Group 1 5:15-6:15 State Q Group 2 6:15-7:45	16 	17 
18 State practice times are subject to change	19 State Q Group 1 5:15-6:15 State Q Group 2 6:15-7:45	20 State Q Group 1 5:15-6:15 State Q Group 2 6:15-7:45	21 State Q Group 1 - 5:15-6:15 Swim State Q Group 2 - 5:15-6:15 Dryland State Q Group 2 - 6:15-7:00 Tech.	22 State Q Group 1 5:15-6:15 State Q Group 2 6:15-7:45	23 	24 
25 	26 State Q Group 1 5:15-6:15 State Q Group 2 6:15-7:45	27 State Q Group 1 5:15-6:15 State Q Group 2 6:15-7:45	28 State Q Group 1 5:15-6:15 State Q Group 2 6:15-7:45	29 State Q Group 1 5:15-6:15 State Q Group 2 6:15-7:45	 <p>Swimmers who do not qualify for the State Swim Meet are done with practice after the Sectional Meet. Thank You!</p>	

Blue Wave Swim Team Schedule

# March 2024



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div>eliminating racism empowering women YMCA</div>										<div>1 Anyone who is available State Set Up</div>		<div>2 YMCA BOYS State Swimming</div>	
		----- STATE TAPER! GET LOTS OF REST & EAT WELL! -----											
<div>3 YMCA GIRLS State Swimming</div>		<div>4 No Practice</div>		<div>5 Regional Qualifiers 6:00-7:30</div>		<div>6 Regional Goal Setting Regional Qualifiers 6:00-7:30</div>		<div>7 Regional Qualifiers 6:00-7:30</div>		<div>8</div>		<div>9</div>	
<div>10</div>		<div>11 Regional Qualifiers 6:00-7:30</div>		<div>12 Regional Qualifiers 6:00-7:30</div>		<div>13 Regional Qualifiers 6:00-7:30</div>		<div>14 Regional Qualifiers 6:00-7:30</div>		<div>15 </div>		<div>16 </div>	
<div>17</div>		<div>18 Regional Qualifiers 6:00-7:30</div>		<div>19 </div>		<div>20 Regional Qualifiers 6:00-7:30</div>		<div>21 Regional Qualifiers 6:00-7:30</div>		<div>22 Y Regionals @ Linn Mar Marion, IA Time: TBA 1000 Free only</div>		<div>23 Y Regionals @ Linn Mar Marion, IA Time: TBA</div>	
<div>24 Y Regionals @ Linn Mar Marion, IA Time: TBA</div>		----- FINAL TAPER!! GET LOTS OF REST AND EAT WELL!! -----											
<div>25 </div>		<div>26 </div>		<div>27 </div>		<div>28</div>		<div>29 End of Season Banquet. All BWJ families invited 6:00-8:30pm</div>		<div>30 </div>			
<div>31</div>													

## Blue Wave Swim Team Schedule