

# THE WEEKLY WAVE



## NEWSLETTER



## CIA Fall Mixer Meet Entries Due Wednesday, September 22

The CIA Fall Mixer meet entries are due Wednesday, September 22. The meet will take place on October 25 - 26 at the Summit Middle School in Johnston. Please submit your entries by 9/22 to ensure your swimmers entries are accepted.

## Waukee Waves Apparel and Equipment

To purchase Waves apparel and equipment visit our team store linked [here](#). You can also access the store and a list of equipment on the Waukee Waves website.

SEPTEMBER 17, 2025

01. CIA Fall Mixer Meet Entry Deadline
02. Waukee Waves Apparel and Equipment
03. No Swim Practice on Saturday (9/20)
04. Tuesday night practice times

**No Swim Practice on Saturday, September 20**

**There is no swim practice this Saturday (9/20) due to the Girls High School Warrior and Wolves Invite for Silver, Gold 1, and Gold 2 practice groups. Senior will practice from 6:15-8:15 AM.**

### Upcoming Tuesday night practice times

Please review the calendar for practice time changes on Tuesday nights due to high school swim meets hosted at the Nat. Silver swim practice group and all diving will not have practice on HS meet nights.

## Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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
	September 29	September 30	October 1	October 2	October 3	October 4	October 5
Silver	6:00 - 7:30 PM	None	5:30 - 7:00 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	10:00 - 11:30 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	10:00 - 11:30 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	9:00 - 11:00 AM	None
Senior AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	5:45 - 7:00 AM	None	9:00 - 11:00 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 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