



Junior Royals 3

Week of April 21st

FIRST WEEK SORENESS 💧

This past week, we focused on building up our endurance and focusing a lot on our technique. This week, we are continuing our technique and upping our physical endurance by learning about breath control and heart rate tracking. To combat muscle soreness, please be sure to continue to stretch at home and drink lots of water!

This past Saturday, we did a beginning of season test set where we did 8 x 50 (2 of each stroke) and recorded our time and our stroke count, this creates a SWOLF score so that we can measure our efficiency in the water. We will do this 4 times throughout the season to make sure that we are improving our technique and our speed as we progress through the season. I will have these reports for the swimmers once I have finished entering in all of their data!!



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!!!!**

Champions in the pool.



Champions in life.

ALL HANDS ON DECK 🏆

We would like to start recognizing those swimmers who have achieved an 80% or better attendance for the week. **SHOUT OUT TO:**

Addie B. Zoey B. Emelyn B. Eleanor C. Marisa C. Wyatt H.

Faith R. Tyer T.

Let's see if we can grow our group each week and get 100% of our swimmers here!!

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		5:30 PM	8:00 PM	Short Course Celebration
Friday	5:45 AM	6:00 AM	7:30 AM	Maegen
Saturday	7:45 AM	8:00 AM	11:00 AM	Aaron
Sunday				

Please note: Also, once the summer schedule is ready, we will post it ASAP.

GRIT ~ GROWTH ~ GRATITUDE ~ OWNERSHIP ~ MINDFULNESS

Champions in the pool.



Champions in life.

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
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

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