

# THE WEEKLY WAVE



## NEWSLETTER



### DMSF Fall Invitational Meet Information

This weekend Waves swimmers will compete at Valley High School at the DMSF Fall Invitational. Meet warm ups on Saturday for the morning session begin at 10:50 AM and 4:00 PM for the afternoon session. Warm ups on Sunday for the morning session begin at 8:20 AM and 1:00 PM.

[Meet timelines and psych sheet are posted here.](#)

LET'S GO WAVES!

### 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.**

#### Thanksgiving Practice Hours

Please review the posted schedule below for Thanksgiving practice times. Please continue to monitor the practice schedule as it will often change due to high school meets and holidays.

NOVEMBER 19, 2025

01. DMSF Fall Invite
02. USA Swimming Membership Renewal
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04. New to the Waves?
05. Waves Swim Team Records

#### New to the Waves?

Instructions on how to transfer to the Waves through USA swimming are posted on our website [here!](#) Email coach Lucia with questions, [Irizzo@waukeeschools.org](mailto:Irizzo@waukeeschools.org).

#### Waves Swim Team Records

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

## Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	November 17	November 18	November 19	November 20	November 21	November 22	November 23
<b>Silver</b>	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
<b>Gold 1</b>	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
<b>Gold 2</b>	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
<b>Senior AM</b>	None	None	5:45 - 7:00 AM	5:45 - 7:00 AM	None	None	None
<b>Senior PM</b>	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
<b>Silver</b>	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	None	None	10:00 - 11:30 AM	None
<b>Gold 1</b>	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	None	None	10:00 - 11:30 AM	None
<b>Gold 2</b>	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
<b>Senior AM</b>	None	None	9:00 - 11:00 AM	None	None	9:00 - 11:00 AM	None
<b>Senior PM</b>	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	3:00 - 5:00 PM	None	None
	December 1	December 2	December 3	December 4	December 5	December 6	December 7
<b>Silver</b>	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	6:00 - 7:30 PM	None	None	None
<b>Gold 1</b>	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	6:00 - 7:30 PM	None	None	None
<b>Gold 2</b>	6:00 - 8:00 PM	6:00 - 8:00 PM	5:30 - 7:15 PM	6:00 - 8:00 PM	None	None	None
<b>Senior AM</b>	5:45 - 7:00 AM	None	5:45 - 7:00 AM	TBA	None	9:00 - 11:00 AM	None
<b>Senior PM</b>	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	5:30 - 7:30 PM	5:00 - 6:30 PM	None	None

## Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	November 17	November 18	November 19	November 20	November 21	November 22	November 23
<b>Diving Bronze</b>	5:30 - 6:45 PM	None	5:30 - 6:45 PM	None	None	None	None
<b>Diving Silver</b>	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
<b>Diving Gold</b>	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
<b>Diving Senior</b>	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
<b>Diving Bronze</b>	5:30 - 6:45 PM	None	5:30 - 6:45 PM	None	None	None	None
<b>Diving Silver</b>	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
<b>Diving Gold</b>	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
<b>Diving Senior</b>	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
	December 1	December 2	December 3	December 4	December 5	December 6	December 7
<b>Diving Bronze</b>	5:30 - 6:45 PM	None	5:30 - 6:45 PM	None	None	None	None
<b>Diving Silver</b>	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
<b>Diving Gold</b>	None	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None
<b>Diving Senior</b>	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None