



Junior Royals 3

Week of July 6th

CHAMPIONSHIP PREP 💧

We have two meets next week, July 11th, Last Chance Splash, and July 13th, Under the Lights. These are our last two meets to qualify for additional events for our championship meets. I just went through everyone's times to see what they needed to fill a lineup for AGS or Divisionals. I will review these with your swimmers this week to ensure they are all in agreement that these are the best swims for them. We will make any adjustments needed on Monday or Tuesday.

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 B. Eleanor C. Amelia D Lorelei D Muriithi E. MacKenzi F Shirin P. Lucille Y.

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:

Eleanor C. Amelia D Lorelei D Muriithi E. MacKenzi F



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](#)

GRIT ~ GROWTH ~ GRATITUDE ~ OWNERSHIP ~ MINDFULNESS

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	5:45 AM	6:00 AM	7:00 AM	Maegen
Saturday	7:45 AM	8:00 AM	11:00 AM	Maegen
Sunday				

Upcoming Schedule

Date	Meet	Location
7/11	Last Chance Splash	HSE
7/13	Sprint Nights Under the Lights	Forest Park
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

GRIT ~ GROWTH ~ GRATITUDE ~ OWNERSHIP ~ MINDFULNESS