

THE WEEKLY WAVE



NEWSLETTER



LCM Summer Speedo Sectionals

This week Senior Waves swimmers will be competing at the LCM Summer Speedo Sectionals in Minneapolis, MN. This meet requires a summer Sectionals qualifying time to compete. The competition starts Thursday morning at 9:00 AM. For information on timelines, psych sheet, and results, [click here](#). This is a great opportunity for Waves to race athletes from other states as well as collegiate swimmers. LETS GO WAVES!

2025 Waukee Waves Summer Intrasquad

On Thursday evening July 17, the Waves are hosting an intrasquad meet at the Natatorium. This meet is an opportunity for all Waves to race before the end of the summer season. Warm ups start at 5:30 PM and the competition begins at 6:00 PM. Bronze group members who are not registered with USA swimming must email Coach Kelly and Coach Lucia to confirm participation. **All entries are due Monday, July 14.**

Diving Showcase Meet

This Saturday July 13, Waves divers will compete at the Diving Showcase hosted at the Waukee Natatorium because the diving portion of the Iowa Games has been cancelled. See Coach Dana for more information.

JULY 9, 2025

01. LCM Summer Speedo Sectionals

02. 2025 Waukee Waves Summer Intrasquad

03. Diving Showcase

IASI LCM

04. Championship Entry Deadline

05. Waves Summer 2025 Championship T-shirt

IASI LCM Championship Entry Deadline

The summer IASI LCM Championships will be hosted by DMSF at the Waukee Natatorium on July 24-27. **Entries for the meet are due Monday, July 14.** Swimmers must have an IASI Q time to participate at this meet. Any Q times achieved after the entry deadline will be added as a last minute entry. Please submit entries as soon as possible.

Waves Summer 2025 Championship T-shirts

If you are interested in purchasing the Waves Summer 2025 Championship t-shirt please do so **by today Wednesday, July 9.** Anyone can order a t-shirt, you do not need to be competing at a championship meet to order. **CLICK HERE** to order.

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 7	July 8	July 9	July 10	July 11	July 12	July 13
Bronze 1	5:00 - 5:45 PM	5:00 - 5:45 PM	None	5:00 - 5:45 PM	None	None	None
Bronze 2	5:45 - 6:30 PM	5:45 - 6:30 PM	None	5:45 - 6:30 PM	None	None	None
Silver 1	5:15 PM - 6:15 PM	5:15 PM - 6:15 PM	5:15 PM - 6:15 PM	5:15 PM - 6:15 PM	None	9:00 AM - 10:00 AM	None
Silver 2	5:15 PM - 6:30 PM	5:15 PM - 6:30 PM	5:15 PM - 6:30 PM	5:15 PM - 6:30 PM	8:00 AM - 9:15 AM	9:00 AM - 10:15 AM	None
Gold 1	5:00 PM - 6:30 PM	5:00 PM - 6:30 PM	8:00 AM - 9:30 AM	5:00 PM - 6:30 PM	8:00 AM - 9:30 AM	9:00 AM - 10:30 AM	None
Gold 2	7:45 AM - 9:30 AM	4:30 PM - 6:30 PM	7:45 AM - 9:30 AM	4:30 PM - 6:30 PM	7:45 AM - 9:30 AM	7:00 AM - 9:00 AM	None
Senior AM	6:15 AM - 8:00 AM	6:30 AM - 8:30 AM	6:15 AM - 8:00 AM	6:30 AM - 8:30 AM	6:15 AM - 8:00 AM	7:00 AM - 9:00 AM	None
Senior PM	3:30 PM - 5:00 PM	None	3:30 PM - 5:00 PM	None	None	None	None
	July 14	July 15	July 16	July 17	July 18	July 19	July 20
Bronze 1	5:00 - 5:45 PM	5:00 - 5:45 PM	None	None	None	None	None
Bronze 2	5:45 - 6:30 PM	5:45 - 6:30 PM	None	None	None	None	None
Silver 1	5:15 PM - 6:15 PM	5:15 PM - 6:15 PM	5:15 PM - 6:15 PM	None	None	TBA	None
Silver 2	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	TBA	None
Gold 1	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	TBA	None
Gold 2	7:45 AM - 9:30 AM	4:30 PM - 6:30 PM	7:45 AM - 9:30 AM	8:30 AM - 9:30 AM	7:45 AM - 9:30 AM	TBA	None
Senior AM	6:15 AM - 8:00 AM	6:30 AM - 8:30 AM	6:15 AM - 8:00 AM	6:30 AM - 8:30 AM	6:15 AM - 8:00 AM	TBA	None
Senior PM	3:30 PM - 5:00 PM	None	3:30 PM - 5:00 PM	None	3:30 PM - 5:00 PM	None	None

Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 7	July 8	July 9	July 10	July 11	July 12	July 13
Diving Bronze	None	4:00-5:30 PM	None	4:00-5:30 PM	None	None	None
Diving Silver	None	4:00-5:30 PM	4:00-5:30 PM	4:00-5:30 PM	None	None	None
Diving Gold	4:00-7:00 PM	4:00-7:00 PM	4:00-7:00 PM	4:00-7:00 PM	None	None	None
	July 14	July 15	July 16	July 17	July 18	July 19	July 20
Diving Bronze	None	4:00-5:30 PM	None	4:00-5:30 PM	None	None	None
Diving Silver	None	4:00-5:30 PM	4:00-5:30 PM	4:00-5:30 PM	None	None	None
Diving Gold	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					
Diving Bronze	None	4:00-5:30 PM					
Diving Silver	None	4:00-5:30 PM					
Diving Gold	4:00-7:00 PM	4:00-7:00 PM					