

THE WEEKLY WAVE



NEWSLETTER



Waves Swim Team Parent Meetings

The parent meeting will be held for Silver, Gold 1, Gold 2 and Senior groups is this Thursday Sept 10 at 7:30 PM. New and returning parents are welcome to join!

The Bronze group parent meeting is rescheduled for Thursday Sept 17 at 5:30 PM. All parents are encouraged to attend.

Waves Equipment, Apparel, and Personalized Caps

Waves equipment and apparel is available for purchase on the Elsmore Team Store located on the Waves website. New apparel now available!

Personalized caps are also now available for purchase through Elsmore until Wednesday, Sept 16.

[Click here to view the team store.](#)

The First Wave Deadline

The deadline to enter the Waukee Waves The First Wave swim meet is Thursday Sept 10. Please declare or decline your swimmer for this meet on SportsEngine.

SEPTEMBER 9, 2026

01. Waves Swim Team Parent Meetings
02. Waves Equipment, Apparel, and Personalized Caps
03. The First Wave Deadline
04. Advanced Diving Clinic
05. Bronze Group New Start Date

Advanced Diving Clinic

Registration is now open on Captyn for Advanced Diving Clinics. Contact Coach Dana for more information!

New Bronze Start Date

Due to a high school meet change, Bronze will be unable to practice on Monday Sept 14. Bronze will now have practice on Wednesday Sept 16 and Thursday Sept 17. [Please visit the Google Calendar for other scheduled practices linked here.](#)

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	September 7	September 8	September 9	September 10	September 11	September 12	September 13
Bronze	None	None	None	None	None	None	None
Silver	None	None	6:15 - 7:30 PM	6:15 - 7:45 PM	5:30 - 7:00 PM	9:30 - 10:45 AM	None
Gold 1	None	None	6:15 - 7:30 PM	6:15 - 7:45 PM	5:30 - 7:00 PM	9:30 - 10:45 AM	None
Gold 2	None	8:00 - 9:00 PM	5:45 - 7:30 PM	5:45 - 7:45 PM	5:30 - 7:00 PM	9:00 - 10:30 AM	None
Senior AM	None	None	None	None	None	None	None
Senior PM	None	8:00 - 9:00 PM	4:00 - 5:45 PM	5:30 - 7:30 PM	5:15 - 7:00 PM	7:00 - 9:00 AM	None
	September 14	September 15	September 16	September 17	September 18	September 19	September 20
Bronze	None	None	5:30 - 6:15 PM	5:30 - 6:15 PM	None	None	None
Silver	None	None	6:15 - 7:30 PM	6:15 - 7:45 PM	5:30 - 7:00 PM	None	None
Gold 1	8:00 - 9:00 PM	8:00 - 9:00 PM	6:15 - 7:30 PM	6:15 - 7:45 PM	5:30 - 7:00 PM	None	None
Gold 2	8:00 - 9:00 PM	8:00 - 9:00 PM	5:45 - 7:30 PM	5:45 - 7:45 PM	5:30 - 7:00 PM	None	None
Senior AM	5:45 - 7:00 AM	None	None	None	None	5:45 - 7:00 AM	None
Senior PM	8:00 - 9:00 PM	8:00 - 9:00 PM	5:30 - 7:15 PM	5:30 - 7:30 PM	5:15 - 7:00 PM	None	None
	September 21	September 22	September 23	September 24	September 25	September 26	September 27
Bronze	5:30 - 6:15 PM	5:30 - 6:15 PM	5:30 - 6:15 PM	5:30 - 6:15 PM	None	None	None
Silver	6:15 - 7:45 PM	6:15 - 7:45 PM	6:15 - 7:30 PM	6:15 - 7:45 PM	5:30 - 7:00 PM	9:30 - 11:00 AM	None
Gold 1	6:15 - 7:45 PM	6:15 - 7:45 PM	6:15 - 7:30 PM	6:15 - 7:45 PM	5:30 - 7:00 PM	9:30 - 11:00 AM	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	5:45 - 7:30 PM	5:45 - 7:45 PM	5:30 - 7:00 PM	9:00 - 11:00 AM	None
Senior AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	None	9:00 - 11:00 AM	None
Senior PM	5:30 - 7:30 PM	5:30 - 7:30 PM	4:00 - 5:45 PM	5:30 - 7:30 PM	5:15 - 7:00 PM	None	None