



Junior Royals 4 + 3

Week of November 2nd

This Week

Congratulations to the swimmers who swam in the Noblesville Ice Breaker this weekend. There were lots of best times, lots of learning moments, and lots of fear conquered for trying something new!

Over the next two weeks, we will hone in on our endurance, focus on our race strategy, fine-tune our starts and turns, and get ready to race at Mason 🏆

As we near the end of the year, please update your USA Swimming registration via the link below if you have not done so thus far.

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

MASON RAY INVITATIONAL

This will be a fast meet with fast swimming, so naturally, we need to put on our FAST SUITS and show them what we are made of and that we are ready to compete. So, if your swimmer doesn't have a tech suit, now is the time to get down to Elsmore and grab one!

At practice, we will talk about mental toughness, getting up and racing, getting IN THE ZONE, and focusing on ourselves. I'm encouraging each swimmer to create a motivational playlist to get them pumped up and listen to before their races.

I am also asking that they keep their focus on the deck and not in the stands. One HUGE thing for an athlete is to focus on themselves and their teammates, not texting their parents after each swim; it takes them out of their zone and out of focus. Everyone can celebrate together after they have finished all of their races. This is a massive mindset shift that I am hoping everyone will respect. I want each swimmer to focus on their excitement of competing, not their times; focus on their success and that of their teammates. BE IN THE MOMENT.

IT IS BETTER TO
HAVE A GREAT TEAM
THAN A TEAM OF GREATS

-SIMON SINEK

GRIT ~ GROWTH ~ GRATITUDE ~ OWNERSHIP ~ MINDFULNESS



WORKING HARD, WHAT DOES IT MEAN?

We always talk about working hard, but do we know what that means?

Hard work is defined as being constantly, regularly, or habitually engaged in earnest and energetic work. It generally involves physical, mental, or emotional effort, as well as high levels of focus and purpose. Hard work can be difficult and painful, but it is often worth doing because it will usually lead to something greater in the end.

Over this month, we are examining what hard work really means to each swimmer personally and raising the bar on how being mentally tough can encourage hard work.



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	7:50 AM	8:00 AM	11:00 AM	Blake
Sunday				

Champions in the pool.



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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