THE WEEKLY WAVE

NEWSLETTER

NOVEMBER 11, 2026

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Waukee Waves Swim Team Achieves USA Swimming Silver Medal Status

The Waukee Waves swim team has officially earned Silver Medal Status through USA Swimming's Club Excellence Program!

This national award highlights member clubs demonstrating an extraordinary commitment to top-tier performance. To claim Silver Medal honors, a club must score in the top 21–100 point scores nationwide and have at least one athlete achieve a Silver Medal time standard – equivalent to a 2026 Toyota National Championships 18 & Under Standard.

Congratulations Waves on this huge achievement!

The Qualifier at Waukee Meet Information

This weekend, the Waves will host The Qualifier at Waukee on Saturday and Sunday. Warm ups on Saturday for 12&U begin at 10:00 AM. 13&O Saturday afternoon warm ups begin at 2:00 PM. Sunday 12&U warm ups begin at 7:30 AM and 13&O warmup begin at 11:30 AM. Heat sheets, timelines and other meet information can be found on the landing page. LETS GO WAVES!

The Qualifier at Waukee Mock Meet

On Friday 11/13 the second Bronze mock meet will take place in the diving well. Swimmers have the option to compete in the 50 Free, 50 Back, 25 Butterfly and 25 Breaststroke. Warm up begins at 5:30 PM and the meet will begin at approximately 6:00 PM.

Athlete Pool Deck Entry

Waves athletes must enter the pool deck through the double doors at the end of the hallway to the north side of the Natatorium.

Upcoming Billing: Meet Fees

Meet fees for The Qualifier and DMSF Fall Invite will be billed to Captyn accounts on Tuesday November 24.

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	November 9	November 10	November 11	November 12	November 13	November 14	November 15
Bronze	Group 1 5:30 - 6:00 PM Group 2 6:00 - 6:30 PM	Group 1 5:30 - 6:00 PM Group 2 6:00 - 6:30 PM	Group 1 5:30 - 6:00 PM Group 2 6:00 - 6:30 PM	5:30 - 6:15 PM	None	None	None
Silver	6:30 - 8:00 PM	6:30 - 8:00 PM	6:30 - 7:45 PM	6:15 - 7:45 PM	5:30 - 7:00 PM	None	None
Gold 1	6:30 - 8:00 PM	6:30 - 8:00 PM	6:30 - 7:45 PM	6:15 - 7:45 PM	5:30 - 7:00 PM	None	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	6:00 - 7:45 PM	5:45 - 7:45 PM	5:30 - 7:00 PM	None	None
Senior AM	None	None	None	None	None	None	None
Senior PM	6:00 - 8:00 PM	6:00 - 8:00 PM	6:00 - 7:45 PM	5:30 - 7:30 PM	5:30 - 7:00 PM	None	None

	November 16	November 17	November 18	November 19	November 20	November 21	November 22
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 - 7:45 PM	5:30 - 7:00 PM	None	None
Gold 1	6:15 - 7:45 PM	6:15 - 7:45 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	6:00 - 8:00 PM	5:45 - 7:30 PM	5:45 - 7:45 PM	5:30 - 7:00 PM	None	None
Senior AM	None	None	5:45 - 7:00 AM	6:00 - 7:00 AM	None	None	None
Senior PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	5:30 - 7:30 PM	5:15 - 7:00 PM	None	None

	November 23	November 24	November 25	November 26	November 27	November 28	November 29
Bronze	5:30 - 6:15 PM	5:30 - 6:15 PM	None	None	None	None	None
Silver	6:15 - 7:45 PM	6:15 - 7:45 PM	5:15 - 6:30 PM	None	None	10:00 - 11:15 AM	None
Gold 1	6:15 - 7:45 PM	6:15 - 7:45 PM	5:15 - 6:30 PM	None	None	10:00 - 11:15 AM	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	5:00 - 6:45 PM	None	8:30 - 10:30 AM	9:00 - 11:00 AM	None
Senior AM	5:45 - 7:00 AM	None	9:00 - 11:00 AM	None	8:30 - 10:30 AM	9:00 - 11:00 AM	None
Senior PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:00 - 6:00 PM	None	None	None	None

Waves Advanced Dive Clinic Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	November 9	November 10	November 11	November 12	November 13	November 14	November 15
Diving Advanced Clinic	None	None	None	None	None	None	None
	November 16	November 17	November 18	November 19	November 20	November 21	November 22
Diving Advanced Clinic	5:00 - 7:00 PM	None	5:00 - 7:00 PM	None	None	None	None
	November 23	November 24	November 25	November 26	November 27	November 28	November 29
Diving Advanced Clinic	5:00 - 7:00 PM	None	None	None	None	None	None