

THE WEEKLY WAVE



NEWSLETTER



Waukee Waves Summer Invite Volunteers Needed

Meet volunteers are still needed for the Waukee Waves Summer Invite! [Click here to sign up for a volunteer position](#). Please consider volunteering at the meet to ensure a great atmosphere for the athletes! Please email Bobby Kelley with any questions, rkelley@waukeeschools.org.

DMSF Birdland Invite

This Saturday (6/13) Waves swimmers will compete at the DMSF Birdland Invite. Saturday morning 12&U warm ups begin at 8:00 AM and competition begins at 9:00 AM. Warm ups for 13&O begin at 1:00 PM and competition begins at 2:00 PM. This is an outdoor LCM competition.

Waukee Waves Summer Invite Entry Times

Reminder for any athlete that was entered in a SCY qualifying time for the Waukee Waves Summer invite will be entered at the LCM qualifying time as no SCY times are allowed at this competition.

JUNE 10, 2026

01. WW Summer Invite
Volunteers Needed
02. DMSF Birdland Invite
03. WW Summer Invite
Entry Times
04. Trudy Hancock Meet
Results
05. 2026 Summer
Regional Meet Entries

Trudy Hancock Meet Results

Over the weekend,
Waves swimmers
competed at the Trudy
Hancock Invite.
[Click here](#) for the meet
results. Great racing
WAVES!

2026 Summer Regional Meet Entries

Meet entries for the
Summer 2026 Regional
Championships are now
open. The deadline to
enter is Tuesday, June 30.
The meet is at Ames High
School and is a SCY
competition. Any swimmer
who makes a Q time at this
meet is eligible to swim
that event at the LCM IASI
Championship meet.

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	June 8	June 9	June 10	June 11	June 12	June 13	June 14
Silver	5:00 - 6:30 PM	5:00 - 6:30 PM	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	None	None
Gold 1	5:00 - 6:30 PM	5:00 - 6:30 PM	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	None	None
Gold 2	4:30 - 6:00 PM	4:30 - 6:30 PM	8:00 - 9:45 AM	4:30 - 6:30 PM	8:00 - 9:45 AM	None	None
Senior AM	7:00 - 8:00 AM	6:30 - 8:30 AM	6:15 - 8:00 AM	None	6:15 - 8:00 AM	None	None
Senior PM	3:30 - 5:00 PM	None	3:30 - 5:00 PM	3:00 - 5:00 PM	3:30 - 5:00 PM	None	None
	June 15	June 16	June 17	June 18	June 19	June 20	June 21
Silver	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	5:00 - 6:30 PM	None	None	None
Gold 1	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	5:00 - 6:30 PM	None	None	None
Gold 2	8:00 - 9:45 AM	4:30 - 6:30 PM	8:00 - 9:45 AM	4:30 - 6:30 PM	None	None	None
Senior AM	6:15 - 8:00 AM	6:30 - 8:30 AM	6:15 - 8:00 AM	None	None	None	None
Senior PM	3:30 - 5:00 PM	None	3:30 - 5:00 PM	3:00 - 5:00 PM	None	None	None
	June 22	June 23	June 24	June 25	June 26	June 27	June 28
Silver	5:00 - 6:15 PM	5:00 - 6:30 PM	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	9:00 - 10:30 AM	None
Gold 1	5:00 - 6:15 PM	5:00 - 6:30 PM	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	9:00 - 10:30 AM	None
Gold 2	4:30 - 6:00 PM	4:30 - 6:30 PM	8:00 - 9:45 AM	4:30 - 6:30 PM	8:00 - 9:45 AM	9:00 - 10:30 AM	None
Senior AM	None	6:30 - 8:30 AM	6:15 - 8:00 AM	None	6:15 - 8:00 AM	7:00 - 9:00 AM	None
Senior PM	3:30 - 5:00 PM	None	3:30 - 5:00 PM	3:00 - 5:00 PM	None	None	None
	June 29	June 30	July 1	July 2	July 3	July 4	July 5
Silver	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	None	None
Gold 1	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	None	None
Gold 2	8:00 - 9:45 AM	4:30 - 6:30 PM	8:00 - 9:45 AM	4:30 - 6:30 PM	8:00 - 9:45 AM	7:30 - 9:00 AM	None
Senior AM	6:15 - 8:00 AM	6:30 - 8:30 AM	6:15 - 8:00 AM	None	6:15 - 8:00 AM	7:00 - 9:00 AM	None
Senior PM	3:30 - 5:00 PM	None	3:30 - 5:00 PM	3:00 - 5:00 PM	3:30 - 5:00 PM	None	None

Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	June 8	June 9	June 10	June 11	June 12	June 13	June 14
Diving Bronze	4:00 - 5:30 PM	None	4:00 - 5:30 PM	None	None	None	None
Diving Silver	4:00 - 5:30 PM	None	4:00 - 5:30 PM	None	None	None	None
Diving Gold	4:00 - 7:00 PM	4:00 - 7:00 PM	4:00 - 7:00 PM	9:00 - 11:00 AM	None	None	None
Diving Senior	4:00 - 7:00 PM	4:00 - 7:00 PM	4:00 - 7:00 PM	9:00 - 11:00 AM	None	None	None
	June 15	June 16	June 17	June 18	June 19	June 20	June 21
Diving Bronze	4:00 - 5:30 PM	None	4:00 - 5:30 PM	None	None	None	None
Diving Silver	4:00 - 5:30 PM	None	4:00 - 5:30 PM	None	None	None	None
Diving Gold	4:00 - 7:00 PM	4:00 - 7:00 PM	4:00 - 7:00 PM	9:00 - 11:00 AM	None	None	None
Diving Senior	4:00 - 7:00 PM	4:00 - 7:00 PM	4:00 - 7:00 PM	9:00 - 11:00 AM	None	None	None
	June 22	June 23	June 24	June 25	June 26	June 27	June 28
Diving Bronze	4:00 - 5:30 PM	None	4:00 - 5:30 PM	None	None	None	None
Diving Silver	4:00 - 5:30 PM	None	4:00 - 5:30 PM	None	None	None	None
Diving Gold	4:00 - 7:00 PM	4:00 - 7:00 PM	4:00 - 7:00 PM	9:00 - 11:00 AM	None	None	None
Diving Senior	4:00 - 7:00 PM	4:00 - 7:00 PM	4:00 - 7:00 PM	9:00 - 11:00 AM	None	None	None