

THE WEEKLY WAVE



NEWSLETTER



2026 Spring/Summer Swim Meet Schedule

Attached below is the Waves Spring/Summer swim meet schedule. The Waves will be swimming at Long Course Meter (LCM) meets in the spring and summer with the exception of the Regional Championships in July. Many of the end of season competitions require qualifying time standards.

2026 Summer Practice Schedule

Attached below is the 2026 summer swim practice schedule. Please monitor email, the Weekly Wave and the Google Calendar for practice time changes.

Waves Swim Team Banquet

On Monday April 6 at 6:00 PM the Waves will host the first annual swim team banquet! The celebration will be held at the Waukee Innovation and Learning Center (WILC). All Waves swimmers and parents are encouraged to attend. The celebration is an opportunity for swimmers, parents, and coaches to reflect on season accomplishments and recognize the success of the Waves throughout the '25/'26 short course season! There will be no evening practice that night except for the Senior group. This is a casual celebration and no meal will be provided. More information coming soon!

MARCH 18, 2026

01. '26 Spring/Summer Swim Meet Schedule

02. Summer Practice Schedule

03. Waves Swim Team Banquet

04. G2 Practice Correction

05. Spring Swim Team Start Dates

**G2 Spring Schedule
Wednesday Practice Time
Correction**

**Practice for Gold 2 on
Wednesday nights in
the spring will be from
5:45 - 7:30. Please see
below for the
correction on the
spring schedule.**

Spring Start Dates

Senior: March 23

Gold 2: March 30

Gold 1: March 30

Silver: March 30

Spring/Summer 2026 Waves Swim Team Meet Schedule

Date	Host/Meet	Location
May 8-9 (Friday and Saturday Only)	DSMY May Invite	Wellmark YMCA Des Moines, IA
June 5-7	DSMY Trudy Hancock	Wellmark YMCA Des Moines, IA
June 13 (Saturday Only)	DMSF Birdland Invite	Birdland Pool Des Moines, IA
June 19-21	Waukee Waves Summer Invite	Waukee Natatorium Waukee, IA
July 9-12	Speedo Sectionals	FMC Natatorium Westmount, IL
July 18-19	IASI Regional Championships	Dan Flannery Pool Ames, IA
July 23-26	IASI LCM Championships	CRWC Iowa City, IA
July 29-August 1	TYR Futures Championships	Soderholm Family Aquatic Center Madison, WI
August 3-7	Speedo Junior Nationals	William Woollett Jr. Aquatic Center Irvine, CA
August 6-9	Central Zone Championships	University of Minnesota Aquatic Center Minneapolis, MN
*June 29 NOWAVES COACHES AVAILABLE TO ATTEND	IASI Open Water Meet	Easter Lake Park, Des Moines, IA

Waukee Waves Swim Team Practice Schedule

2026 Summer

Summer Practice Schedule Begins June 1 for All Groups

Silver

Monday 8:00 - 9:30 AM LCM
Tuesday 5:00 - 6:30 PM SCY
Wednesday 8:00 - 9:30 AM SCY
Thursday 5:00 - 6:30 PM LCM
Friday 8:00 - 9:30 AM LCM
Saturday 9:00 - 10:30 AM LCM

Gold 1

Monday 8:00 - 9:30 AM LCM
Tuesday 5:00 - 6:30 PM SCY
Wednesday 8:00 - 9:30 AM SCY
Thursday 5:00 - 6:30 PM LCM
Friday 8:00 - 9:30 AM LCM
Saturday 9:00 - 10:30 AM LCM

Gold 2

Monday 8:00 - 9:45 AM LCM
Tuesday 4:30 - 6:30 PM SCY
Wednesday 8:00 - 9:45 AM SCY
Thursday 4:30 - 6:30 PM LCM
Friday 8:00 - 9:45 AM LCM
Saturday 9:00 - 10:45 AM LCM

Senior Practice Group

Monday Morning 6:15 - 8:00 AM LCM
Monday Afternoon 3:30 - 5:00 PM SCY
Tuesday 6:30 - 8:30 AM SCY
Wednesday Morning 6:15 - 8:00 AM SCY
Wednesday Afternoon 3:30 - 5:00 PM SCY
Thursday 3:00 - 5:00 PM LCM
Friday Morning 6:15 - 8:00 AM LCM
Friday Afternoon TBA
Saturday 7:00 - 9:00 AM LCM

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 - 7:30 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