

Champions in the pool.



Champions in life.

Junior Royals 3

Week of April 27th

IT IS SWIM MEET WEEK 💧

It is upon us—our first swim meet of the long course season!!! This week, we are upping our yardage and increasing the intensity of our dryland while still focusing on our technique. With the swim meet this weekend, we will focus more on our starts and race strategy so that we are ready to kick off long course meters with a bang!!!

We will also discuss confidence on race day and what being in “THE ZONE” means. We will learn what we need behind the block to prepare us to step up and focus on our races. We will take ownership over our events and outcomes, dive into that pool, and have fun!



SAFE SPORT TRAINING 💧

We, as a club, would like every parent and athlete to understand what it takes to keep our athletes safe on deck. Please take 30 minutes to go to the link below that is appropriate for you and your athlete and complete this training.

SAFE SPORT TRAINING FOR PARENTS: [SSRP Training Resources](#)

SAFE SPORT TRAINING FOR SWIMMERS: [Articles landing page](#)

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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:**

**Zoey B. Emelyn B. Eleanor C. Marisa C. Muriithi E. Wyatt H. Scout P.
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/Aaron/Blake
Thursday	4:45 PM	5:00 PM	7:30 PM	Maegen
Friday	5:45 AM	6:00 AM	7:30 AM	Maegen
Saturday	MAY METERS			
Sunday	MAY METERS			

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

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Upcoming Schedule

Date	Meet	Location
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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