

# THE WEEKLY WAVE



## NEWSLETTER



## 2026 Waukee Waves Summer Invite

Meet entries are now open for the 2026 Waukee Waves Summer Invite in SEMotion. **Entries are due Friday, May 1.** If your swimmers needs to make changes to their entries after May 1 please contact the coaching staff.

## USA Diving Regional Meet

On Saturday April 25 and Sunday April 26 Waves diving will host a national USA diving competition at the Natatorium. The competition serves as an opportunity for divers to potentially qualify for higher level competitions and showcase their new dives.

No practice for swim team Gold 1 and Silver groups on Sat. April 25

### Trudy Hancock Invite Meet Entries

Meet entries for the Trudy Hancock Invite are due Friday, April 24. The competition is June 5-7 at the Wellmark YMCA.

APRIL 15, 2026

01. Waukee Waves Summer Invite

02. USA Regional Diving Meet

03. Trudy Hancock Invite Meet Entries

04. LCM Champs Hotel Rooms

05. Swim & Dive Practice Schedule

### LCM Champs Hotel Rooms

If your swimmer has 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 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
	April 27	April 28	April 29	April 30	May 1	May 2	May 3
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	5:45 - 7:00 AM	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 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
	April 27	April 28	April 29	April 30	May 1	May 2	May 3
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