

# THE WEEKLY WAVE



## NEWSLETTER



## Waves Diving RWB AAU Nationals

This weekend Waves divers will compete at AAU Red, White, Blue Nationals in Orlando, FL! Good luck divers and GO WAVES!

## Waukee Waves Summer Invite Volunteers

The Waukee Waves will be hosting the Waukee Waves Summer Invite on June 19-21. Volunteers will be needed. Please consider volunteering.

To register to volunteer at this meet, use the link below:  
<https://www.signupgenius.com/go/10C0A4FA9AC2AAAFEC25-64234550-waukee#/>

All volunteers from the Waves Swim Team receive \$25 credit for each session they volunteer. (Waves parents who volunteer to work as officials receive \$50 credit for each session they volunteer.) Please consider volunteering and help make this meet a success.

### Swim Meet Fees Billed May 29

Meet fees for the Trudy Hancock Invitational and the Birdland Invitational will be billed on Friday, May 29.

**MAY 20, 2026**

01. Waves Diving RWB AAU Nationals
02. Waukee Waves Summer Invite Volunteers
03. Swim Meet Fees Billed May 29
04. Swim and Dive Summer Schedules
05. LCM Champs Hotel Room

### Waves Swim and Dive Summer Schedules

**Starting June 1, Waves swim and Dive practices will transition to the summer schedule. Please review practice time changes below!**

### LCM Champs Hotel Room

**If your swimmer has qualified and is planning on swimming at the IASI LCM Championship meet in Iowa City, consider booking a hotel room soon. Rooms will be limited close to the pool.**

### Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	May 18	May 19	May 20	May 21	May 22	May 23	May 24
Silver	6:00 - 7:30 PM	6:00 - 7:30 PM	5:45 - 7:15 PM	6:00 - 7:30 PM	5:45 - 7:15 PM	9:00 - 10:30 AM	None
Gold 1	6:00 - 7:30 PM	6:00 - 7:30 PM	5:45 - 7:15 PM	6:00 - 7:30 PM	5:45 - 7:15 PM	9:00 - 10:30 AM	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	5:45 - 7:30 PM	6:00 - 8:00 PM	5:45 - 7:30 PM	9:00 - 11:00 AM	None
Senior AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	5:45 - 7:00 AM	7:00 - 9:00 AM	None
Senior PM	4:00 - 6:00 PM	4:00 - 6:00 PM	4:00 - 5:45 PM	4:00 - 6:00 PM	4:00 - 5:45 PM	None	None
	May 25	May 26	May 27	May 28	May 29	May 30	May 31
Silver	None	6:00 - 7:30 PM	5:45 - 7:15 PM	6:00 - 7:30 PM	5:45 - 7:15 PM	9:00 - 10:30 AM	None
Gold 1	None	6:00 - 7:30 PM	5:45 - 7:15 PM	6:00 - 7:30 PM	5:45 - 7:15 PM	9:00 - 10:30 AM	None
Gold 2	7:30 - 9:00 AM	6:00 - 8:00 PM	5:45 - 7:30 PM	6:00 - 8:00 PM	5:45 - 7:30 PM	9:00 - 11:00 AM	None
Senior AM	7:00 - 9:00 AM	None	5:45 - 7:00 AM	None	5:45 - 7:00 AM	7:00 - 9:00 AM	None
Senior PM	None	4:00 - 6:00 PM	4:00 - 5:45 PM	4:00 - 6:00 PM	4:00 - 5:45 PM	None	None
	June 1	June 2	June 3	June 4	June 5	June 6	June 7
Silver	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	5:00 - 6:30 PM	8:45 - 9:00 AM	None	None
Gold 1	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	5:00 - 6:30 PM	8:45 - 9:00 AM	None	None
Gold 2	8:00 - 9:45 AM	4:30 - 6:30 PM	8:00 - 9:45 AM	4:30 - 6:30 PM	8:00 - 8:45 AM	None	None
Senior AM	6:15 - 8:00 AM	6:30 - 8:30 AM	6:15 - 8:00 AM	None	7:00 - 8:00 AM	None	None
Senior PM	3:30 - 5:00 PM	None	3:30 - 5:00 PM	3:00 - 5:00 PM	None	None	None

### Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	May 18	May 19	May 20	May 21	May 22	May 23	May 24
Diving Bronze	5:00 - 6:15 PM	None	5:00 - 6:15 PM	None	None	None	None
Diving Silver	5:00 - 6:30 PM	None	5:00 - 6:30 PM	None	None	None	None
Diving Gold	None	5:30 - 7:00 PM	5:30 - 7:00 PM	5:30 - 7:00 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
	May 25	May 26	May 27	May 28	May 29	May 30	May 31
Diving Bronze	None	None	5:00 - 6:15 PM	None	None	None	None
Diving Silver	None	None	5:00 - 6:30 PM	None	None	None	None
Diving Gold	None	5:30 - 7:00 PM	5:30 - 7:00 PM	5:30 - 7:00 PM	None	None	None
Diving Senior	None	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None
	June 1	June 2	June 3	June 4	June 5	June 6	June 7
Diving Bronze	4:00 - 5:30 PM	4:00 - 5:30 PM	4:00 - 5:30 PM	9:00 - 11:00 AM	None	None	None
Diving Silver	4:00 - 6:00 PM	4:00 - 6:00 PM	4:00 - 6:00 PM	9:00 - 11:00 AM	None	None	None
Diving Gold	4:00 - 7:00 PM	4:00 - 7:00 PM	4:00 - 7:00 PM	9:00 - 11:00 AM	None	None	None
Diving Senior	4:00 - 7:00 PM	4:00 - 7:00 PM	4:00 - 7:00 PM	9:00 - 11:00 AM	None	None	None