

THE WEEKLY WAVE



NEWSLETTER



2026 IASI LCM Championships

This weekend Waves swimmers will compete at the 2026 Summer LCM Championships in Iowa City. The meet starts on Thursday (7/23) thru Sunday (7/26). [Meet information can be accessed on the meet landing page.](#) Timelines, psych sheets, parking, and live stream can also be found on the landing page. Please refer to coach Kelly's email regarding warm up times. LETS GO WAVES!

2026 Summer Regional Championship Results

Over the weekend Waves swimmers competed at the Summer Regional Championships in Ames, IA. Many new personal best times were achieved and a handful of athletes qualified for the LCM IASI Championships! Jonathan Snider (500 Free) and Alena Cramer (100 Free) both won their respective events to qualify for the championship meet. Congrats Waves!

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 22, 2026

01. 2026 IASI LCM Championships
02. 2026 Summer Regional Results
03. Waukee Natatorium Clean Out
04. End of season meet fees
05. 2026-2027 Waves Registration

End of season meet fees

Meet fees for Regional Champs, IASI Champs, and Junior Nationals will be billed to Waves accounts on Friday, July 31.

2026-2027 Waves Registration

Registration for 2026-2027 will open in early August. Practice times and meet schedules will also be posted in August. Thank you for your patience!

Waves Swim Team Practice Schedules							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 - 8:30 AM	None	None	None	None
Senior PM	3:30 - 5:00 PM	None	None	None	None	None	None
ZONE AND JR. NATIONAL QUALIFIERS ONLY							
	July 27	July 28	July 29	July 30	July 31	August 1	August 2
Silver	None	None	None	None	None	None	None
Gold 1	None	4:30 - 6:00 PM	7:30 - 9:00 AM	4:30 - 6:00 PM	8:00 - 9:30 AM	8:00 - 9:30 AM	None
Gold 2	None	4:30 - 6:00 PM	7:30 - 9:00 AM	4:30 - 6:00 PM	8:00 - 9:30 AM	8:00 - 9:30 AM	None
Senior AM	None	6:30 - 8:30 AM	7:00 - 9:00 AM	None	8:00 - 9:30 AM	8:00 - 9:30 AM	None
Senior PM	3:00 - 5:00 PM	None	None	3:30 - 5:00 PM	None	None	None
ZONE QUALIFIERS ONLY							
	August 3	August 4	August 5	August 6	August 7	August 8	August 9
Silver	None	None	None	None	None	None	None
Gold 1	4:30 - 5:30 PM	7:15 - 8:00 AM	None	None	None	None	None
Gold 2	4:30 - 5:30 PM	7:15 - 8:00 AM	None	None	None	None	None
Senior AM	None	None	None	None	None	None	None
Senior PM	None	None	None	None	None	None	None

Waves Dive Team Practice Schedules							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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
	July 27	July 28	July 29	July 30	July 31	August 1	August 2
Diving Bronze	None	None	None	None	None	None	None
Diving Silver	None	None	None	None	None	None	None
Diving Gold	None	None	None	None	None	None	None
Diving Senior	None	None	None	None	None	None	None