

THE WEEKLY WAVE



NEWSLETTER



Speedo Sectionals @ FMC Natatorium

This weekend, Waves Senior swimmers will compete at the 2026 USA Swimming Speedo Sectionals in Westmont, IL. The competition starts on Thursday July 9 thru Sunday July 12. Good luck to all Waves swimming! [Meet landing page and additional information can be found here.](#)

IASI Regional Championships

Regional Championships begin next weekend on Saturday July 17 thru Sunday July 18. This is the last meet to qualify for IASI Champs. Swimmers either have to make a qualifying time standard or win an event (500 yds and under) at the Regional meet to compete at the Championships.

Waukee Natatorium Locker Room and Equipment Room Clean Out

The Natatorium will be deep cleaned during the off season to prepare for the fall. Please remove any personal items from the locker rooms and take equipment bags home by July 22 so these areas can be cleaned. Anything left will be placed in the lost and found until late August.

JULY 8, 2026

01. 2026 Summer Speedo Sectionals
02. IASI Regional Championships
03. Natatorium Locker and Equipment Room Clean Out
04. End of Season Practice Dates
05. Waves Diving season end date

End of Season Swim Practice Dates

Silver: July 18
Gold 1: July 18
Gold 2: July 22

Waves Diving season end date

Waves summer diving will conclude practices on **Thursday, July 23.**

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 6	July 7	July 8	July 9	July 10	July 11	July 12
Silver	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	9:00 - 10:30 AM	None
Gold 1	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	9:00 - 10:30 AM	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 - 9:45 AM	9:00 - 10:45 AM	None
Senior AM	6:15 - 8:00 AM	6:30 - 8:30 AM	6:15 - 8:00 AM	None	6:15 - 8:00 AM	7:00 - 9:00 AM	None
Senior PM	3:30 - 5:00 PM	None	None	3:00 - 5:00 PM	None	None	None
	July 13	July 14	July 15	July 16	July 17	July 18	July 19
Silver	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	9:00 - 10:30 AM	None
Gold 1	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	9:00 - 10:30 AM	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 - 9:45 AM	9:00 - 10:30 AM	None
Senior AM	6:15 - 8:00 AM	6:30 - 8:30 AM	6:15 - 8:00 AM	None	6:15 - 8:00 AM	7:00 - 9:00 AM	None
Senior PM	3:30 - 5:00 PM	None	3:30 - 5:00 PM	3:00 - 5:00 PM	3:30 - 5:00 PM	None	None
IASI LCM CHAMP QUALIFIERS ONLY							
	July 20	July 21	July 22	July 23	July 24	July 25	July 26
Silver	8:00 - 9:15 AM	5:00 - 6:00 PM	8:00 - 9:00 AM	None	None	None	None
Gold 1	8:00 - 9:15 AM	5:00 - 6:00 PM	8:00 - 9:00 AM	None	None	None	None
Gold 2	8:00 - 9:30 AM	4:30 - 6:00 PM	8:00 - 9:00 AM	None	None	None	None
Senior AM	6:30 - 8:00 AM	6:30 - 8:30 AM	7:00 - 8:00 AM	None	None	None	None
Senior PM	3:30 - 5:00 PM	None	None	None	None	None	None

Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 6	July 7	July 8	July 9	July 10	July 11	July 12
Diving Bronze	4:00 - 5:30 PM	None	4:00 - 5:30 PM	None	None	None	None
Diving Silver	4:00 - 5:30 PM	None	4:00 - 5:30 PM	None	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
	July 13	July 14	July 15	July 16	July 17	July 18	July 19
Diving Bronze	4:00 - 5:30 PM	None	4:00 - 5:30 PM	None	None	None	None
Diving Silver	4:00 - 5:30 PM	None	4:00 - 5:30 PM	None	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
	July 20	July 21	July 22	July 23	July 24	July 25	July 26
Diving Bronze	4:00 - 5:30 PM	None	4:00 - 5:30 PM	None	None	None	None
Diving Silver	4:00 - 5:30 PM	None	4:00 - 5:30 PM	None	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