

THE WEEKLY WAVE



NEWSLETTER



2025 - 2026 Fall & Winter

Registration Reminder

Please register your student as soon as possible for swimming and diving Waves programs. All returning and new student must register. Registration is now open for Waukee district students and will open for non-Waukee district student tomorrow, August 28.

ACAC Tim Jenks Meet Entries

Waves swim team will be participating in **SUNDAY ONLY** of the ACAC Tim Jenks meet. Meet entries are due Wednesday, September 10. The meet will be posted on SportsEngine (TeamUnify) next Wednesday to submit meet entries. All entries are subject to approval by the head coach.

Waukee Waves Team Store

The Waves team store is now live on our website and [linked here](#). Equipment and apparel is available for purchase through Elsmore Swim Shop. Personalized Swim Caps **MUST BE ORDERED BY 9/15** through the Elsmore Team Store.

AUGUST 27, 2025

- 01. Registration Reminder**
- 02. ACAC Tim Jenks Swim Meet Entries**
- 03. Waukee Waves Team Store**
- 04. Waves Swim Parent Meeting Information**
- 05. Fall & Winter Swim Meet Schedule**

Waves Swim Parent Meeting

On Thursday September 4 at 7:30 PM Waves swim parents are encouraged to join the coaching staff at the Natatorium to learn more about general season information. We hope to see you there!

2025-2026 Fall & Winter Swim Meet Schedule

The coaching staff will be releasing the rest of the fall & winter meet schedule next Wednesday. Thank you for your patience.

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	August 25	August 26	August 27	August 28	August 29	August 30	August 31
Silver	None	None	None	None	None	None	None
Gold 1	None	None	None	None	None	None	None
Gold 2	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	7:00 - 8:30 PM	5:30 - 7:00 PM	None	None
Senior AM	None	None	None	None	None	None	None
Senior PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	7:00 - 8:30 PM	5:30 - 7:15 PM	None	None
	September 1	September 2	September 3	September 4	September 5	September 6	September 7
Silver	None	None	None	None	None	None	None
Gold 1	None	None	None	None	None	None	None
Gold 2	None	7:30 - 9:00 PM	5:30 - 7:15 PM	6:00 - 7:30 PM	5:30 - 7:15 PM	9:00 - 11:00 AM	None
Senior AM	None	None	None	None	None	9:00 - 11:00 AM	None
Senior PM	None	7:30 - 9:00 PM	5:30 - 7:15 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	None	None
	September 8	September 9	September 10	September 11	September 12	September 13	September 14
Silver	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	9:00 - 10:30 AM	None
Gold 1	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	9:00 - 10:30 AM	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	5:30 - 7:15 PM	6:00 - 8:00 PM	5:30 - 7:15 PM	7:00 - 9:00 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	5:30 - 7:15 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	None	None

Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	August 25	August 26	August 27	August 28	August 29	August 30	August 31
Diving Bronze	None	None	None	None	None	None	None
Diving Silver	5:30 - 7:00 PM	5:30 - 7:00 PM	5:30 - 7:00 PM	None	None	None	None
Diving Gold	5:30 - 7:00 PM	5:30 - 7:00 PM	5:30 - 7:00 PM	None	None	None	None
Diving Senior	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None	None
	September 1	September 2	September 3	September 4	September 5	September 6	September 7
Diving Bronze	None	None	None	None	None	None	None
Diving Silver	None	None	5:30 - 7:00 PM	5:30 - 7:00 PM	None	None	None
Diving Gold	None	None	5:30 - 7:00 PM	5:30 - 7:00 PM	None	None	None
Diving Senior	None	None	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None
	September 8	September 9	September 10	September 11	September 12	September 13	September 14
Diving Bronze	None	None	None	None	None	None	None
Diving Silver	5:30 - 7:00 PM	5:30 - 7:00 PM	5:30 - 7:00 PM	5:30 - 7:00 PM	None	None	None
Diving Gold	5:30 - 7:00 PM	5:30 - 7:00 PM	5:30 - 7:00 PM	5:30 - 7:00 PM	None	None	None
Diving Senior	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None