



Junior Royals 3

Week of September 2nd

This Week

I am super excited to get going and work with all of your swimmers this season. This week, we will go over group rules and expectations, goal setting, what it means to be mentally tough, lane assignments, and how we grow and succeed as a team!

The BIG news is that Junior Royals 3 will practice at the same time as the JR4s. The most significant piece is that practice will be offered tomorrow morning. Because this is a last-minute update, please don't stress if you cannot make it in the morning. What this does is remove the **3-HOUR PRACTICE** in the middle of the week!!!!

Group Calendar

You should have all just received a shared calendar from me with the practice schedule; please let me know if that link did not work. We are a Google Mail-based swim club, which doesn't always work with Yahoo and other accounts. Please let me know if there is another email that I need to share it with to make it work for you and your your family.

WEEKLY PRACTICE TIMES					
		STRETCH	BEGIN	END	COACH
Monday	9/2				
Tuesday AM	9/3	5:50 AM	6:00 AM	7:30 AM	Maegen/Abby
Tuesday PM	9/3	4:45 PM	5:00 PM	7:30 PM	Maegen
Wednesday	9/4	4:45 PM	5:00 PM	7:30 PM	Maegen
Thursday	9/5	4:45 PM	5:00 PM	7:30 PM	Maegen
Friday	9/6	5:50 AM	6:00 AM	7:30 AM	Blake/Abby
Saturday	9/7	7:50 AM	8:00 AM	11:00 AM	Blake
Sunday	9/8				



Equipment Needs

I am a big fan of equipment because it helps us develop the skills to learn proper technique.

- **RUNNING SHOES:** They must be brought to every practice because I like mixing things up. If it is above 50°, sunny, and dry, I would like them to be outside for cross-training.
 - **SNORKELS:** Many snorkels are broken or missing; please check with your swimmer to ensure they are good to go. Snorkels are essential in establishing the proper body position. My personal favorite is the FINIS snorkel with the purge valve, which helps expel the water from the snorkel more easily!
 - **FINS:** I prefer the [TYR Hyrdoblade Fin](#) because it helps those swimmers who kick every which way to kick straight. That said, I do not expect people to go out and buy new fins, but if your swimmer needs new ones because they have outgrown them, this is the best fin for technique.
 - **FIN BOOTIES:** These help for a better fit if your swimmers fins are too large, ask your swimmer if these are needed before purchasing. (Optional)
 - **BREASTSTROKE FINS:** For all of my breaststrokers and IMers, these are a great addition to your equipment and can be used for any stroke. But when we do choice kick sets with fins, this helps breaststrokers keep pace and focus on DPS. (Optional)
 - **PADDLES:** If you do not have paddles, please ensure your swimmer has a set. I enjoy the [Speedo Nemesis Contour Paddles](#) as they shape how your hand pulls through the water during a race. For sizing, your swimmer's fingers should be close to the end of the paddle and not over, but more importantly, not far from the edge.
 - **KICKBOARDS:** Please do not purchase one if you do not have one, we have 8 million in our dry storage room. We only use them to rest our hands on during kick sets and they are not even required within my group.
 - **WATER BOTTLE:** You sweat, even in the water, so keeping hydrated is critical. Please use an athletic water bottle that will allow for a quick squirt of liquids so that your athlete can turn and go during a main set. A Stanley is not an athletic water bottle, they spill easily and fall over all of the time. An athletic water bottle you can grab and squirt without fear of chipping a tooth!
 - **GOGGLES:** Bring back ups! If your goggles break, you need back ups! Make this a good practice to get into because even at meets, if your goggles break you need back ups! Buy some [bungee straps](#) because they plastic straps always break!
-

Junior Royal 4 + 3 - Parent Meeting [September 5th @ 7:30 pm](#)

Champions in the pool.



Champions in life.

I would love to meet each parent and start the season with a bang. In this meeting, we will discuss group expectations, group rules, the physical and mental health of the athletes, the schedule, mental toughness, and how I plan to keep your swimmers motivated.

PLEASE RESERVE THIS DATE so that you can be in attendance!!

In the meantime, please fill out this form so that I can best help your family and your athlete:

<https://forms.gle/tB7NxyB4JR2qfw6s8>

Upcoming Schedule

I love advanced warnings! So here is our tentative schedule for the season; please keep in mind that everything is always subject to change based on the meet host 🤖

Date	Meet	Location
10/4 - 10/6	SSC Swim Fest	HSE Natatorium
10/26	Barn Dance	Sleepy Bear Campground
11/15 - 11/17	City of Mason Invitational	Mason, Ohio
12/13 - 12/15	Jingle Jamobree	TNT - IUPUI Natatorium
12/28	Distance Splash	HSE Natatorium - In place of practice, everyone swims the mile!
12/28 TNT	HOLIDAY PARTY	Following the Distance Splash
1/17 - 1/19	MLK Invite	HSE Natatorium
2/21 - 2/23	Northside Invite	Carmel High School
2/28 TNT	Championship Party	Location TBD
3/1	Championship Splash	HSE Natatorium - coaches approval required.
3/7 - 3/9	Divisionals	Location TBD
3/21 - 3/23	Age Group State	Location TBD
3/26 - 3/30	Speedo Sectionals	IUPUI Natatorium

GRIT ~ GROWTH ~ GRATITUDE ~ OWNERSHIP ~ MINDFULNESS

Champions in the pool.



Champions in life.

Junior Royal 4 + 3's DO NOT participate in Splashes unless they cannot make a swim meet that month. If your swimmer would like to swim in a particular splash, please have them contact me to discuss this further.

Contact Me

If you ever have any questions, I am here for you!

Coach Maegen - 317-413-3845 or coachmaegen@southeasternswim.org

NEW Parent Group Me: https://groupme.com/join_group/102957763/7Jn0Vqwk