

THE WEEKLY WAVE



NEWSLETTER



Waves Personalized Cap Order Deadline Extended

The deadline to order personalized Waves swim caps has been extended to Sunday September 20. [Order personalized caps and other equipment or apparel through the Waves team store at Elsmore Swim Shop.](#)

CIA/Johnston Blaze Fall Mixer Entry Deadline

The entry deadline for CIA/Johnston Blaze Fall Mixer swim meet is Monday, September 28. Please declare or decline your swimmers entry to the competition on SportsEngine. Any new Silver swimmers who are unsure if they should compete should contact Coach Kelly or Coach Lucia.

Notes from Waves Parent Meeting (9/10)

Attached below are the notes from the Waves swim parent meeting on 9/10 (groups Silver and up). If you were unable to attend the meeting, please review the notes listed below.

SEPTEMBER 16, 2026

01. Waves Personalized Cap Deadline
02. CIA/Johnston Blaze Fall Mixer Deadline
03. Notes from Waves parent meeting
04. Senior Practice Time Change
05. Swim Meet Schedule

Senior practice time changes

Senior practice for this Saturday is now 6:45 - 8:30 AM. No practice for other groups on Saturday. Senior practice on Tuesday, Sept 22 is now 4:00 - 6:00 PM.

Swim Meet Schedule

Attached is the Waves swim team schedule for the season. Meets that are qualifying or specific group only have been marked.

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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	6:45 - 8:30 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	7:00 - 9:00 AM	None
Senior PM	5:30 - 7:30 PM	4:00 - 6:00 PM	4:00 - 5:45 PM	5:30 - 7:30 PM	5:15 - 7:00 PM	None	None
	September 28	September 29	September 30	October 1	October 2	October 3	October 4
Bronze	5:30 - 6:15 PM	None	5:30 - 6:15 PM	5:30 - 6:15 PM	None	None	None
Silver	6:15 - 7:45 PM	None	6:15 - 7:30 PM	6:15 - 7:45 PM	5:30 - 7:00 PM	TBA	None
Gold 1	6:15 - 7:45 PM	8:00 - 9:00 PM	6:15 - 7:30 PM	6:15 - 7:45 PM	5:30 - 7:00 PM	TBA	None
Gold 2	6:00 - 8:00 PM	8:00 - 9:00 PM	5:45 - 7:30 PM	5:45 - 7:45 PM	5:30 - 7:00 PM	TBA	None
Senior AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	None	TBA	None
Senior PM	5:30 - 7:30 PM	8:00 - 9:00 PM	5:30 - 7:15 PM	5:30 - 7:30 PM	5:15 - 7:00 PM	None	None

2026-2027 Fall/Winter Waves Swim Team Meet Schedule

Date	Host/Meet	Location
October 10-11 <i>(Saturday & Sunday Only)</i>	ACAC Tim Jenks Autumn Opener	Dan Flannery Pool Ames, IA
October 17	Waukee Waves The First Wave	Waukee Natatorium Waukee, IA
October 24-25	CIA/Johnston Blaze Fall Mixer	Summit Middle School Johnston, IA
November 6-8	IFLY A3 Midwest Challenge (Senior Group)	CRWC IowaCity, IA
November 14-15	Waukee Waves The Qualifier	Waukee Natatorium Waukee, IA
November 21-22	DMSF Fall Invitational	Wellmark YMCA Des Moines, IA
December 9-12	Speedo Winter Junior Nationals (Qualifying)	University of Texas Austin, TX
December 19	Waukee Waves The Icebreaker	Waukee Natatorium Waukee, IA
January 8-10	Midwest All Stars (Qualifying)	Wellmark YMCA Des Moines, IA
January 15-17	ACAC The Tundra	Dan Flannery Pool Ames, IA
January 29-31	CIA Winter Blues Buster	Waukee Natatorium Waukee, IA
February 13-14	IASI Regional and 8&U Championships	Waukee Natatorium Waukee, IA
February 19-21	IASI Age Group Championships (Qualifying)	Cedar Falls Natatorium Cedar Falls, IA
February 25-28	IASI Senior Championships (Qualifying)	Wellmark YMCA Des Moines, IA
March 11-14	Central Zone Speedo Sectionals (LCM, Qualifying)	Waukee Natatorium Waukee, IA

FALL 2026 WAUKEE WAVES PARENT MEETING

September 10, 2026

1. WELCOME/INTRODUCTIONS

2. Communication with coaches and staff

- Head Coach Kelly Nordell – knordell@waukeeschools.org
- Head Age Group Coach Lucia Rizzo – lrizzo@waukeeschools.org
- Director of Aquatics Bobby Kelley – rkelley@waukeeschools.org
- Communication with parents through Captyn and SportsEngine (TeamUnify)
- NEW- we will be adding PARENTSQUARE as a new way to communicate via email.
- SafeSport communication reminders
- Social Media IG Waukeewavesswimdive

3. Entry to building, to pool, timely pickup, parents are welcome to sit in stands or behind the glass wall on the second floor

- Lockerroom access Aug- Feb due to high school swimming & diving
- Community locker rooms (do not not leave personal belongings)
- Mesh bag storage is for hs athletes or Senior group
- Pool deck access for swimmers during high school practices and competitions

4. Code of Conduct

- Be respectful to coaches, teammates, and WCSD rules
- Coaches reserve the right to dismiss swimmers from practice for inappropriate behavior

5. Swim Practice Protocol

- Swimmers need to communicate with coaches before practice begins if they need to leave early
- Swimmers should come to practice 10-15 minutes early and be prepared with swimsuit, cap, goggles, water bottle, and appropriate group equipment
- Swimmers are permitted to practice with their assigned group
- Practices are subject to change based on pool availability especially during high school seasons. Please monitor the Weekly Wave Newsletter and the Waukee Waves website Google Calendar for practice time changes.
<https://www.waukeeaquatics.captynsites.com/>
- Group placement and advancement is based on a variety of factors (attainment of certain skill sets and progressions including times) and per the discretion of the head coach.

6. Equipment and Apparel

- Visit the Waukee Waves website and under the tab titled 'Team Equipment', use the Elsmore team store link to purchase group equipment and apparel.
- Personalized cap order deadline is September 20th
Team suit this season - available through the team store
- Championship Suit protocol

7. USA Swimming Membership (new members or transfers)

- Visit the Waves website under the tab 'Resources' to locate the USA Swimming Information tab and click on the appropriate sign up option
- Once USA swimming membership is obtained, please contact Coach Kelly or Coach Lucia so you can gain access to the SportsEngine to sign up for meets

8. Meet Schedule and Sign Up

- The meet schedule is posted on the Waves website under the tab 'Swim Team Calendars'
- Certain meets are for qualifiers or the Senior group only
- To sign up for meets, go to the SEMotion Login on the Waves website under the tab 'Resources'
- All meet entries must be submitted by the cut off date
- We encourage parents to look at the meet information attached in SportsEngine (TeamUnify)
- All meet entries and events are per the head coaches discretion
- The week of competitions coaches communicate important information via email (timelines, psych sheets, meet warm up times, relay orders, etc.)
- We do not condone attending competitions that are not on the meet schedule. If you decide to enter a competition that is not on the meet schedule, you must enter unattached. You are responsible for meet entries and entry fees. You must work with the meet host to find a coach to observe your swimmers warm up.

9. Meet Protocol

- Swimmers should be on deck 15 minutes before the start of meet warm up
- Parents must communicate with coaches if their swimmer is not able to attend a session they signed up for or if they are not able to participate in relays.
- Meet Mobile often uploads heat sheets prior to the start of the meet. The heats and lanes provided by Meet Mobile are not always accurate as reseeds often occur.

10. Volunteers

- Volunteers are needed for Waves competitions that we host (does not include mock meets). As a volunteer (timer, hospitality etc) you will receive a \$25 credit per session of work. Officials are also needed. As a volunteer official, you will receive \$50 of credit per session worked.
- If you are interested in becoming an official, contact Bobby Kelley,