

THE WEEKLY WAVE



NEWSLETTER



The Qualifier at Waukee Entry Deadline

The meet entry deadline for The Qualifier at Waukee is this Sunday, October 4. Please indicate if your swimmer plans to compete at this competition. If you are unsure about which events to pick, please contact Coach Kelly or Coach Lucia.

The First Wave Bronze Mock Meet

Bronze group members are encouraged to sign up for the first mock meet of the season! The meet will be hosted on Friday, October 16 at 5:30 PM at the Waukee Natatorium in the diving well. Every swimmer that signs up will compete in a 50 Freestyle, 50 Backstroke, 25 Freestyle, and 25 Backstroke. Times achieved at this meet do not translate into USA swimings database. The deadline to enter this meet is Tuesday October 13 through SportsEngine. Your swimmer does not need a USA swimming membership to participate.

Practice Calendar Changes

The month of October is busy at the Natatorium with high school swim meets, please check the Google Calendar or the schedule listed below for practice time changes.

SEPTEMBER 30, 2026

01. **The Qualifier at Waukee Entry Deadline**
02. **The First Waves Bronze Mock Meet**
03. **Practice Calendar Changes**
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. A few timers and an announcer are still need! [Visit the website to sign up for a volunteer position!](#)

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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	NONE	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
	October 12	October 13	October 14	October 15	October 16	October 17	October 18
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	None	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	None	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	None	None
Senior AM	5:45 - 7:00 AM	None	None	5:45 - 7:00 AM	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

Waves Advanced Dive Clinic Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	September 28	September 29	September 30	October 1	October 2	October 3	October 4
Diving Advanced Clinic	5:00 - 7:00 PM	None	CANCELLED	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
	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