THE WEEKLY WAVE

NEWSLETTER

NOVEMBER 18, 2026

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The Qualifier at Waukee Meet Results

Over the weekend the Waukee Waves hosted The Qualifier at Waukee. Attached here are the meet results. Thank you to all of the swimmers, coaches, officials, and volunteers who made this meet a success! Congrats Waves!

Waukee Waves The Icebreaker Registration Deadline

The deadline to register for the Waukee Waves Icebreaker meet is tomorrow, November 19 for Silver group and above. Select Bronze swimmers will be invited to participate in The Icebreaker. Email invitations will be sent out on Friday, November 20. The coaching staff will select events for Bronze swimmers who are invited and choose to participate.

Holiday Practice and Door Schedule

During holidays or no school days, the Natatorium doors will be locked. The coaching staff will temporarily unlock the doors to allow swimmers to enter for practice. The doors will be unlocked 15 minutes before and 15 minutes after practice starts.

Swim Meet Entries

All USA swim meet entry inquiries or event changes must be emailed to Head Coach Kelly Nordell. All scratches for meets must also go through the coaching staff. Do not make scratch requests to the host club for a competition.

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 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

	November 30	December 1	December 2	December 3	December 4	December 5	December 6
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	10:00 - 11:30 AM	None
Gold 1	6:15 - 7:45 PM	6:15 - 7:45 PM	6:15 - 7:30 PM	7:30 - 8:45 PM	5:30 - 7:00 PM	10:00 - 11:30 AM	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	5:45 - 7:30 PM	7:30 - 8:45 PM	5:30 - 7:00 PM	9:00 - 11:00 AM	None
Senior AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	None	9:00 - 11:00 AM	None
Senior PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	7:30 - 8:45 PM	5:15 - 7:00 PM	None	None

Waves Advanced Dive Clinic Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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
	November 30	December 1	December 2	December 3	December 4	December 5	December 6
Diving Advanced Clinic	5:00 - 7:00 PM	None	5:00 - 7:00 PM	None	None	None	None