

# THE WEEKLY WAVE



## NEWSLETTER



### 2025 Waukee Waves Summer Intrasquad

Tomorrow evening, July 17, the Waves will host the 2025 Waukee Waves Summer Intrasquad Meet. This competition is for Waves swimmers to compete one final time before the IASI Long Course Championship Meet. Warm ups for all Waves participants will begin at 5:30 PM. Please be on deck by 10-15 minutes prior to the start of warm up. Wearing Waves team apparel is recommended but not required. The timeline and heat sheets for the meet will be available on Thursday. Let's go Waves!!

### 2025 IASI Long Course Meter

#### Championships Apparel and Photography

- IASI Long Course Championship Apparel Pre-Orders are due July 21. Select in store pickup to pickup at the meet. Splash will be at the meet, and will also have these items on hand for purchase. [Click here to pre-order apparel.](#)
- Chris Pose will be the meet photographer. Attached below is the link and password to access the photos taken.

#### TYR Futures Championships

Next week, Waves senior swimmers will be competing at Futures Championships in Madison, WI. This meet is for those who have made a Futures qualifying time. The competition begins Wednesday, July 23 - Saturday July 26. More information about the meet is [linked here.](#) Good Luck Waves!!

**JULY 16, 2025**

01. 2025 Waukee Waves Summer Intrasquad
02. IASI Championship Apparel and Photography
03. TYR Futures Championships
04. Swim Schedule Changes
05. 2025-2026 Fall/Winter Waves Registration

#### Swim Schedule Changes

Please review the schedule changes listed below. The Natatorium is being rented Saturday morning, July 19 for a triathlon, so adjustments to practice times have been made. Practices next week will be shorter due to taper for end of season meets. Please note changes to start and end times.

#### 2025-2026 Fall/ Winter Waves Registration

Registration for the 2025-2026 Fall/Winter Season will open in August. As a reminder, all members are required to re-register in order to swim/dive. More information on registration dates will be provided in the next few weeks. Thank you for your patience!

## Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 14	July 15	July 16	July 17	July 18	July 19	July 20
<b>Bronze 1</b>	5:00 - 5:45 PM	5:00 - 5:45 PM	None	None	None	None	None
<b>Bronze 2</b>	5:45 - 6:30 PM	5:45 - 6:30 PM	None	None	None	None	None
<b>Silver 1</b>	5:15 PM - 6:15 PM	5:15 PM - 6:15 PM	5:15 PM - 6:15 PM	None	None	None	None
<b>Silver 2</b>	5:15 PM - 6:30 PM	5:15 PM - 6:30 PM	5:15 PM - 6:30 PM	None	8:00 AM - 9:15 AM	1:30 PM - 2:30 PM	None
<b>Gold 1</b>	5:00 PM - 6:30 PM	5:00 PM - 6:30 PM	8:00 AM - 9:30 AM	8:30 AM - 9:30 AM	8:00 AM - 9:30 AM	1:30 PM - 2:30 PM	None
<b>Gold 2</b>	7:45 AM - 9:30 AM	4:30 PM - 6:30 PM	7:45 AM - 9:30 AM	8:30 AM - 9:30 AM	8:00 AM - 9:30 AM	1:30 PM - 2:30 PM	None
<b>Senior AM</b>	6:15 AM - 8:00 AM	7:00 AM - 8:30 AM	6:45 AM - 8:00 AM	6:30 AM - 8:30 AM	7:00 AM - 8:00 AM	None	None
<b>Senior PM</b>	3:30 PM - 5:00 PM	None	3:30 PM - 5:00 PM	None	None	12:30 PM - 1:45 PM	None
	July 21	July 22	July 23	July 24	July 25	July 26	July 27
<b>Bronze 1</b>	None	None	None	None	None	None	None
<b>Bronze 2</b>	None	None	None	None	None	None	None
<b>Silver 1</b>	None	None	None	None	None	None	None
<b>Silver 2</b>	5:15 PM - 6:15 PM	5:00 PM - 6:00 PM	8:00 AM - 9:00 AM	None	None	None	None
<b>Gold 1</b>	5:00 PM - 6:15 PM	5:00 PM - 6:00 PM	8:00 AM - 9:00 AM	None	None	None	None
<b>Gold 2</b>	8:00 AM - 9:30 AM	4:30 PM - 5:30 PM	8:00 AM - 9:00 AM	None	None	None	None
<b>Senior AM</b>	6:45 AM - 8:00 AM	7:15 AM - 8:30 AM	7:00 AM - 8:00 AM	None	None	None	None
<b>Senior PM</b>	3:30 PM - 4:30 PM	None	None	None	None	None	None

## Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 14	July 15	July 16	July 17	July 18	July 19	July 20
<b>Diving Bronze</b>	None	4:00-5:30 PM	None	4:00-5:30 PM	None	None	None
<b>Diving Silver</b>	None	4:00-5:30 PM	4:00-5:30 PM	4:00-5:30 PM	None	None	None
<b>Diving Gold</b>	4:00-7:00 PM	4:00-7:00 PM	4:00-7:00 PM	4:00-7:00 PM	None	None	None
	July 21	July 22					
<b>Diving Bronze</b>	None	4:00-5:30 PM					
<b>Diving Silver</b>	None	4:00-5:30 PM					
<b>Diving Gold</b>	4:00-7:00 PM	4:00-7:00 PM					