

THE WEEKLY WAVE



NEWSLETTER



USA Swimming Membership Renewal

Please review your USA swimming accounts and renew membership for the 2026 season before the end of the year to continue participating at swim meets. Boys competing in high school need to renew memberships for times achieved during the high school season to translate into USA Swimming.

Regional and 8 & Under Championship Meet Entries Due Jan 6

Meet entries for the 2026 Regional and 8 & Under Championships are due Tuesday, January 6. No qualifying times are needed to compete in this meet. This meet marks the start of the championship swim meet series and is the last chance to qualify for either the IASI Age Group Championships or the IASI Short Course Championships (13&Over).

Holiday Door Policy

The Natatorium entrance doors will be unlocked 15 mins before the start of practice and will lock 15 mins after the start of practice. Please ensure your swimmer gets inside the building during this time otherwise they will be locked out.

DECEMBER 23, 2025

01. USA Swimming
Membership Renewal

02. Regional Meet
Entries Due

03. Holiday Door Policy

04. IASI 2026 Q Times

05. Become an Official

IASI 2026 Q Times

[Attached here](#) are the 2026 IASI Q times. These time standards are required to enter and compete in the IASI Age Group and 13&over Championship meets.

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.

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	December 22	December 23	December 24	December 25	December 26	December 27	December 28
Silver	5:30 - 7:00 PM	5:30 - 7:00 PM	9:00 - 10:00 AM	None	None	10:00 - 11:30 AM	None
Gold 1	5:30 - 7:00 PM	5:30 - 7:00 PM	9:00 - 10:00 AM	None	None	10:00 - 11:30 AM	None
Gold 2	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
Senior AM	7:00 - 8:30 AM	7:00 - 8:30 AM	6:30 - 8:30 AM	None	None	9:00 - 11:00 AM	None
Senior PM	3:15 - 5:15 PM	3:15 - 5:15 PM	None	None	3:00 - 5:00 PM	None	None
	December 29	December 30	December 31	January 1	January 2	January 3	January 4
Silver	5:00 - 6:30 PM	5:00 - 6:30 PM	10:00 - 11:30 AM	None	10:00 - 11:30 AM	9:00 - 10:30 AM	None
Gold 1	5:00 - 6:30 PM	5:00 - 6:30 PM	10:00 - 11:30 AM	None	10:00 - 11:30 AM	9:00 - 10:30 AM	None
Gold 2	5:00 - 7:00 PM	5:00 - 7:00 PM	10:00 AM - 12:00 PM	None	9:00 - 11:00 AM	9:00 - 11:00 AM	None
Senior AM	6:30 - 8:00 AM	6:30 - 8:00 AM	10:00 AM - 12:00 PM	None	6:00 - 8:00 AM	7:00 - 9:00 AM	None
Senior PM	3:00 - 5:00 PM	3:00 - 5:00 PM	None	None	None	None	None
	January 5	January 6	January 7	January 8	January 9	January 10	January 11
Silver	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	None	5:30 - 7:00 PM	9:00 - 10:30 AM	None
Gold 1	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	7:45 - 8:45 PM	5:30 - 7:00 PM	9:00 - 10:30 AM	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	5:30 - 7:15 PM	7:45 - 9:00 PM	5:30 - 7:15 PM	9:00 - 11:00 AM	None
Senior AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	None	7:00 - 9:00 AM	None
Senior PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	7:45 - 9:00 PM	5:30 - 7:15 PM	None	None

Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	December 22	December 23	December 24	December 25	December 26	December 27	December 28
Diving Bronze	12:00 - 1:15 PM	12:00 - 1:15 PM	None	None	None	None	None
Diving Silver	12:00 - 2:00 PM	12:00 - 2:00 PM	None	None	None	None	None
Diving Gold	12:00 - 2:00 PM	12:00 - 2:00 PM	None	None	None	None	None
Diving Senior	12:00 - 2:00 PM	12:00 - 2:00 PM	None	None	None	None	None
	December 29	December 30	December 31	January 1	January 2	January 3	January 4
Diving Bronze	12:00 - 1:15 PM	12:00 - 1:15 PM	None	None	None	None	None
Diving Silver	12:00 - 2:00 PM	12:00 - 2:00 PM	None	None	None	None	None
Diving Gold	12:00 - 2:00 PM	12:00 - 2:00 PM	None	None	None	None	None
Diving Senior	12:00 - 2:00 PM	12:00 - 2:00 PM	None	None	None	None	None
	January 5	January 6	January 7	January 8	January 9	January 10	January 11
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	None	None	None	None
Diving Senior	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None	None