



Junior Royals 3

Week of April 13th

WELCOME BACK

Tomorrow, we kick off our long-course season by setting goals and understanding why and where we want to go this summer. I have the season plan set and ready to go, and I will be sharing what that looks like and how we will mentally prepare ourselves for success.

Over the past season, we have had a lot of broken or missing equipment. Please ask your swimmer to bring you their bag, show you everything, and confirm that everything is in operational order.

Your fins fit, the snorkel isn't broken, you have two paddles and your pool buoy, if you need a nose plug, you got it, your kickboard is in your bag, and **EVERYTHING HAS YOUR NAME ON IT!!!!**

FIRST TWO WEEKS

We will be heavily focused on technique these first two weeks because, without it, we cannot progress...it is also a lovely welcome back from break! We will hit each stroke and get into the nitty gritty of head position, hand entry, high hips, and heels. Dryland and weights (13+), we will ensure that we are doing lunges properly, know how to squat with correct back and knee positions, and build up our endurance through plyometrics and running stadium stairs.

Parent-Athlete-Coach Meetings

I have created a link with PAC meetings; if you and your athlete are interested in meeting, please click on the link and fill in your athlete's name under the date and time. I will confirm with a calendar invite. Out of respect for my time, please select back-to-back meetings over the weekends. [📅 JR3 - PAC Meetings](#)



GroupME

Communication is quickest through GroupMe, click on the link to join now:

https://groupme.com/join_group/106986597/RvSJ43wM

Group Calendar

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

Please note: We are eliminating Tuesday morning practices and sticking with a Tuesday evening practice. Also, once the summer schedule is ready, we will post it ASAP.

Upcoming Schedule

Date	Meet	Location
4/24/25	Short Course Celebration	HSE Cafeteria
5/3-5/4	May Meters Kick Off	HSE
5/30-6/1	Summer Sizzler	HSE
6/13 - 6/15	Summer Invite	IU Natatorium
6/24	Open Water State*	Geist Waterfront Park

Champions in the pool.



Champions in life.

6/27-6/29	Enchanted Forest	Forest Park
7/17 - 7/20	Senior State*	IU Natatorium
7/17 - 7/20	Speedo Sectionals*	Columbus, Ohio
7/23 - 7/26	NCSA Summer Championship*	Huntsville, Alabama
7/23 - 7/25	Futures 2025*	Madison, Wisconsin
7/25 - 7/27	Age Group State*	IU Natatorium
7/31 - 8/3	Summer Zones* (AAA Times)	Rochester, Minnesota
8/1 - 8/3	Summer Divisionals*	TBD

*Qualifying Meet

!! 2024-2028 MOTIVATIONAL TIME STANDARDS !!

Questions??

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

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

GRIT ~ GROWTH ~ GRATITUDE ~ OWNERSHIP ~ MINDFULNESS