

# THE WEEKLY WAVE



## NEWSLETTER



### **DSMY Trudy Hancock Meet Information**

This weekend the Waves swim team will compete at the Trudy Hancock Invitational. Competition begins on Friday afternoon and concludes on Sunday evening. Volunteers timers are required at this competition. [Please follow this link to sign up for a session to time](#) . Credits will be issued to volunteer timers at \$25 per session. Volunteer officials are not required at this meet and therefore will not be credited. Please refer to Coach Kelly's email regarding warm up times. Good luck WAVES!

### **Waukee Waves Summer Invite Meet Volunteers**

Meet volunteers are still needed for the Waukee Waves Summer Invite! [Click here to sign up for a volunteer position](#). Please consider volunteering at the meet to ensure a great atmosphere for the athletes!

#### **Good Luck Coach Connor!**

Thank you to Coach Connor for all of his efforts in coaching the Waves! Connor is moving back to Minnesota to pursue a new job opportunity. We wish you well in your next venture!

**JUNE 3, 2026**

- 01. Trudy Hancock Meet Information**
- 02. WW Summer Invite Meet Volunteers**
- 03. Good Luck Coach Connor**
- 04. Friday Morning Practice**
- 05. 2026 Summer Regional Entries**

#### **Friday Morning (6/5) Practice**

**This Friday (6/5) swim practice is shorter for all groups due to the meet. Please review the schedule below.**

#### **2026 Summer Regional Entries**

Meet entries for the Summer 2026 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
	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
	June 15	June 16	June 17	June 18	June 19	June 20	June 21
Silver	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	5:00 - 6:30 PM	None	None	None
Gold 1	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	5:00 - 6:30 PM	None	None	None
Gold 2	8:00 - 9:45 AM	4:30 - 6:30 PM	8:00 - 9:45 AM	4:30 - 6:30 PM	None	None	None
Senior AM	6:15 - 8:00 AM	6:30 - 8:30 AM	6:15 - 8:00 AM	None	None	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
	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
	June 15	June 16	June 17	June 18	June 19	June 20	June 21
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