

THE WEEKLY WAVE



NEWSLETTER



USA Swimming Membership 2026 Renewal

Every year in December, USA swimming memberships need to be renewed. If you have not already renewed your swimmer(s) memberships for 2026, please log on to your USA swimming account and renew your membership(s). High school boys need to renew their memberships during the high school season for times achieved to transfer into USA swimmings database.

New Member Meet Sign up Process

If your swimmer is new to the Waukee Waves swim team and would like to participate in swim meets, you must create or transfer to the Waves through USA swimming. [Instructions on how to do this are posted on the website here](#). Once you have attached your swimmer to the Waves, please email Coach Lucia to create your SportsEngine account with the Waves which is used to declare for swim meets and choose events. lrizzo@waukeeschools.org

Waves Swim Team Records

The Waukee Waves Swim team records have been updated and are publish on the website. [Records linked here.](#)

NOVEMBER 12, 2025

- 01. USA Swimming Membership 2026 Renewal**
- 02. New Member Meet Sign Up Process**
- 03. Waves Swim Team Records**
- 04. Iowa Girls High School State Championship**
- 05. Waukee Waves December Meet Entries Due**

Good Luck to Waves at the Girls High School State Championship!

Prelims for the Iowa Girls High School State Swim and Dive Championships will take place tomorrow afternoon in Iowa City. Finals will take place on Friday. Both swim prelims and finals start at noon. Dive finals start at 3 PM on Thursday. GOOD LUCK!

Waukee Waves December Invite Meet Entries Due

Meet entries for the Waukee Waves December Invite are due Tuesday, November 18.

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	November 10	November 11	November 12	November 13	November 14	November 15	November 16
Silver	6:30 - 8:00 PM	6:30 - 8:00 PM	6:30 - 8:00 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	10:00 - 11:30 AM	None
Gold 1	6:30 - 8:00 PM	6:30 - 8:00 PM	6:30 - 8:00 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	10:00 - 11:30 AM	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	6:00 - 7:45 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	9:00 - 11:00 AM	None
Senior AM	None	None	None	None	None	9:00 - 11:00 AM	None
Senior PM	6:00 - 8:00 PM	6:00 - 8:00 PM	6:00 - 7:45 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	None	None
	November 17	November 18	November 19	November 20	November 21	November 22	November 23
Silver	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	6:00 - 7:30 PM	5:30 - 6:45 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 - 6:45 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 - 6:45 PM	None	None
Senior AM	None	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 - 7:00 PM	None	None
	November 24	November 25	November 26	November 27	November 28	November 29	November 30
Silver	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	None	None	10:00 - 11:30 AM	None
Gold 1	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	None	None	10:00 - 11:30 AM	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	5:30 - 7:00 PM	None	3:00 - 5:00 PM	9:00 - 11:00 AM	None
Senior AM	5:45 - 7:00 AM	None	9:00 - 11:00 AM	None	None	9:00 - 11:00 AM	None
Senior PM	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	3:00 - 5:00 PM	None	None

Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	November 10	November 11	November 12	November 13	November 14	November 15	November 16
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
	November 17	November 18	November 19	November 20	November 21	November 22	November 23
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
	November 24	November 25	November 26	November 27	November 28	November 29	November 30
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