

THE WEEKLY WAVE



NEWSLETTER



Waukee Waves First Wave Invitational

This Saturday, October 17 Waves will host the first invitational of the season at the Waukee Natatorium. Warm ups for all age groups begin at 10:00 AM. [Psych sheet, timelines, and heat sheets are available on the Waves website.](#) We are still in need of a few volunteers at the concessions stand! Volunteers earn a \$25 credit toward monthly dues and meet entry fees. [Click here to sign up for a volunteer position.](#) LET'S GO WAVES!

Waukee Waves First Wave Mock Meet - Bronze Only

This Friday, October 16 Bronze swimmers will compete in the first mock meet of the season! All participants will swim the 50 Free, 50 Back, 25 Free, and 25 Back. Warm ups begin at 5:30 PM and the meet will start around 5:50 PM in the diving well.

DMSF Fall Invitational Meet Entry Deadline

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

OCTOBER 14, 2026

01. WW First Wave Invitational
02. WW First Wave Mock Meet
03. DMSF Fall Invitational Meet Entry Deadline
04. Iowa Swimming Website
05. Waves Swim Meet Entries

Iowa Swimming Website

Iowa Swimming (IASI) is the Local Swimming Committee (LSC) that governs USA Swimming operations across the state of Iowa. [Visit the IASI website for information about the LSC, qualifying time standards, and Team Iowa meets.](#)

Waves Swim Meet Entries

Please enter and choose events for your swimmers by the meet entry deadline posted on SEMotion. Silver, Gold 1, Gold 2, and Senior group meet entry questions must be sent to Coach Kelly and Coach Lucia.

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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
	October 26	October 27	October 28	October 29	October 30	October 31	November 1
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 - 7:30 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 - 7:30 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	None	None	5:45 - 7:00 AM	None	5:45 - 7:00 AM	7:00 - 9:00 AM	None
Senior PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 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
	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
	October 26	October 27	October 28	October 29	October 30	October 31	November 1
Diving Advanced Clinic	5:00 - 7:00 PM	None	5:00 - 7:00 PM	None	None	None	None