

# THE WEEKLY WAVE



## NEWSLETTER



### **ACAC Tim Jenks Autumn Opener**

This Sunday, 10/12, Waves swimmers will compete in Ames at the ACAC Tim Jenks Autumn Opener. The meet will take place at Ames High School. Warm ups begin at 10:00 AM on Sunday. Please arrive at least 15 minutes early to warm ups. The competition begins at 11:00 AM. Let's go Waves!

### **Waukee Waves October Invite**

On October 18, the Waukee Waves will be hosting an October Invite at the Waukee Natatorium. Meet information, psych sheets, and timelines can be found on the [Waukee Waves website](#). The competition will now be run as one session. Warm ups begin at 12:30 PM and the competition starts at 1:30 PM for all age groups. The Waves need a total of three more volunteers to help ensure smooth operation of the meet. We are in need of one concessions volunteer, one awards volunteer, and one announcer. For each session volunteered a \$25 credit will be issued that can be used to help offset Waves dues. If you are interested in volunteering, please contact Bobby Kelley, [rkelly@waukeeschools.org](mailto:rkelly@waukeeschools.org).

**OCTOBER 8, 2025**

01. **ACAC Tim Jenks  
Autumn Opener**
02. **Waukee Waves  
October Invite**
03. **Swim Team  
Practice Time  
Changes**
04. **DMSF Fall Invite  
Entry Deadline**

#### **Swim Team Practice Time 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.**

#### **DMSF Fall Invite Entry Deadline**

**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.**

Waves Swim Team Practice Schedules							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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
	October 20	October 21	October 22	October 23	October 24	October 25	October 26
Silver	6:00 - 7:30 PM	6:30 - 7:30 PM	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None
Gold 1	6:00 - 7:30 PM	6:30 - 8:00 PM	5:30 - 7:00 PM	7:00 - 8:30 PM	5:30 - 7:00 PM	None	None
Gold 2	6:00 - 8:00 PM	6:30 - 8:00 PM	5:30 - 7:15 PM	7:00 - 8:30 PM	5:30 - 7:15 PM	None	None
Senior AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	None	None	None
Senior PM	5:30 - 7:30 PM	6:15 - 8:15 PM	5:30 - 7:15 PM	7:00 - 8:30 PM	5:30 - 7:15 PM	None	None

Waves Dive Team Practice Schedules							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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 - 7:00 PM	None	5:30 - 7:00 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 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
	October 20	October 21	October 22	October 23	October 24	October 25	October 26
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 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None