

THE WEEKLY WAVE



NEWSLETTER



ACAC Tim Jenks Meet Information

This weekend Waves swimmers will compete at the ACAC Tim Jenks Autumn Opener in Ames, IA. Warm ups for the 12 & Under session on Saturday begin at 9:00 AM. Warm ups for the 13 & Over session on Saturday begin at 1:15 PM. Warm ups on Sunday for all age groups begin at 10:00 AM. Please have swimmers arrive 10-15 minutes before the start of warm up to secure a spot on deck and get ready to warm up. [Visit the ACAC website for timelines and heat sheets](#). LET'S GO WAVES!

DMSF Fall Invite Meet Entry Deadline

The meet entry deadline for DMSF Fall Invitational is Saturday, October 17. This meet is a two day competition and will be held at the Wellmark YMCA in downtown Des Moines.

Swim Meet Entry Deadlines

Please declare or decline your swimmer for competitions in SportsEngine before the assigned deadline. This will ensure your swimmer has a spot in the meet and will help coaches keep swimmer entries organized. Thank you for your cooperation!

OCTOBER 7, 2026

01. ACAC Tim Jenks Meet Information

02. DMSF Fall Invite Meet Entry Deadline

03. Swim Meet Entry Deadlines

04. WW The First Wave Volunteer Sign UP

05. Waves Personalized Cap Order Reopened!

WW The First Wave Volunteer Sign Up

There are still a few spots open to volunteer at the Waves first home meet of the season! Consider volunteering at the First Wave meet on October 17. [Visit the website to sign up for a volunteer position!](#)

Waves Personalized Cap Order Reopened!

Personalized cap order has reopened, order by TODAY (10/7) to get a cap! Visit the [Elmore Team Store](#) located on the [Waves website](#).

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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	MOCK MEET	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
	October 19	October 20	October 21	October 22	October 23	October 24	October 25
Bronze	5:30 - 6:15 PM	None	5:30 - 6:15 PM	None	None	None	None
Silver	6:15 - 7:45 PM	None	6:15 - 7:30 PM	None	5:30 - 7:00 PM	None	None
Gold 1	6:15 - 7:45 PM	7:00 - 8:30 PM	6:15 - 7:30 PM	7:15 - 8:30 PM	5:30 - 7:00 PM	None	None
Gold 2	6:00 - 8:00 PM	7:00 - 8:30 PM	5:45 - 7:30 PM	7:15 - 8:45 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	7:00 - 8:30 PM	4:00 - 5:45 PM	7:15 - 8:45 PM	5:15 - 7:00 PM	None	None

Waves Advanced Dive Clinic Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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 12	October 13	October 14	October 15	October 16	October 17	October 18
Diving Advanced Clinic	5:00 - 7:00 PM	None	5:00 - 7:00 PM	None	None	None	None
	October 19	October 20	October 21	October 22	October 23	October 24	October 25
Diving Advanced Clinic	5:00 - 7:00 PM	None	5:00 - 7:00 PM	None	None	None	None