

THE WEEKLY WAVE



NEWSLETTER



Entry Fees for Upcoming Swim Meets

Entry fees will be invoiced in the upcoming weeks for those who are attending any of the following swim meets: ACAC Tim Jenk Autumn Opener, Waukee Waves October Invite, CIA Fall Mixer, and/or the A3 Midwest Challenge.

DMSF Fall Invitational

Entries are now open for the DMSF Fall Invitational. Meet entries are due Tuesday, October 14. The competition will be held at Valley High School on November 22 and 23.

Waves Diving Practice Changes

Due to pool availability and staffing all Waves diving practice will only occur on Monday and Wednesday. We apologize for the inconvenience. Please reach out to head diving coach, Dana Liva with any questions. For billing inquiries, please contact Bobby Kelley. Below are the practice times for Mondays and Wednesdays.

Bronze 5:30-6:45 PM

Silver/Gold 5:30-7:00 PM

SEPTEMBER 24, 2025

01. Entry Fees for upcoming swim meets

02. DMSF Fall Invitational

03. Waves Diving Practice Changes

04. No Practice Tuesday, September 30

05. Waves Health and Critical Information Letter

No Practice Tuesday, September 30

There will be no swim or dive practice on Tuesday, September 30 due to the Waukee vs. Northwest dual meet. Senior group will practice Tuesday morning 5:45 - 7:00 AM.

Health and Critical Information Letter

Please review the attached health and critical information letter from Coach Kelly.

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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	9:00 - 10:30 AM	None
Gold 1	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 2	6:00 - 8:00 PM	None	5:30 - 7:15 PM	6:00 - 8:00 PM	5:30 - 7:15 PM	9:00 - 10:30 AM	None
Senior AM	5:45 - 7:00 AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	7:30 - 9:30 AM	None
Senior PM	5:30 - 7:30 PM	None	5:30 - 7:15 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	None	None
	October 6	October 7	October 8	October 9	October 10	October 11	October 12
Silver	6:00 - 7:30 PM	None	5:30 - 7:00 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	9:00 - 10:00 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 - 10:00 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	8:30 - 10:00 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 22	September 23	September 24	September 25	September 26	September 27	September 28
Diving Bronze	5:30 - 6:45 PM	None	5:30 - 6:45 PM	None	None	None	None
Diving Silver	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
Diving Gold	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
Diving Senior	5:30 - 7:30 PM	None	5:30 - 7:30 PM	None	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	5:30 - 6:45 PM	None	None	None	None
Diving Silver	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
Diving Gold	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
Diving Senior	5:30 - 7:30 PM	None	5:30 - 7:30 PM	None	None	None	None
	October 6	October 7	October 8	October 9	October 10	October 11	October 12
Diving Bronze	5:30 - 6:45 PM	None	5:30 - 6:45 PM	None	None	None	None
Diving Silver	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
Diving Gold	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
Diving Senior	5:30 - 7:30 PM	None	5:30 - 7:30 PM	None	None	None	None

Waves Parents and Guardians,

Swimming is a demanding sport that challenges athletes both physically and mentally. As part of the Waukee School District programming, it is a priority to create a safe and supportive environment for all students. This includes preparing for emergencies and being aware of any specific health conditions that may affect Waves swimmers during practices and competitions.

While all aquatic programming at the Waukee Natatorium is part of the Waukee Community School District, the Waves' coaching staff does not have access to student health records provided with each student's enrollment to school. Unless communicated to them by the student or parent, Waves coaches are not aware of health conditions students may have such as asthma, diabetes, seizure disorders, allergies, or other needs that could affect them in the water or during physical exertion.

Parents are encouraged to contact Coach Kelly about any health concerns that they may feel is relevant with their student's participation on the Waves Swim Team. The knowledge of medical conditions will allow the coaches to plan better when working with students to maximize their development. Additionally, Waves coaches will be better prepared to respond appropriately in case of an emergency to ensure that all swimmers are safe and supported at all times.

All information provided will remain confidential.

If you have any questions or concerns, please let us know.

Sincerely,

Coach Kelly Nordell

knordell@waukeeschools.org