



Junior Royals 3

Week of May 18th

FOCUSING ON THE LITTLE THINGS 💧

This week, we will focus on all of the little things: head position, hand position, hand and foot timing, and really developing our kick. Why the little things? Hideki Takagi is a swim coach and professor at the University of Tsukuba in Japan, specializing in fluid engineering, biomechanics, and sports engineering. His research focuses on the hydrodynamic analysis of forces in human aquatic activities to enhance performance. In the study of swimming, he concluded that “The hand contributes 90-97% of the propulsive force during the arm pull of the freestyle stroke.” The forearm just adds 3-10%, and the upper arm almost negligible force.” So when we focus on the correct hand position from entry, through the pull, to recovery, this is where a lot of time should be spent. This applies to all four strokes and is the focus of every practice until I don’t have to call someone out for it. **It takes 21 days to form a habit, and our current habit-forming target is our hands and head position!**



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:**

Addie B. Zoey B. Emelyn B. Muriithi E. MacKenzi F. 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:

Zoey B. Emelyn B. MacKenzi F. Wyatt H. Faith R.



"IF YOU WANT TO BE THE BEST, YOU HAVE TO DO THINGS OTHER PEOPLE AREN'T WILLING TO DO."

MICHAEL PHELPS

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				
Monday	8-10 am INDY 500 SWIM			

GRIT ~ GROWTH ~ GRATITUDE ~ OWNERSHIP ~ MINDFULNESS

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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

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