



Junior Royals 3

Week of July 13th

CHAMPIONSHIP PREP

We are going strong into our final three weeks of the season! Last Friday we had a lot of new times, last night we had a lot of fun! Now we are going to hunker down and keep going strong. Over the next week and a half, we will be breaking out into our championship meet rest groups. Everyone's rest will be targeted for the individual's best interest. Some swimmers need to do challenging dryland exercises up to the day of their event, while others require more stretching. Everyone is unique, and I plan to cater to each individual's needs.

Tonight at practice, we will select our championship meet events and enter them ASAP. During the next week, if a swimmer has any doubts about their events, I am always happy to discuss them and see what needs adjusting. If you have not booked your hotel room for Divisionals, please do so now, as rooms are filling up quickly.

To help your swimmer, please encourage them to be at as many practices as possible this week. We have had a lot of vacations, and I want to make sure each swimmer is ready to go and achieve their dreams, but they need to be at practice 😊

CHAMPIONSHIP TEAMS...THUS FAR

Age Group State Individual Qualifiers:

Eleanor, Marisa, MacKenzi, Addison J., Lucille

Divisional Individual Qualifiers:

Emelyn, Addie B, Zoey, Eleanor, Marisa, Amelia, Lorelei, Quinn, MacKenzi, Addison J, Lucy, Shirin, Faith, Addison R, Lucille, Muriithi, Wyatt, Will, Andy, Aryan, Atharv, Tyler, Luke

Let us cheer each other on as we get more qualifiers and make our dreams a reality!!!

We are working on relays for Age Group State and Divisionals and will post once we have these relays set. It is always our goal to put our fastest relays forward and will wait for next weekend's times to come through before publishing.

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:**

Zoey Emelyn Eleanor Amelia Lorelei Quinn MacKenzi Wyatt Will Shirin Faith Lucille

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

TOP OF THE PODIUM 🏆

Shout out to our 100% practice attendance swimmers:

Emelyn Eleanor Amelia Lorelei Will



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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Champions in the pool.



Champions in life.

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
Thursday	4:45 PM	5:00 PM	7:30 PM	Maegen
Friday	7:15 AM	7:30 AM	9:00 AM	Maegen
Saturday	7:45 AM	8:00 AM	11:00 AM	Maegen
Sunday				

Upcoming Schedule

Date	Meet	Location
7/17 - 7/20	Senior State*	IU Natatorium
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*	Sugar Creek Swim Club

!! [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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