



Junior Royals 3

Week of May 11th

MAKING WAVES

This past week, all your swimmers have stepped up, focused on their technique, transitioned it to their swimming, and made huge improvements! This week, we will build upon it and add more breath control, which we have been focusing on a lot over the last few weeks. Learning to control our breathing in and out of the walls, off the blocks, and having a breathing pattern while we swim is critical to our short races. Knowing exactly when to breathe is something we will hit on pretty hard this week, as we have two weeks to focus on this before the Summer Sizzler!!!!



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.

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:**

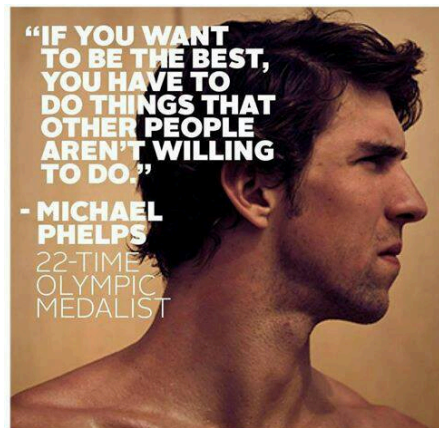
Emelyn B. Eleanor C. Muriithi E. Wyatt H. Faith R.

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:

Muriithi E. Wyatt H. Faith R.



GroupME

Communication is quickest through GroupMe, click on the link to join now:

https://groupme.com/join_group/106986597/RvSJ43wM

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	Maegen
Friday	5:45 AM	6:00 AM	7:30 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
5/30-6/1	Summer Sizzler	HSE
6/13 - 6/15	Summer Invite	IU Natatorium
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

GRIT ~ GROWTH ~ GRATITUDE ~ OWNERSHIP ~ MINDFULNESS