

# THE WEEKLY WAVE



## NEWSLETTER



## 2026 Waukee Waves Summer Invite

Meet entries for the Waukee Waves Summer Invite are now due Sunday, May 10. There are qualifying times for this meet. If you believe your swimmer has qualified and you are still having trouble signing up, please email Coach Kelly and Coach Lucia.

## USA Diving Regional Meet

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. The competition begins at 10:00 AM both days. GOOD LUCK WAVES!

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

### Trudy Hancock Invite Meet Entries

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

**APRIL 22, 2026**

01. Waukee Waves Summer Invite

02. USA Diving Regional Meet

03. Trudy Hancock Invite Meet Entries

04. Swim Meet Entry Dues

05. AAU Diving Dual Meet Results

### Swim Meet Entry Dues

Meet entry dues will be billed on Friday May 1 for the DSMY May Invite and the DSMY Trudy Hancock Invite.

### AAU Diving Meet Results

Over the weekend, Waves divers competed in an AAU diving dual meet at the Natatorium. Nine divers have now qualified for Summer AAU Nationals in Fort Lauderdale, Florida. CONGRATS WAVES!

### Waves Swim Team Practice Schedules

|           | Monday         | Tuesday        | Wednesday      | Thursday       | Friday         | Saturday        | Sunday   |
|-----------|----------------|----------------|----------------|----------------|----------------|-----------------|----------|
|           | 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     |
|           | May 4          | May 5          | May 6          | May 7          | May 8          | May 9           | May 10   |
| 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 | None            | None     |
| Senior AM | 5:45 - 7:00 AM | None           | 5:45 - 7:00 AM | None           | 5:45 - 7:00 AM | None            | 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 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     |
|               | May 4          | May 5          | May 6          | May 7          | May 8    | May 9    | May 10   |
| 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     |