

THE WEEKLY WAVE



NEWSLETTER



Waukeee Waves 2025-2026 Fall & Winter Swim Meet Schedule

Attached below is the projected swim meet schedule for the 2025-2026 Fall and Winter season. As a reminder all entries submitted must be approved by and at the discretion of the head coach. If you have any questions about meet entries please email Coach Kelly.

ACAC Tim Jenks Autumn Opener

Waves swim team will be participating in **SUNDAY ONLY** of the ACAC Tim Jenks meet. Meet entries are due Wednesday, September 10. The meet is now posted on SportsEngine (TeamUnify) to submit meet entries. If you are new to the team or are not USA swimming registered, [please click this link](#) for information on transferring or obtaining new USA swimming registrations.

Pre Competitive Clinics

New this season, the Pre-Competitive Clinic are ideal for students who are working in advanced swimming lesson groups and are interested in joining a competitive swim team. The 2025-2026 fall and winter Pre-Competitive clinics offer practices twice a week during six-week sessions. For more information, visit the Waukeee Natatorium website or contact Program Coordinator, Shelley Twigg.

SEPTEMBER 3, 2025

01. Waukeee Waves Swim Meet Schedule

02. ACAC Tim Jenks Autumn Opener

03. Pre Competitive Clinics

04. Congratulations Coach Cat and Coach Nick

05. Swim Team Parent Meeting

Congratulations Coach Cat and Coach Nick!

Congratulations to the newest Wave parents coach Cat and coach Nick! Baby Nina was born on August 14, 2025. Congrats coaches!

Swim Team Parent Meeting

This 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!

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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
	September 15	September 16	September 17	September 18	September 19	September 20	September 21
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	None	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	None	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	None	None
Senior AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	5:45 - 7:00 AM	None	6:15 - 8:15 AM	None
Senior PM	5:30 - 7:30 PM	5:30 - 7:30 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
	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
	September 15	September 16	September 17	September 18	September 19	September 20	September 21
Diving Bronze	None	5:30 - 6:45 PM	None	5:30 - 6:45 PM	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

2025-2026 Waukee Waves Projected Short Course Meet Schedule

*All meet entries are at the approval of the head coach

Date	Host/Meet	Location
October 12 (SUN. ONLY)	ACAC Tim Jenks Autumn Opener	Ames HS, Ames, IA
October 18	Waukee Waves Fall Invite	Waukee Natatorium
Oct 25-26 (Seniors Sat only)	CIA Fall Mixer	Summit Middle School, Johnston, IA
October 31-November 2 (qualifying meet for Seniors)	IFLY A3 Midwest Challenge	CRWC, Iowa City, IA
November 21-23	DMSF Fall Invitational	Valley HS, WDM, IA
December 5-7	DSMY Snowglobe	Wellmark YMCA, Des Moines, IA
December 10-13 (Qualifying Meet)	Speedo Winter Junior Championships	University of Texas, Austin, TX
January 16-18	ACAC The Tundra	Ames HS, Ames, IA
January 30-Feb 1	CIA Winter Blues Buster	Waukee Natatorium
February 14-15	IASI Regionals 8&U Championships (ACAC)	Ames HS, Ames, IA
February 20-22	IASI Age Group Championships (BLST)	Cedar Falls HS, Cedar Falls, IA
February 26-March 1	IASI Senior Championships (DMSF)	Wellmark YMCA, Des Moines, IA
March 12-15	Speedo Central Zone Sectional Championship	West Fargo, ND