THE WEEKLY WAVE

NEWSLETTER

NOVEMBER 25, 2026

01. USA Swimming Membership Renewal

02. ACAC Tundra Deadline

03. DMSF Fall Invite Meet Results

04. Practice Schedule

05. All Stars Application Deadline

USA swimming Membership Renewal

Please review your USA swimming accounts and renew membership for the 2027 season before the end of the year to continue participating at swim meets. If your swimmers membership currently states 2027, then there is no need to renew. Boys competing in high school need to renew memberships for times achieved during select high school meets to translate into USA Swimming.

ACAC The Tundra Registration Deadline Dec 1

Registration for ACAC The Tundra meet is Tuesday, December 1. This meet is open to Silver group and above. Please declare or decline your swimmer(s) in SportsEngine.

DMSF Fall Invite Meet Results

Over the weekend, Waves swimmers competed at the DMSF Fall Invite. Meet results are attached here. Great weekend of racing for all swimmers who competed!

Practice Schedule

Please review the attached calendar for changes to the practice schedule during the holiday weekend.

All Stars Application Deadline

Applications for Team Iowa selection for Midwest All Stars is now open through December 13. Click here for more information.

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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	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

	December 7	December 8	December 9	December 10	December 11	December 12	December 13
Bronze	5:30 - 6:15 PM	None	5:30 - 6:15 PM	None	None	None	None
Silver	6:15 - 7:45 PM	None	6:15 - 7:30 PM	None	5:30 - 7:00 PM	10:00 - 11:30 AM	None
Gold 1	6:15 - 7:45 PM	7:30 - 8:45 PM	6:15 - 7:30 PM	7:30 - 8:45 PM	5:30 - 7:00 PM	10:00 - 11:30 AM	None
Gold	6:00 - 8:00 PM	7:30 - 8:45 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	None	None	None	9:00 - 11:00 AM	None
Senior PM	5:30 - 7:30 PM	7:30 - 8:45 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 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
	December 7	December 8	December 9	December 10	December 11	December 12	December 13
Diving Advanced Clinic	5:00 - 7:00 PM	None	5:00 - 7:00 PM	None	None	None	None