

THE WEEKLY WAVE



NEWSLETTER



2026 Waukee Waves Summer Invite

Meet entries for the Waukee Waves Summer Invite due this Sunday on May 10. If your swimmer has qualified for the meet in a SCY time, you are able to enter that event. Please review your swimmers entries. 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 DSMY May LCM Invitational

This weekend, Waves swimmers will compete at the DSMY May Invitational on Saturday May 9. It is a one day, one session swim meet. Warm ups start at 12:00 PM and the competition begins at 1:00 PM. More information will be released later this week about timelines and psych sheets.

Waves Swim Practice Schedule

There is no practice this Saturday, May 9 due to the meet downtown. There is also no practice, except for the Senior group, next Friday (May 15) due to the Synchronized Swimming Final Performance.

MAY 6, 2026

01. 2026 Waukee Waves Summer Invite
02. 2026 DSMY May Invitational
03. Waves Swim Practice Schedule
04. Waukee Wave-ettes Synchro Performance
05. LCM Champ Hotel Room Reminder

Waukee Wave-ettes Synchronized Swimming Final Performance

On Friday May 15 and Saturday May 16 the Wave-ettes will perform at the Natatorium for a final showcase! Friday's show begins at 6:00 PM and Saturday's begins at 8:00 PM.

LCM Champ 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.

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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
	May 18	May 19	May 20	May 21	May 22	May 23	May 24
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
	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
	May 18	May 19	May 20	May 21	May 22	May 23	May 24
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