

THE WEEKLY WAVE



NEWSLETTER



Tim Jenks Autumn Opener Entries Due Today!

Meet entries are due today for the ACAC Tim Jenks Autumn Invite. Please submit entries for **SUNDAY ONLY** of the competition. If you have any questions about entries please email Coach Kelly and Coach Lucia.

Waves USA Swimming Transfer

Swimmers who are new to the team this season must transfer to the Waukee Waves in USA Swimming in order to sign up for and compete at swim meets. The process to transfer is on our website [here](#). If you do not transfer to the Waves, you will not be able to compete at swim meets for the team.

Waukee Waves October Invite Entries due Monday, Sept 15!

Waves Swim Cap Order Deadline Approaching
Personalized Waukee Waves caps must be ordered by Monday, September 15! Visit the Elsmore team store under Team Equipment on the website or [click here](#).

SEPTEMBER 10, 2025

01. Tim Jenks Entries Due Today

02. Waves USA Swimming Transfer

03. Waves Swim Cap Order

04. No Dive Practice on Thursday

05. Swim Team LCM and Pool Records

No Dive Practice on Thursday, September 11

There is no Waves diving practice this Thursday, September 11. Please see the rest of the weeks schedule below.

Swim Team LCM and Pool Records

Check out the Waukee Waves LCM Team records and the official pool records on our website [here](#)!

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
December 20	Waukee Waves December Invitational	Waukee Natatorium
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

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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
	September 22	September 23	September 24	September 25	September 26	September 27	September 28
Silver	6:00 - 7:30 PM	None	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	7:30 - 8:30 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	7:30 - 9:00 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	5:45 - 7:00 AM	None	7:00 - 9:00 AM	None
Senior PM	5:30 - 7:30 PM	7:30 - 9:00 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
	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	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 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
	September 22	September 23	September 24	September 25	September 26	September 27	September 28
Diving Bronze	5:30 - 6:45 PM	None	None	5:30 - 6:45 PM	None	None	None
Diving Silver	5:30 - 7:00 PM	None	5:30 - 7:00 PM	5:30 - 7:00 PM	None	None	None
Diving Gold	5:30 - 7:00 PM	None	5:30 - 7:00 PM	5:30 - 7:00 PM	None	None	None
Diving Senior	5:30 - 7:30 PM	None	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None
	September 29	September 30	October 1	October 2	October 3	October 4	October 5
Diving Bronze	5:30 - 6:45 PM	None	None	5:30 - 6:45 PM	None	None	None
Diving Silver	5:30 - 7:00 PM	None	5:30 - 7:00 PM	5:30 - 7:00 PM	None	None	None
Diving Gold	5:30 - 7:00 PM	None	5:30 - 7:00 PM	5:30 - 7:00 PM	None	None	None
Diving Senior	5:30 - 7:30 PM	None	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None

FALL 2025 WAUKEE WAVES PARENT MEETING

September 4, 2025

1. WELCOME/INTRODUCTIONS

2. Communication with coaches and staff

- Head Coach Kelly Nordell – knordell@waukeeschools.org
- Head Age Group Coach Lucia Rizzo – lrizzo@waukeeschools.org
- Director of Aquatics Bobby Kelley – rkelley@waukeeschools.org
- Communication with parents through Captyn and SportsEngine (TeamUnify)
- SafeSport communication reminders
- Social Media Update

3. Entry to building, to pool, timely pickup, parents are welcome to sit in stands or behind the glass wall on the second floor

- Lockerroom access Aug- Feb due to high school swimming & diving
- Community locker rooms (do not not leave personal belongings)
- Mesh bag storage is for hs athletes or Senior group
- Pool deck access for swimmers during high school practices and competitions

4. Code of Conduct

- Be respectful to coaches, teammates, and WCSD rules
- Coaches reserve the right to dismiss swimmers from practice for inappropriate behavior

5. Swim Practice Protocol

- Swimmers need to communicate with coaches before practice begins if they need to leave early
- Swimmers should come to practice 10-15 minutes early and be prepared with swimsuit, cap, goggles, water bottle, and appropriate group equipment
- Swimmers are permitted to practice with their assigned group
- Practices are subject to change based on pool availability especially during high school seasons. Please monitor the Weekly Wave Newsletter and the Waukee Waves website Google Calendar for practice time changes.
<https://www.waukeeaquatics.captynsites.com/>
- Group placement and advancement is based on a variety of factors (attainment of certain skill sets and progressions including times) and per the discretion of the head coach.

6. Equipment and Apparel

- Visit the Waukee Waves website and under the tab titled 'Team Equipment', use the Elsmore team store link to purchase group equipment and apparel.
- Personalized cap order deadline is September 15
- New team suit this season - available through the team store
- Championship Suit protocol

7. USA Swimming Membership (new members or transfers)

- Visit the Waves website under the tab 'Resources' to locate the USA Swimming Information tab and click on the appropriate sign up option
- Once USA swimming membership is obtained, please contact Coach Kelly or Coach Lucia so you can gain access to the SportsEngine to sign up for meets

8. Meet Schedule and Sign Up

- The meet schedule is posted on the Waves website under the tab 'Swim Team Calendars'
- Certain meets are for qualifiers or the Senior group only
- To sign up for meets, go to the SEMotion Login on the Waves website under the tab 'Resources'
- All meet entries must be submitted by the cut off date
- We encourage parents to look at the meet information attached in SportsEngine (TeamUnify)
- All meet entries and events are per the head coaches discretion
- The week of competitions coaches communicate important information via email (timelines, psych sheets, meet warm up times, relay orders, etc.)
- We do not condone attending competitions that are not on the meet schedule. If you decide to enter a competition that is not on the meet schedule, you must enter unattached. You are responsible for meet entries and entry fees. You must work with the meet host to find a coach to observe your swimmers warm up.

9. Meet Protocol

- Swimmers should be on deck 15 minutes before the start of meet warm up
- Parents must communicate with coaches if their swimmer is not able to attend a session they signed up for or if they are not able to participate in relays.
- Meet Mobile often uploads heat sheets prior to the start of the meet. The heats and lanes provided by Meet Mobile are not always accurate as reseeds often occur.