

# THE WEEKLY WAVE



## NEWSLETTER



### Waves Swim Banquet

On Monday April 6 the first annual swim team banquet will be held at the Waukeee Innovation and Learning Center. The banquet will begin at 6:00 PM. The coaching staff will review and celebrate the success of the Fall/Winter season as well as hand out some awards! If you are interested in donating cookies or water to the event please email Coach Lucia. If you have not done so, please [RSVP to the event here.](#)

#### Waukeee Innovation and Learning Center Address:

295 SE Ashworth Rd, Waukeee, IA 50263

### DSMY May LCM Invite

Meet entries for the DSMY May LCM Invite are due this Friday April 3. The meet has been changed to a one day, one session competition with a flat fee entry of \$48. A max of four events can be swum at this competition.

### Waukeee Waves Personalized Cap Order

Waves personalized caps can now be purchased on the Elmore team store. [Click here to order caps!](#) Personalized cap orders are due Sunday, April 12

APRIL 1, 2026

01. Waves Swim Banquet
02. DSMY May LCM Invite
03. Waukeee Waves Personalized Cap Order
04. LCM Champs Hotel Room
05. Waves Swim and Dive Practice Schedule

#### LCM Champ Hotel Rooms

If your swimmer has already qualified and is planning on swimming at the IASI LCM Championship meet in Iowa City, consider booking a hotel room soon. Rooms will be limited close to the pool.

#### Waves Swim and Dive Schedule below

Attached below is the Waves Swim and Dive practice schedule for the next several weeks of practice.

### Waves Swim Team Practice Schedules

|           | Monday         | Tuesday        | Wednesday      | Thursday       | Friday         | Saturday        | Sunday   |
|-----------|----------------|----------------|----------------|----------------|----------------|-----------------|----------|
|           | March 30       | March 31       | April 1        | April 2        | April 3        | April 4         | April 5  |
| Silver    | 6:00 - 7:30 PM | 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    | 6:00 - 7:30 PM | 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    | 6:00 - 8:00 PM | 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 | None           | None           | None           | None           | None           | 7:00 - 9:00 AM  | None     |
| Senior PM | 4:00 - 6:00 PM | 4:00 - 6:00 PM | 4:00 - 5:45 PM | 4:00 - 6:00 PM | 4:00 - 5:45 PM | None            | None     |
|           | April 6        | April 7        | April 8        | April 9        | April 10       | April 11        | April 12 |
| 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    | None           | 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 | 5:45 - 7:00 AM | None           | 5:45 - 7:00 AM | None           | None           | 7:00 - 9:00 AM  | None     |
| Senior PM | 4:00 - 5:00 PM | 4:00 - 6:00 PM | 4:00 - 5:45 PM | 4:00 - 6:00 PM | 4:00 - 5:45 PM | None            | None     |
|           | April 13       | April 14       | April 15       | April 16       | April 17       | April 18        | April 19 |
| Silver    | 6:00 - 7:30 PM | 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    | 6:00 - 7:30 PM | 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    | 6:00 - 8:00 PM | 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 | 5:45 - 7:00 AM | None           | 5:45 - 7:00 AM | None           | None           | 7:00 - 9:00 AM  | None     |
| Senior PM | 4:00 - 6:00 PM | 4:00 - 6:00 PM | 4:00 - 5:45 PM | 4:00 - 6:00 PM | 4:00 - 5:45 PM | None            | None     |

### Waves Dive Team Practice Schedules

|               | Monday         | Tuesday        | Wednesday      | Thursday       | Friday   | Saturday | Sunday   |
|---------------|----------------|----------------|----------------|----------------|----------|----------|----------|
|               | March 30       | March 31       | April 1        | April 2        | April 3  | April 4  | April 5  |
| Diving Bronze | 5:00 - 6:15 PM | None           | 5:00 - 6:15 PM | None           | None     | None     | None     |
| Diving Silver | 5:00 - 6:30 PM | 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 | 5:30 - 7:30 PM | 5:30 - 7:30 PM | 5:30 - 7:30 PM | 5:30 - 7:30 PM | None     | None     | None     |
|               | April 6        | April 7        | April 8        | April 9        | April 10 | April 11 | April 12 |
| Diving Bronze | 5:00 - 6:15 PM | None           | 5:00 - 6:15 PM | None           | None     | None     | None     |
| Diving Silver | 5:00 - 6:30 PM | 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 | 5:30 - 7:30 PM | 5:30 - 7:30 PM | 5:30 - 7:30 PM | 5:30 - 7:30 PM | None     | None     | None     |
|               | April 13       | April 14       | April 15       | April 16       | April 17 | April 18 | April 19 |
| Diving Bronze | 5:00 - 6:15 PM | None           | 5:00 - 6:15 PM | None           | None     | None     | None     |
| Diving Silver | 5:00 - 6:30 PM | 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 | 5:30 - 7:30 PM | 5:30 - 7:30 PM | 5:30 - 7:30 PM | 5:30 - 7:30 PM | None     | None     | None     |

## Spring/Summer 2026 Waves Swim Team Meet Schedule

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