



Junior Royals 3

Week of July 27th

AGE GROUP STATE RECAP 🌊

Tonight, we wrapped up Age Group State with a lot of impressive swims. We had a lot of excited swimmers cheering each other on and getting hyped. Let us take this excitement and roll it into next weekend, showing everyone that we mean business!

DIVISIONALS 🌊

I will be sending out our Divisional newsletter to the entire team later today so that everyone can plan for the upcoming travel meet.

This Thursday, we will be celebrating our Divisional Team from 5:00 to 5:30 pm. All parents are welcome to cheer on the swimmers. From 5:30 pm to 6:30 pm, we will be swimming together as an entire Junior Group and work on relay starts.

From 6:30 to 7:30, there has been a request to decorate motivational clothes pins so that they can run around and clip people 😊. This is optional, but it will be fun and motivating. I just bought 200 clothespins for this purpose, and I need your help with them. We need stuff to decorate with and bring to practice!!

Pin decoration ideas: glitter, beads, stickers, colored markers, ribbon, motivational quotes, glue, and anything else you can think of!

Have the swimmers discuss among themselves the items they can bring so that we can make this happen!



Champions in the pool.



Champions in life.

SAFE SPORT TRAINING

I include this in our newsletter every week, but it is a critical step that we need each parent to review and understand the Safe Sport Policies, which will help us become a nationally certified Safe Sport Club.

As a club, we would like every parent and athlete to understand what it takes to keep our athletes safe on deck. Please take 30 minutes to visit the link below that is suitable 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 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
Thursday	4:45 PM	5:00 PM	7:30 PM	Maegen
Friday	DIVISIONALS			
Saturday	DIVISIONALS			
Sunday	DIVISIONALS			

Upcoming Schedule

Date	Meet	Location
8/1 - 8/3	Summer Divisionals *	Sugar Creek Swim Club

We will communicate back to swimming schedule after divisionals.

!! [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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