

Champions in the pool.



Champions in life.

Junior Royals 3

Week of April 6th

LET'S GET READY TO GET OUR DISTANCE ON!!!

Of every season, long course is my favorite! Long course emphasizes technique, technique, technique.

Starting on **April 14th**, we will begin the first week with lots of technique as a welcome-back and then hone in on the little details throughout April. I have some new fun drills in my bag of tricks, requiring everyone to have their equipment in operational order!

Over the past season, we have had a lot of broken or missing equipment. It would be greatly appreciated if you could 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!!!!**

WELCOME TO OUR NEW JR3'S

I want to shout out our new JR3's to the group

Zoey B.

Eleanor C.

Marisa C.

Will M.

Andrew M.

Scout P.

We are super excited to have you with us. Get ready to have some fun!!!! On our first day of practice, we will review group rules, set expectations for the group and each swimmer, set summer goals, and learn more about each other.

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, if you could please select back-to-back meetings over the weekends, it would be greatly appreciated. [📅 JR3 - PAC Meetings](#)

GRIT ~ GROWTH ~ GRATITUDE ~ OWNERSHIP ~ MINDFULNESS



FIVE WORDS THAT WILL HELP YOU REACH YOUR GOALS

“For many swimmers, the holiday-training season will have a significant impact on whether they reach their goals for this season or come up short. The end-of-December, early-January training period can often be the most difficult part of your training, which can also make it the most important part of your training.

Far too many swimmers lose their intensity and motivation during this emotionally and physically challenging timeframe. The days are short during this winter grind, the practices tend to be brutal and most swimmers are already pretty fatigued by this point.

The key question that comes up here is “how do you maintain your focus and intensity so that you don’t give in to the natural impulse to space out and back down?”

[Five Words That Will Help You Reach Your Goals](#)

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	4:45 PM	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.

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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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