

# THE WEEKLY WAVE



## NEWSLETTER



### Good Luck to Junior National Swimmers

This week two Waves Senior swimmers will compete at the Speedo Winter Junior National Championships in Austin, TX. A qualifying time is required to compete at this championship meet. Good luck to Charlotte Qualley and Ethan Hales during competition this week! To watch the competition, live visit the USA swimming network [linked here](#).

### Volunteers Needed for Waukee Waves December Invitational

The Waves are still in need of some volunteers for the Waukee Waves Invitational next Saturday, Dec 20, hosted at the Natatorium. A \$25 credit will be applied to Waves accounts per session(s) volunteered to help offset Waves dues. Register to volunteer [here!](#)

### Midwest All-Star Registration Deadline Monday, Dec 15

The deadline to register for the Midwest All Star Championship meet is Monday, Dec 15 at 5:00 PM. To be considered for the team, all swimmers must be registered before the deadline. The team will be announced the week of December 22<sup>nd</sup> by IASI. More information about registration can be found [here](#).

DECEMBER 10, 2025

01. Speedo Junior National Waves Swimmers
02. Volunteers Needed for Waukee Waves Dec Invite
03. Midwest All-Star Registration Deadline
04. Become an Official
05. 2026 USA Swimming Membership Renewal

#### 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.](#) If you have additional questions, please reach out to Bobby Kelley [rkelley@waukeeschools.org](mailto:rkelley@waukeeschools.org).

#### 2026 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
	December 8	December 9	December 10	December 11	December 12	December 13	December 14
<b>Silver</b>	6:30 - 8:00 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	None	5:30 - 7:00 PM	10:00 - 11:30 AM	None
<b>Gold 1</b>	6:30 - 8:00 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	7:30 - 8:30 PM	5:30 - 7:00 PM	10:00 - 11:30 AM	None
<b>Gold 2</b>	6:30 - 8:30 PM	6:00 - 8:00 PM	5:30 - 7:15 PM	7:30 - 8:30 PM	5:30 - 7:15 PM	9:30 - 11:30 AM	None
<b>Senior AM</b>	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	None	7:30 - 9:30 AM	None
<b>Senior PM</b>	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
	December 15	December 16	December 17	December 18	December 19	December 20	December 21
<b>Silver</b>	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None
<b>Gold 1</b>	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	None	None
<b>Gold 2</b>	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	None	None
<b>Senior AM</b>	6:00 - 7:00 AM	None	5:45 - 7:00 AM	None	None	None	None
<b>Senior PM</b>	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
	December 22	December 23	December 24	December 25	December 26	December 27	December 28
<b>Silver</b>	5:30 - 7:00 PM	5:30 - 7:00 PM	9:00 - 10:00 AM	None	None	10:00 - 11:30 AM	None
<b>Gold 1</b>	5:30 - 7:00 PM	5:30 - 7:00 PM	9:00 - 10:00 AM	None	None	10:00 - 11:30 AM	None
<b>Gold 2</b>	5:30 - 7:30 PM	5:30 - 7:30 PM	8:30 - 10:00 AM	None	3:00 - 5:00 PM	10:00 - 11:30 AM	None
<b>Senior AM</b>	7:00 - 8:30 AM	7:00 - 8:30 AM	6:30 - 8:30 AM	None	None	9:00 - 11:00 AM	None
<b>Senior PM</b>	3:15 - 5:15 PM	3:15 - 5:15 PM	None	None	3:00 - 5:00 PM	None	None

## Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	December 8	December 9	December 10	December 11	December 12	December 13	December 14
<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	None	None	None	None
<b>Diving Senior</b>	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None	None
	December 15	December 16	December 17	December 18	December 19	December 20	December 21
<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	None	None	None	None
<b>Diving Senior</b>	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None	None
	December 22	December 23	December 24	December 25	December 26	December 27	December 28
<b>Diving Bronze</b>	12:00 - 1:15 PM	12:00 - 1:15 PM	None	None	None	None	None
<b>Diving Silver</b>	12:00 - 2:00 PM	12:00 - 2:00 PM	None	None	None	None	None
<b>Diving Gold</b>	12:00 - 2:00 PM	12:00 - 2:00 PM	None	None	None	None	None
<b>Diving Senior</b>	12:00 - 2:00 PM	12:00 - 2:00 PM	None	None	None	None	None