

THE WEEKLY WAVE



NEWSLETTER



2025 CIA Fall Mixer Meet Information

This weekend, Waves swimmers will compete at Summit Middle School at the CIA Fall Mixer. The Waves will compete Saturday (10/25) and Sunday (10/26). Warm ups for 12&Under on Saturday begin at 7:55 AM. Warm ups for 12&Under on Sunday begin at 7:30 AM. Warm ups for 13&Over on Saturday and Sunday begin at 12:30 PM. Please arrive 10-15 mins prior to the start of warm up. The meet information page is [linked here](#).

DSMY Snow Globe Classic Entry Deadline

Meet entries for the 2025 DSMY Snow Globe Classic are due **Wednesday, October 29**. The swim meet will take place at the Wellmark YMCA in Downtown Des Moines on December 5-7. All sessions of this meet are timed finals.

Waukee Waves October Invite Results

Over the weekend, Waves swimmers competed at the Natatorium for the first hosted meet of the season! The meet results are [listed here](#).

OCTOBER 22, 2025

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IGHS AU Conference Swim and Dive Meets

This week the Natatorium is hosting the Iowa Girls High School Swim and Dive varsity and Junior Varsity Conference championships. These meets mark the start of the championship season for these athletes. Good luck to athletes competing!

Swim and Dive Practice Schedule

Attached below are the practice schedules for swim and dive. Practice time changes are included and highlighted in yellow.

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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 - 6:45 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 - 7:00 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 - 7:00 PM	None	None
	October 27	October 28	October 29	October 30	October 31	November 1	November 2
Silver	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	6:00 - 7:30 PM	None	9:30 - 11:00 AM	None
Gold 1	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	6:00 - 7:30 PM	None	9:30 - 11:00 AM	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	8:00 - 10:00 AM	None
Senior AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	None	8:00 - 10:00 AM	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
	November 3	November 4	November 5	November 6	November 7	November 8	November 9
Silver	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None
Gold 1	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	5:30 - 7:15 PM	None	5:30 - 7:15 PM	7:00 - 9:00 AM	None
Senior AM	None	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	5:30 - 7:30 PM	5:30 - 7:15 PM	None	5:30 - 7:15 PM	None	None

Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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
	October 27	October 28	October 29	October 30	October 31	November 1	November 2
Diving Bronze	None	None	5:30 - 6:45 PM	None	None	None	None
Diving Silver	None	None	5:30 - 7:00 PM	None	None	None	None
Diving Gold	None	None	5:30 - 7:00 PM	None	None	None	None
Diving Senior	None	None	5:30 - 7:00 PM	None	None	None	None
	November 3	November 4	November 5	November 6	November 7	November 8	November 9
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