

THE WEEKLY WAVE



NEWSLETTER



DMSF Fall Invite Meet Results

Over the weekend Waves swimmers competed at the DMSF Fall Invite. Many Waves turned in new personal best times and achieved Q times for Iowa Championship meets. Congratulations to the 4 high point winners, Whitney Textor, Taelyn Deyoung, Emmersyn Sledge, and Jonathan Snider who all scored in the top 3 for total amount of points achieved for their age groups! Congrats Waves! [Click here for full meet results.](#)

Become an Official!

Interested in becoming an official at swim meets? [Click here for the Iowa Swimming information page to learn how to become an official.](#) Waves parents who volunteer at swim meets as an official receive a \$50 credit to their account per session worked to help offset Waves dues. If you have additional questions, please reach out to Bobby Kelley at rkelley@waukeeschools.org.

Inclement Weather Protocol

In the event of inclement weather during a weekend or a holiday, the coaching staff will alert the team via text message if practice will be canceled. In addition, during a weekend or holiday the Natatorium doors will be unlocked for 15 minutes prior to the start of practice and will lock 15 minutes after the start of practice. Please ensure your swimmer gets inside the building during this time otherwise they will be locked out.

NOVEMBER 26, 2025

01. DMSF Fall Invite Meet Results

02. Become an Official!

03. Inclement Weather Protocol

04. Waves Personalized Cap Order Deadline

05. USA Swimming Membership Renewal

Waves Personalized Cap Order Deadline

Personalized caps are now available for purchase on the Waves Team Store through Elsmore Swim Shop. The deadline to order personalized caps is December 3rd! [Click here to access the team store.](#)

USA Swimming Membership Renewal

Please review your USA swimming accounts and renew membership for the 2026 season before the end of the year in order to continue participating at swim meets.

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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	None	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
	December 1	December 2	December 3	December 4	December 5	December 6	December 7
Silver	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	6:00 - 7:30 PM	None	None	None
Gold 1	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	6:00 - 7:30 PM	None	None	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	5:30 - 7:15 PM	6:00 - 8:00 PM	None	None	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	5:30 - 7:30 PM	5:00 - 6:30 PM	None	None
	December 8	December 9	December 10	December 11	December 12	December 13	December 14
Silver	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	None	5:30 - 7:00 PM	TBA	None
Gold 1	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	7:30 - 8:30 PM	5:30 - 7:00 PM	TBA	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	5:30 - 7:15 PM	7:30 - 8:30 PM	5:30 - 7:15 PM	TBA	None
Senior AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	None	TBA	None
Senior PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	7:30 - 8:30 PM	5:30 - 7:15 PM	None	None

Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	November 24	November 25	November 26	November 27	November 28	November 29	November 30
Diving Bronze	5:30 - 6:45 PM	None	None	None	None	None	None
Diving Silver	5:30 - 7:00 PM	None	None	None	None	None	None
Diving Gold	5:30 - 7:00 PM	None	None	None	None	None	None
Diving Senior	5:30 - 7:00 PM	None	None	None	None	None	None
	December 1	December 2	December 3	December 4	December 5	December 6	December 7
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	None	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None
Diving Senior	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None
	December 8	December 9	December 10	December 11	December 12	December 13	December 14
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	None	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None
Diving Senior	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None

Elsmore Swim Shop

Holiday Coupon Code

A red rectangular coupon graphic with white text. The text is arranged in five lines: 'SAVE 25%', 'IN-STORE & ONLINE', 'WITH CODE', 'HOLIDAYS25', and '\$25'. The font is a classic serif typeface.

SAVE 25%
IN-STORE & ONLINE
WITH CODE
HOLIDAYS25
\$25