



Junior Royals 3

Week of July 21st

AGE GROUP STATE

Here we go, our first of two championship meets of the long course season!

Wednesday at 5:00 pm we will be exchanging our secret psycher posters and then hopping in for practice and working on relay exchanges. After the relay exchanges, all the age group swimmers will head back to COach Campbell to finish out practice.

The schedule is as follows:

DAY	ITD	13-14	ITD	11-12	Open	Meet Starts
Thursday Finals	2:00 PM	2:30 PM	XX	XX	3:30 PM	
Friday Prelims	6:30 AM	6:30 AM	7:00 AM	7:00 AM	7:30 AM	8:00 AM
Friday Finals	3:30 PM	4:00 PM	3:30 PM	4:00 PM	4:30 PM	5:00 PM
Saturday Prelims	6:30 AM	6:30 AM	7:00 AM	7:00 AM	7:30 AM	8:00 AM
Saturday Finals	3:30 PM	4:00 PM	3:30 PM	4:00 PM	4:30 PM	5:00 PM
Sunday Prelims	6:30 AM	6:30 AM	7:00 AM	7:00 AM	7:30 AM	8:00 AM
Sunday Finals	3:30 PM	4:00 PM	3:30 PM	4:00 PM	4:30 PM	5:00 PM

Once we know when the relays will be swum we will communicate this out to the swimmers.

If you have a deck pass, please feel free to come down and cheer for all of your teammates in their championship meet!!

Secret Psycher gifts should be brought on Saturday to the meet to pass out! Not everyone will be there SATurday, so if you don't get a gift Saturday, that means your person will give it to you on Sunday!

Champions in the pool.



Champions in life.

CHAMPIONSHIP TEAMS

Age Group State Individual Qualifiers:

Eleanor, Marisa, MacKenzi, Addison J., Lucille, Faith R.

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

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:**

Emelyn Eleanor Marisa Amelia Lorelei Muriithi MacKenzi Will Faith Tyler

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 Marisa Amelia Lorelei Muriithi MacKenzi Will Faith Tyler

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](#)

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	Campbell
Friday	5:45 AM	6:00 AM	7:30 AM	Abby
Saturday	7:45 AM	8:00 AM	11:00 AM	Campbell
Sunday				

All Age Group State swimmers should be at practice Friday morning if you are not swimming on Friday at the meet, you cannot take a day off before your big meet.

Upcoming Schedule

Date	Meet	Location
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

GRIT ~ GROWTH ~ GRATITUDE ~ OWNERSHIP ~ MINDFULNESS