

THE WEEKLY WAVE



NEWSLETTER



APRIL 8, 2026

01. Trudy Hancock Invite
02. Badgerland Diving Invite
03. WW Personalized Cap Order Deadline
04. LCM Champ Hotel Rooms
05. Swim and Dive Practice Schedule

DSMY Trudy Hancock Invitational Meet Entries

Meet entries for the DSMY Trudy Hancock are **due Friday, April 24**. The meet has been posted in SEMotion to sign up and choose events. All events chosen by parents are subject to coaches approval.

The Waukee Waves Summer Invite will be posted to SEMotion next week to sign up. Meet information is now posted on the Waves website.

Badgerland Diving Invite

This weekend Waves divers will compete at the Badgerland Invite in Madison, WI. The competition will take place at the Soderholm Family Aquatic Center on 4/11-4/12. Good luck WAVES!

Waukee Waves Personalized Cap Order

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

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.

Swim and Dive Practice Schedule

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
	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
	April 20	April 21	April 22	April 23	April 24	April 25	April 26
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	None	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	None	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	7:30 - 9:00 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
	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
	April 20	April 21	April 22	April 23	April 24	April 25	April 26
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