



Junior Royals 3

Week of June 15th

MID-JUNE

I'm not sure where the summer is going, but we're halfway through June and starting to hone in on our championship meet races, refining our strategies, and improving our technique. We have had some excellent swims over the last two meets and will start discussing our end-of-season events this week, as we have only a few meets left for the summer. Please make sure you go in and commit to the meets that you can attend.

OPEN WATER STATE

The Open Water State meet is next week. Even if you didn't enter, you should swing by and support your teammates who did. It's a fantastic event, and you can learn more about open water yourself. We also still need volunteers for the event so please see where we can assist.

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:**

Eleanor C. Addie J. Shirin P. Faith R.

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. Addie J. Shirin P. Faith R.



Champions in the pool.



Champions in life.

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](#)

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/Blake
Thursday	4:45 PM	5:00 PM	7:30 PM	Aaron
Friday	5:45 AM	6:00 AM	7:00 AM	Maegen
Saturday	7:45 AM	8:00 AM	11:00 AM	Maegen
Sunday				

GRIT ~ GROWTH ~ GRATITUDE ~ OWNERSHIP ~ MINDFULNESS

Champions in the pool.



Champions in life.

Upcoming Schedule

Date	Meet	Location
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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