

THE WEEKLY WAVE



NEWSLETTER



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.

Waukee Waves Equipment and Apparel

Waves equipment and apparel is available for purchase on the [Elsmore Team Store located on the Waves website](#). New apparel is now available!

ACAC Tim Jenks Meet Fees

Families who are entered in the ACAC Tim Jenks swim meet will be billed this Friday, September 25 for meet entries.

SEPTEMBER 23, 2026

01. CIA/Johnston Fall Mixer Deadline
02. Waves Equipment and Apparel
03. ACAC Tim Jenks Meet Fees
04. USA Swimming Registration
05. The First Wave Volunteer sign up

USA swimming registration

[Visit the Waves website if you need instructions on how to register or transfer to the Waves through USA swimming.](#)

The First Wave Volunteer Sign Up

Consider volunteering at the First Wave meet on October 17. [Visit the website to sign up for a volunteer position!](#)

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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	9:30 - 10:45 AM	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	9:30 - 10:45 AM	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	9:00 - 10:45 AM	None
Senior AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	None	None	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
	October 5	October 6	October 7	October 8	October 9	October 10	October 11
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	None	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	None	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	None	None
Senior AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	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

Waves Advanced Dive Clinic Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	September 21	September 22	September 23	September 24	September 25	September 26	September 27
Diving Advanced Clinic	5:00 - 7:00 PM	None	5:00 - 7:00 PM	None	None	None	None
	September 28	September 29	September 30	October 1	October 2	October 3	October 4
Diving Advanced Clinic	5:00 - 7:00 PM	None	5:00 - 7:00 PM	None	None	None	None
	October 5	October 6	October 7	October 8	October 9	October 10	October 11
Diving Advanced Clinic	5:00 - 7:00 PM	None	5:00 - 7:00 PM	None	None	None	None