



Junior Royals 3

Week of May 25th

SUMMER SIZZLER

This week we have the Summer Sizzler! We will be hitting it hard, focusing on the little details as we prepare for some outstanding performances this week. The key is to attend practice all week to be ready.

This will be a tech suit meet, make sure we bring healthy snacks to munch on between events, lots of water, lots of stretching, and **LOTS OF REST THIS WEEK!!!!** Once we have confirmed warm-up times, I will let everyone know our ITD time, which may vary slightly from what is initially sent out. We need a good solid 20 minutes of activation before getting in the pool for warm-ups, and some swimmers like to put their suits on after activation. So once I have more information, I will pass it on.



JUNE 1ST THROUGH JUNE 11TH

Here is a heads-up on coaching from June 1st through June 11th. I will be out of town from June 1st through June 7th on vacation. We had planned this last June, and it does overlap this year with Summer Sizzler. So I will be at the meet Friday and Saturday, but not on Sunday. I will let the swimmers know which coach to report to for the meet.

From June 7th to 11th, I was selected as a Team Indiana Coach for the Naval Academy Elite Camp. I am buttoning up the schedule while I am gone with the coach coverage and will be writing all of the practices so that each swimmer can still have their unique practices and focuses and so that we will not lose our momentum. Just because I am out of town, I will still get daily reports on the group and their progress and if you ever have any questions you can still text me, call me, e-mail me!

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. MacKenzi F. Wyatt H.
Will M. Faith R. 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:

Emelyn B. Eleanor C. MacKenzi F. 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	SUMMER SIZZLER			
Saturday	SUMMER SIZZLER			
Sunday	SUMMER SIZZLER			

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