

THE WEEKLY WAVE



NEWSLETTER



Upcoming Swim Meets

Throughout the month of October, Waves swimmers will compete in a number of competitions. The ACAC Tim Jenks Autumn Opener on Sunday, Oct. 12, the Waukee Waves October Invitational on Saturday Oct. 18, and the CIA Fall Mixer on Oct. 25-26 will kick off the Fall/Winter season for the Waves! Billing for these meets will take place Thursday, Oct. 2.

DMSF Fall Invitational

Reminder that meet entries are due for the DMSF Fall Invitational on Tuesday, October 14. The competition will be held at Valley High School on November 22 and 23.

Welcome Back, Coach Bryan!

Coach Bryan Rowland will be returning this week to the Waukee Waves Swim coaching staff. Welcome back Coach Bryan!

OCTOBER 1, 2025

01. Upcoming Swim Meets and Billing
02. DMSF Fall Invitational
03. Welcome Back, Coach Bryan
04. Swim Practice Schedule Changes
05. 2026 IASI Champ Q Times

Swim Practice Schedule Changes

Please review the calendar below or visit the Waukee Waves website for practice schedule changes. Waves practices will be adjusted for future high school meets at the Nat.

2026 IASI Champ Q Times

The 2026 IASI Championship Q Times are now posted. [Click here](#) to view the new time standards!

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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
	October 13	October 14	October 15	October 16	October 17	October 18	October 19
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	None	None
Senior PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	None	None

Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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
	October 13	October 14	October 15	October 16	October 17	October 18	October 19
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