

THE WEEKLY WAVE



NEWSLETTER



Spring 2026 Swim Team Practice Schedule

Attached below is the 2026 Spring swim team practice schedule. Practice will be Long Course Meters on some Fridays and Saturdays in the spring. Senior group starts Monday, March 23. Senior group morning practices will start in April. Gold 2, Gold 1, and Silver start Monday, March 30.

AAU Diving Competition Volunteers Needed

The AAU Diving competition will take place at the Waukee Natatorium on March 27-29. Volunteers will receive a \$25 credit per session volunteered that can be used to offset Waves account dues. Please contact Bobby Kelley to sign up, rkelley@waukeeschools.org.

13 & Over Athlete Summit Registration Open

Registration is now open for the 13 & Over Athlete Summit at the Wellmark YMCA on April 11-12. Registration closes on March 15. The summit is athlete led and includes classroom sessions with focus's on governance, DEI, SafeSport, leadership, and communication as well as 2 swim practices. The keynote speaker for this years summit is Lily King. [Click here for more information on registration.](#)

MARCH 11, 2026

01. Spring 2026 Swim Team Schedule
02. AAU Diving Competition Volunteers Needed
03. 13 & Over Athlete Summit Registration
04. High School Prep Clinic

High School Prep Clinics

Registration is open in Captyn for High School Prep Clinics! Starting March 23, High School Prep is an opportunity for non year round swimmers to continue building stroke technique in between high school seasons. Practice is Monday - Thursday 3:30 - 4:30 PM.

Waukee Waves Swim Team Practice Schedule

2026 Spring

Senior Practice Begins March 23

Silver, Gold 1, and Gold 2 Practice Begins March 30

Practices will be Long Course Meters on some Friday Afternoons and Saturday Mornings

Silver

Monday, Tuesday, and Thursday 6:00 - 7:30 PM

Wednesday and Friday 5:45 - 7:15 PM

Saturday 9:00 - 10:30 AM

Gold 1

Monday, Tuesday, and Thursday 6:00 - 7:30 PM

Wednesday and Friday 5:45 - 7:15 PM

Saturday 9:00 - 10:30 AM

Gold 2

Monday, Tuesday, and Thursday 6:00 - 8:00 PM

Wednesday and Friday 5:45 - 7:15 PM

Saturday 9:00 - 11:00 AM

Senior Practice Group

Monday, Tuesday, Thursday Evening 4:00 - 6:00 PM

Wednesday and Friday Evening 4:00 - 5:45 PM

Monday and Wednesday Morning 5:45 - 7:00 AM

Friday Morning TBA

Saturday 7:00 - 9:00 AM