



Junior Royals 4+3

Week of September 8th

This Week

We have three weeks before our first swim meet, and this week, we will start increasing the yardage and intensity while focusing on our body position. [Here](#) is a great video describing the basics we are trying to build upon. After we get the wiggles out of our heads and bodies, we can begin focusing on the following technique and building up more speed.

As many of you may know, I am an Architect, and one of my big Clients is the City of Indianapolis. I have been working on a massive project for them for the last two years, and this next week, I am relocating two existing facilities into one new, beautiful building for the [Marion County Coroner's Office and the Indianapolis Marion County Forensics Services Agency](#). So this week, Blake, Abby, and Emily will lead morning practices and dryland/weights. I have outlined the week's practices, and we will begin weights for the 13-14-year-olds on Tuesday, Thursday, and Saturday. So please be patient if you send me an e-mail or text, and I promise I will get back to you!

Group Calendar

Please click the [GROUP CALENDAR](#) link to get the latest JR4 + JR3 Calendar.

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



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 Hydroblade 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 breaststrokes 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 breaststrokes 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!

Age Group - Parent Meeting **September 9th @ 7:30 pm**

Please make sure to stop by the Age Group Parent meeting tomorrow at 7:30 pm as we introduce the coaching staff, go over our vision for the program, and get ready for an exciting season!



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

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.

WE DO SHOW UP FOR SPLASHES to support our younger swimmers!

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/102957763/7Jn0Vgwk