

# THE WEEKLY WAVE



## NEWSLETTER



**MAY 27, 2026**

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AAU Nationals**

**02. Waves Summer Invite  
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## **Waves Diving RWB AAU Nationals**

Over the weekend, Waves divers competed at the RWB AAU National meet in Orlando. Below are the results from the competition. Great job WAVES!

1M - Bailey 19/43; Emmy 37/43

3M - Bailey 27/41; Emmy 30/41

Platform: Emmy 1/4; Bailey 4/4

## **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: [Add a little bit of body text](#)

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.

## **Waves Summer Practice Schedule**

**Please review the summer practice schedules listed below as a few changes were made to both swimming and diving practices.**

**Central Zone Championship  
Meet Website**

The Central Zone Championship meet website is now live. [Click the link for information on qualifying times, accommodations, tickets, and more.](#)

## **2026 Summer Regional Entries Open**

Meet entries for the Summer Regional Championships are now open. The deadline to enter is Tuesday, June 30. The meet is at Ames High School and is a SCY competition. Any swimmer who makes a Q time at this meet is eligible to swim that event at the LCM IASI Championship meet.

### Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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 - 9:30 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 - 9:30 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
	June 8	June 9	June 10	June 11	June 12	June 13	June 14
Silver	5:00 - 6:30 PM	5:00 - 6:30 PM	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	None	None
Gold 1	5:00 - 6:30 PM	5:00 - 6:30 PM	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	None	None
Gold 2	4:30 - 6:00 PM	4:30 - 6:30 PM	8:00 - 9:45 AM	4:30 - 6:30 PM	8:00 - 9:45 AM	None	None
Senior AM	7:00 - 8:00 AM	6:30 - 8:30 AM	6:15 - 8:00 AM	None	6:15 - 8:00 AM	None	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

### Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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	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
	June 8	June 9	June 10	June 11	June 12	June 13	June 14
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