

THE WEEKLY WAVE



NEWSLETTER



2026 Waukee Waves Summer Invite

Meet entries for the Waukee Waves Summer Invite are now due on May 10. If your swimmer has qualified for the meet in a SCY time, you are now able to enter that event. Please review your swimmers entries with this change to the meet file. As a reminder, all SCY qualifying entries will be changed to the LCM qualifying time for final meet submission. If you have any questions please email Coach Kelly or Coach Lucia.

2026 Birdland Invitational

Meet entries are now open for the 2026 Birdland Invitational. **The Waves will only be swimming on Saturday, June 13.** There will be no practice for any group on Saturday, June 13. Entries are due Tuesday, May 5.

USA Diving Regional Meet

Over the weekend the Waves hosted the USA Diving Regional Meet at the Natatorium. The meet included 85 divers from 20 different states! Congrats WAVES!

APRIL 29, 2026

01. 2026 WW Summer Invite
02. 2026 Birdland Invitational
03. USA Diving Regional Meet
04. Swim Meet Entry Dues
05. Swim and Dive Practice Schedule

Swim Meet Entry Dues

Meet entry dues will be billed this Friday, May 1 for the DSMY May Invite and the DSMYTrudy Hancock Invite.

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 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 |
| | May 11 | May 12 | May 13 | May 14 | May 15 | May 16 | May 17 |
| Silver | 6:00 - 7:30 PM | 6:00 - 7:30 PM | 5:45 - 7:15 PM | 6:00 - 7:30 PM | None | 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 | None | 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 | None | 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 | 3:30 - 5:00 PM | None | None |

Waves Dive Team Practice Schedules

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------|----------------|----------------|----------------|----------------|--------|----------|--------|
| | 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 |
| | May 11 | May 12 | May 13 | May 14 | May 15 | May 16 | May 17 |
| 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 |