



Junior Royals 4 + 3

Week of November 10th

This Week

We have three more intense practices to build upon our moment going into Mason. So we know your swimmers are tired, and they know they are exhausted. They know our goal is to get into this meet knowing how much effort they put in, and they are ready to show up! Wednesday we will be focused on extra stretching, maintaining our dryland, and getting longer rests in the water but faster swims, and we will back off the yardage slightly. Our dryland will be used for a meditation session, stretching, and pool time on Thursday. Friday morning practice will be set for those not swimming in the meet on Friday, and for those swimming in the meet on Friday, this is an optional stretch-out before you travel; I highly recommend taking advantage of this.

As we near the end of the year, please update your USA Swimming registration via the link below if you still need to do so thus far.

USA SWIMMING REGISTRATION: <https://omr.usaswimming.org/omr/welcome/FD9142AA887737>

MASON RAY INVITATIONAL

Below is the tentative timeline; unfortunately, we do not know the session timelines until all the entries have been posted. Once we have more information, we will update this ASAP. *Here is a guesstimate of what the mid-day and evening sessions might look like, given a 4-hour limit on sessions.*

Sessions	ITD	Activation	Warm Up	Meet Start
Friday - Timed Finals	2:25 PM	2:30 PM	3:00 PM	4:00 PM
Saturday AM Prelims - 13 & Over	5:55 AM	6:00 AM	6:30 AM	8:00 AM
Saturday Mid-Day Prelims - 12 & U	11:25 AM	11:30 AM	12:00 PM	1:00 PM
Saturday PM Finals	4:25 PM	4:30 PM	5:00 PM	6:00 PM
Sunday AM Prelims - 13 & Over	5:55 AM	6:00 AM	6:30 AM	8:00 AM
Sunday Mid Day Prelims - 12 & U	11:25 AM	11:30 AM	12:00 PM	1:00 PM
Sunday PM Finals	4:25 PM	4:30 PM	5:00 PM	6:00 PM



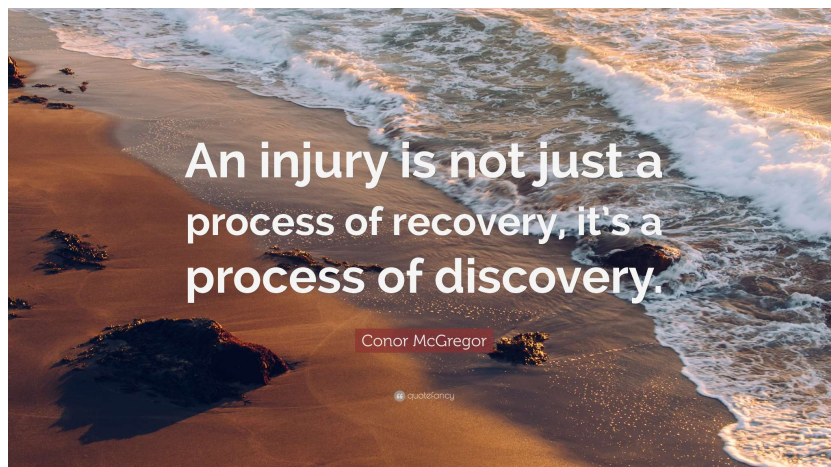
INJURIES/EAR INFECTIONS

We know most of our swimmers' injuries and are doing what we can to help them in and out of the pool. If your swimmer has a persistent injury that is not getting better with rest, I highly recommend taking them to the doctor to make sure it is not more severe than just a strained muscle.

What we are doing with injuries in practice:

1. If your athlete has a prescribed PT program, they can start every practice with their required PT exercises.
2. We modify sets to ensure they are not straining or irritating the injury.
 - a. **Knee injuries:** Do not kick breaststroke if it hurts; if kicking is an irritant point, then we pull. During dryland, there is no running or explosive movement from the legs. We are utilizing a stretch cord in water to avoid impact on the wall while working Distance Per Stroke (DPS), tempo, and timing.
 - b. **Groin injuries:** We are laying off kicking and focusing on pulling and catching. During dryland, there is no running or explosive movement from the legs. We are utilizing a stretch cord in water to avoid impact on the wall while working Distance Per Stroke (DPS), tempo, and timing.
 - c. **Shoulder and elbow Injuries:** We are focusing on more of a kick-based practice but are still swimming as allowed so we can watch their technique to see if swimming is the cause of the injury.
 - d. **Ear Infections:** We do heads-up kicking with silicone ear plugs and a swim cap to keep the water out of the ears, but your swimmer is in the water, focusing on what they can do. Just because you have an ear infection doesn't mean we cannot do more dryland and head out of the water kicking.

As always, we will do whatever is best for your swimmer and modify their individual swimming plans to ensure they stay in the water and thrive. If you have any questions or concerns, please feel free to reach out to us individually; we are happy to meet with you.



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/Blake
Tuesday AM	5:50 AM	6:00 AM	7:30 AM	Maegen/Blake/Abby
Tuesday PM	4:45 PM	5:00 PM	7:30 PM	Maegen/Blake
Wednesday	4:45 PM	5:00 PM	7:30 PM	Maegen/Blake/Emily
Thursday	4:45 PM	5:00 PM	7:30 PM	Maegen/Blake
Friday	5:50 AM	6:00 AM	7:30 AM	Maegen/Blake/Abby
Saturday	No Saturday practice due to Mason			
Sunday				

Due to the Mason Meet, we will not have practice this Saturday, but please feel free to go for a bike ride or a run. It is beautiful outside for the month of November!

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Champions in life.

Upcoming Schedule

Please commit ASAP so we can pick events with your swimmers.

Date	Meet	Location
11/15 - 11/17	City of Mason Invitational	Mason Municipal Aquatic Center in Mason, Ohio (2.5 Hour Drive) Warm Ups at 3pm on Friday (400 IM, 200 IM, 500 FR, 200 FR)
12/13 - 12/15	Jingle Jamobree	IUPUI Natatorium
12/28	Distance Splash	HSE Natatorium - In place of practice, everyone swims the mile!
12/28 <i>TNT</i>	HOLIDAY PARTY	Following the Distance Splash
1/17 - 1/19	MLK Invite	HSE Natatorium
2/21 - 2/23	Northside Invite	Carmel High School
2/28 <i>TNT</i>	Championship Party	Location TBD
3/1	Championship Splash	HSE Natatorium - coaches approval required.
3/7 - 3/9	Divisionals	Noblesville High School
3/13 - 3/16	Senior State	Pike High School
3/21 - 3/23	Age Group State	Location TBD
3/26 - 3/30	Speedo Sectionals	IUPUI Natatorium

!! 2024-2028 MOTIVATIONAL TIME STANDARDS !!

Contact Us

If you ever have any questions, we are here for you!

Coach Maegen - 317-413-3845 or coachmaegen@southeasternswim.org

Coach Blake - 317-292-5211 or coachblake@southeasternswim.org

Parent Group Me: https://groupme.com/join_group/102957763/7Jn0Vqwk

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