



Riding the Wave!

2026 WEEKLY NEWSLETTER

WEEK 1 • MAY 29, 2026



WELCOME BACK WAVE!

We are thrilled to welcome back returning families and give a huge WOODBOURNE WAVE welcome to all of our new families!

WE DID IT – 100 SWIMMERS STRONG!

That's right, the Wave is 100 swimmers strong this season!

We can't wait for an amazing season filled with fun, friendships, fast swims, and lots of memories!

Go Wave!



UPCOMING EVENTS

JUN 6

AWAY MEET @ GRANT RANCH

Columbine Knolls
All Day



JUN 12

TEAM PICTURE DAY

Woodbourne Pool
Afternoon



JUN 12

ICE CREAM SOCIAL

Woodbourne Pool
After Practice



JUN 13

AWAY MEET @ KC LIGHTNING

KC Lightning
All Day



CRAZY WEEK!

ONLY 3 PRACTICES BEFORE OUR FIRST MEET!

With just three practices in the pool before our first meet, our Wave swimmers showed up, worked hard, and swam their hearts out! We are so proud of the effort, sportsmanship, and team spirit we saw.

What a way to kick off the season!

The best is yet to come — let's keep working hard, cheering loud, and Riding the Wave together!



WEEK 1 HIGHLIGHTS



Great swims, big smiles, and an awesome start to our season!



2026 SWIM-A-THON

Our biggest fundraiser of the season!

SAVE THE DATE: Tuesday, June 24

Swimmers will collect pledges for every lap they swim. All funds raised help support our team, new equipment, and fun end-of-season events! More details coming soon — start thinking about your pledges and get ready to swim for the Wave!



EVERY LAP COUNTS.
EVERY DOLLAR HELPS.

THANK YOU FOR SUPPORTING
OUR AMAZING TEAM!



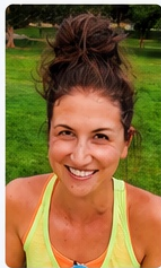
Go Wave!



Woodbourne Wave

Riding the Wave! 🌊

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COACH SPOTLIGHT 🌊

Coach Laura

ASSISTANT COACH

Hi! My name is Laura and I am excited to join the Woodbourne Wave coaching team this summer!

I have a long history of loving the water and swimming. When I was little, I refused to stay anywhere on vacation that didn't have a pool, lake or ocean to swim in! I didn't care how cold it was, I just wanted to swim. My daughter seems to have inherited my love of swimming and is excited for this summer season!

I was a Lifeguard and Swim coach on and off for 12 years before my kids were born. My favorite events are all the sprints, and relays. I am looking forward to getting back into the swimming world.

I enjoy coffee, being in the sun, floating at the pool with a good book, and hiking in nature.

Go Wave! 🌊



AWARDS AND QUALIFYING TIMES 🌊

Check back here weekly to see award and qualifying time updates. Categories are described below.



KCI AND STATE QUALIFYING TIMES

Swimmers can qualify for either the Ken Caryl Invitational or the State Meet. There are qualifying times for each event found here: [2024 Qualification Times](#)



IRON MAN / IRON WOMAN

The coveted Iron Awards are earned by swimming every stroke in your age group legally. Talk to the coaches to find out what you need to swim!



SPEEDING TICKETS

Speeding tickets are awarded to swimmers dropping more than 10% off their best time in any given event.

NAVIGATING A SWIM MEET 🌊



WHAT TO BRING

Multiple towels, dry clothes, extra cap and goggles, money for concessions, chairs and shade, water, signs/gifts for your buddy, sunscreen, snacks.



WHAT TO DO

Eat a healthy breakfast! Attend warm-ups at assigned time, find the events you are swimming in, check relay entries, stay hydrated, cheer on your buddy and other Wave swimmers. Swim fast and have fun!



HEATING

When your event number is on the call board for "First Call", head to the heating area (by the gate) and wait for your event. The Heaters will get you organized in the right row and chair to make your event. "Last Call" means the event is about to jump in the water. Be nice to the volunteers, they are bringing order to chaos!



WRITE YOUR EVENTS ON YOUR ARM / LEG

Know what events you are swimming at-a-glance by writing your Event Numbers, Heat Numbers, and Lane numbers on your arm or leg. This will help make sure you get lined up correctly in Heating! See below as an example:

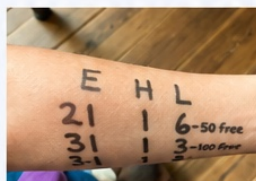


Table 1: 100m Swimmers	Table 2: 200m Swimmers	Table 3: 400m Swimmers	Table 4: 800m Swimmers	Table 5: 1600m Swimmers	Table 6: 3200m Swimmers
1.1 100m Freestyle 1.2 100m Backstroke 1.3 100m Breaststroke 1.4 100m Butterfly	2.1 200m Freestyle 2.2 200m Backstroke 2.3 200m Breaststroke 2.4 200m Butterfly	3.1 400m Freestyle 3.2 400m Backstroke 3.3 400m Breaststroke 3.4 400m Butterfly	4.1 800m Freestyle 4.2 800m Backstroke 4.3 800m Breaststroke 4.4 800m Butterfly	5.1 1600m Freestyle 5.2 1600m Backstroke 5.3 1600m Breaststroke 5.4 1600m Butterfly	6.1 3200m Freestyle 6.2 3200m Backstroke 6.3 3200m Breaststroke 6.4 3200m Butterfly

GO WAVE!!!



Thank you to our amazing swimmers, families and volunteers!
Let's make waves together this season!

