

THE WEEKLY WAVE



NEWSLETTER



CIA/Blaze Fall Mixer Meet Results

Over the weekend, Waves swimmers competed at the CIA/Blaze Fall Mixer. [Meet results are attached here](#). High point winners include Harper Hornung (Girls 11-12), Chapman Wishy (Boys 11-12) and Emmersyn Sledge (Girls 13-14). Congratulations swimmers and great weekend of racing for all those who competed!

Team Iowa 14 & Under Midwest All Stars Applications Open November 1

Team Iowa Midwest All Stars applications open on Sunday November 1st. The qualifying period for this competition ends on Monday December 14. [More information on how to apply and qualify for the team is linked here on the IASI website.](#)

Swim Practice Time Changes

Please continue to monitor the weekly schedule attached below. The schedule can also be found on the Waves website google calendars. There will be many time changes in the upcoming weeks due to high school swim schedules.

OCTOBER 28, 2026

01. CIA/Blaze Fall Mixer Results
02. All Stars Application
03. Swim Practice Time Changes
04. Bronze Mock Meet Nov. 13
05. Volunteer Sign Up for The Qualifier

Bronze Group Nov. 13 Mock Meet

Bronze group members will have the option to participate in a mock meet on Friday November 13. Registration will be open on SEMotion soon. Events include 50 Free, 50 Back, 25 Breaststroke and 25 Butterfly. More information will be released at a later date.

Volunteer Sign up for The Qualifier

Volunteers are needed for The Qualifier at Waukee on November 14-15. [Click here to sign up for a volunteer position!](#)

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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	4:00 - 6:00 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:15 - 7:00 PM	None	None
	November 2	November 3	November 4	November 5	November 6	November 7	November 8
Bronze	5:30 - 6:15 PM	5:30 - 6:15 PM	5:30 - 6:15 PM	None	None	None	None
Silver	6:15 - 7:45 PM	6:15 - 7:45 PM	6:15 - 7:30 PM	None	5:30 - 7:00 PM	None	None
Gold 1	6:15 - 7:45 PM	6:15 - 7:45 PM	6:15 - 7:30 PM	TBA	5:30 - 7:00 PM	None	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	5:45 - 7:30 PM	TBA	5:30 - 7:00 PM	7:00 - 8:30 AM	None
Senior AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	None	7:00 - 8:30 AM	None
Senior PM	5:30 - 7:30 PM	5:30 - 7:30 PM	4:00 - 5:45 PM	TBA	5:15 - 7:00 PM	None	None

Waves Advanced Dive Clinic Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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
	November 2	November 3	November 4	November 5	November 6	November 7	November 8
Diving Advanced Clinic	5:00 - 7:00 PM	None	5:00 - 7:00 PM	None	None	None	None