

# THE WEEKLY WAVE



## NEWSLETTER



### Rams Spring Classic

This Saturday Waves swimmers will compete in the Waukee Natatorium at the Rams Spring Classic, hosted by the Rams Swim Club. Warm ups will begin at 7:25 AM for 13 & Over swimmers and the meet will begin at 8:30 AM. Warm ups for the 12 & Under swimmers will not begin before 11:00 AM. [Here is the link](#) for timelines and heat sheets this weekend. This is a one day competition that is Long Course Meters. Good Luck Waves!!

### Diving Schedule

#### No Practice on Memorial Day for Waves Divers!

Diving practice for the summer will conclude on July 24, 2025.

#### Upcoming Dive Meets

June 28-29 Patriot Invite Stevenson, IL

Iowa Games: July 13th, Waukee Natatorium

### Practice Time Changes

There are several practice time changes over the next few weeks with events going on at the Nat and holiday's. Note the changes listed below.

**MAY 14, 2025**

**01. Rams Spring Classic**

**02. Diving Schedule**

**03. Practice Time Changes**

**04. Open Positions at the Nat**

**05. Late Entries for the Trudy Hancock Invitational**

#### Open Positions at the Nat

This summer the Natatorium is looking for additional swim lesson instructors and lifeguards. If you are interested in applying for either position, please contact Bobby Kelly by Friday, May 16. [rkelly@waukeechools.org](mailto:rkelly@waukeechools.org)

#### Late Entries for Trudy Hancock Invitational

Please review the note listed below about late entries for the Trudy Hancock Invitational.

Parents,

If you have interest in entering your swimmer into the Trudy Hancock Invitational on June 6-8, 2025 please email Coach Kelly your swimmers events. The deadline to enter events on SportsEngine (TeamUnify) has passed, however at this time we are still able to get swimmers into the meet as it is not full yet. **Please send your swimmers name and events by 9:00 PM this evening, Wednesday May 14. If you send entries later than this time we will not be able to enter your swimmer into the meet.**

We are aware of the different deadlines that have been posted associated with the last few swim meets. We apologize for any inconvenience or miscommunication that occurred. As a coaching staff we are always striving to make swimming a positive experience for the swimmers and provide clarity to parents on meet information, practice schedules, and other team related functions. Our goal is to provide better communication and clarification in the future. If you have any questions, please contact Coach Kelly or Coach Lucia.

[knordell@waukeeschools.org](mailto:knordell@waukeeschools.org)

[lrizzo@waukeeschools.org](mailto:lrizzo@waukeeschools.org)

Thank you

## Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	May 12	May 13	May 14	May 15	May 16	May 17	May 18
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	6:00-7:00 PM	6:00-7:00 PM	6:00-7:00 PM	6:00-7:00 PM	None	None	None
Silver 2	6:00-7:15 PM	6:00-7:15 PM	6:00-7:15 PM	6:00-7:15 PM	5:30 - 6:30 PM	None	None
Gold 1	6:00-7:30 PM	6:00-7:30 PM	6:00-7:30 PM	6:00-7:30 PM	5:30 - 6:30 PM	None	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	4:00 - 6:00 PM	6:00 - 8:00 PM	4:00 - 5:30 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	4:00 - 6:00 PM	4:00 - 6:00 PM	4:00 - 6:00 PM	4:00 - 6:00 PM	4:00 - 5:30 PM	None	None
	May 19	May 20	May 21	May 22	May 23	May 24	May 25
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	6:00-7:00 PM	6:00-7:00 PM	6:00-7:00 PM	5:30 PM - 6:30 PM	None	9:00-10:00 AM	None
Silver 2	6:00-7:15 PM	6:00-7:15 PM	6:00-7:15 PM	5:30 PM - 6:45 PM	5:30 - 6:45 PM	9:00-10:00 AM	None
Gold 1	6:00-7:30 PM	6:00-7:30 PM	6:00-7:30 PM	5:30 PM - 6:45 PM	5:30 - 7:00 PM	9:00-10:00 AM	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	4:00 - 6:00 PM	4:00 PM - 5:30 PM	4:00 - 6:00 PM	7:00 - 9:00 AM	None
Senior AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	None
Senior	4:00 - 6:00 PM	4:00 - 6:00 PM	4:00 - 6:00 PM	4:00 PM - 5:30 PM	4:00 - 6:00 PM	7:00-9:00 AM	None
	May 26	May 27	May 28	May 29	May 30	May 31	June 1
Bronze 1	None	5:00 - 5:45 PM	None	5:00 - 5:45 PM	None	None	None
Bronze 2	None	5:45 - 6:30 PM	None	5:45 - 6:30 PM	None	None	None
Silver 1	None	6:00-7:00 PM	6:00-7:00 PM	6:00-7:00 PM	None	9:00-10:00 AM	None
Silver 2	None	6:00-7:15 PM	6:00-7:15 PM	6:00-7:15 PM	5:30 - 6:45 PM	9:00-10:00 AM	None
Gold 1	None	6:00-7:30 PM	6:00-7:30 PM	6:00-7:30 PM	5:30 - 7:00 PM	9:00-10:00 AM	None
Gold 2	7:00 AM - 9:00 AM	6:00 - 8:00 PM	4:00 - 6:00 PM	6:00 - 8:00 PM	4:00 - 6:00 PM	7:00 - 9:00 AM	None
Senior AM	None	None	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	None
Senior	7:00 AM - 9:00 AM	4:00 - 6:00 PM	4:00 - 6:00 PM	4:00 - 6:00 PM	4:00 - 6:00 PM	7:00-9:00 AM	None

## Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	May 12	May 13	May 14	May 15	May 16	May 17	May 18
Diving Bronze	None	5:30-7:00 PM	None	5:30-7:00 PM	None	None	None
Diving Silver	None	5:30-7:00 PM	5:30-7:00 PM	5:30-7:00 PM	None	None	None
Diving Gold	5:30-8:00 PM	5:30-8:00 PM	5:30-8:00 PM	5:30-8:00 PM	None	None	None
	May 19	May 20	May 21	May 22	May 23	May 24	May 25
Diving Bronze	None	5:30-7:00 PM	None	TBA	None	None	None
Diving Silver	None	5:30-7:00 PM	5:30-7:00 PM	TBA	None	None	None
Diving Gold	5:30-8:00 PM	5:30-8:00 PM	5:30-8:00 PM	TBA	None	None	None
	May 26	May 27	May 28	May 29	May 30	May 31	June 1
Diving Bronze	None	5:30-7:00 PM	None	5:30-7:00 PM	None	None	None
Diving Silver	None	5:30-7:00 PM	5:30-7:00 PM	5:30-7:00 PM	None	None	None
Diving Gold	None	5:30-8:00 PM	5:30-8:00 PM	5:30-8:00 PM	None	None	None

## Wave-ettes Practice Schedules

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
May 12	May 13	May 14	May 15	May 16	May 17	May 18
4:00-5:00 PM	4:00-5:00 PM	4:00-5:00 PM	4:00-5:00 PM	None	None	None
May 19	May 20	May 21	May 22			
4:00-5:00 PM	4:00-5:00 PM	4:00-5:00 PM	FINALE			