

THE WEEKLY WAVE



NEWSLETTER



Waves Swim Banquet RSVP Form

If you are planning to attend the Waukee Waves Swim Team Banquet, [please fill out this form to RSVP](#). If you would like to donate peanut free cookies and/or bottled water for the event, please email Coach Lucia. Please fill out the form and RSVP by Wednesday, April 1.

AAU RWB White Central Diving Qualifier

This weekend the Natatorium is hosting the AAU AAU RWB White Central Diving Qualifier. This competition results can be followed on dive live and attached below is a copy of the weekends events. Good luck WAVES!

Swim Team Group Advancement

Swim team group advancements for this summer have been communicated to those who are advancing. If you have not received any communication about group advancement, your swimmer will stay in their current group. Most group advancements occur in the Fall.

MARCH 25, 2026

01. Waves Swim Banquet
02. AAU RWB White Central Diving Qualifier
03. Swim Team Group Advancement
04. Spring/Summer Practice and Meet Schedules
05. Spring Start Dates

Spring/Summer Practice and Meet Schedules

See below for Spring/Summer practice and meet schedules.

Spring Start Dates

Senior: March 23

Gold 2: March 30

Gold 1: March 30

Silver: March 30

2026 AAU RWB White Central Qualifier

Waukee, IA

March 27-29, 2026

Official Daily Schedule as of Sunday, March 22, 2026

Date	Start Time	End Time	Event	Notes	
Friday, March 27	2:00 PM	6:00 PM	Open Warm Up	The second set of 1m can be open during sychro events	
	5:30 PM	6:00 PM	Event Warm Up		
	6:00 PM	7:00 PM	All Boys Synchro Events All Girls Synchro Events	7 entries	
	7:00 AM	9:00 PM	Open Warm Up		
	7:30 PM	8:00 PM	Coaches Meeting	In-person and Virtual	
	7:00 AM	8:30 AM	Open Warm Up		
Saturday, March 28	8:30 AM	9:00 AM	Event Warm Up		
	9:00 AM	10:00 AM	Event Time	3 tables 6 workers	
		55 min	16-18 Girls 3m + Novice	19 entries- Split boards	
		50 min	16-18 Boys 1M + Novice	10 entires	
	10:00 AM	10:30 AM	Event Warm Up		
	10:30 AM	11:10 AM	Event Time	3 tables 6 workers	
		40 min	14-15 Girls 1m + Novice	10 entires	
		35 min	12-13 Girls 1m+ Novice	10 entires	
		20 min	14-15 Boys 3m	4 entires	
	11:10 PM	11:40 PM	Event Warm Up		
	11:40 PM	12:00	Event Time	3 tables 6 workers	
			Novice 9U-1m Girls/ Boys 3m	No entires	
		18 min	Girls 10-11 + Novice	7	
		19 min	12-13 Boys 3m + Novice	5	
		11 min	10-11 Boys 3m + Novice	4	
	End of day one - 2:10 PM				
	12:00 PM	2:00 PM	Open Warm Up		
	Sunday, March 29	7:00 AM	8:30 AM	Open Warm Up	
		8:30 AM	9:00 AM	Event Warm Up	
		9:00 AM	10:10 AM	Event Time	3 tables 6 workers
		1 hr 5 min	16-18 Girls 1m + Novice	25 entires - Split boards	
			Open Mixed Gender 3M	0 entires	
		55 min	16-18 Boys 3M + Novice	10 entires	
10:10 AM		10:40 AM	Event Warm Up		
10:40 AM		11:50 AM	Event Time	3 tables 6 workers	
		36 MIN	14-15 Girls 3m + Novice	9 entires	
		37 MIN	12-13 Girls 3m+ Novice	10 entires	
		18 min	14-15 Boys 1m + Novice	4 entires	
11:50 AM		12:30 AM	Event Warm Up		
12:30 AM		1:00 PM	Event Time	3 tables 6 workers	
		14 minutes	Girls 10-11 3m + Novice	5 entires	
		17 minutes	12-13 Boys 1m + Novice	5 entires	
	10 minutes	10-11 Boys 1m + Novice	4 entires		
End of day 1:00 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 - 7:30 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

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

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