



Junior Royals 4 + 3

Week of September 15th

This Week

It takes 21 days to form a habit! We were off most of August, and some were off the entire month. Now that we are all back, we were having mental breakdowns on Tuesday with the realization that we are in full swing of school and swimming. We sat down on Wednesday and discussed how we feel mentally and physically and why we feel that way. I emphasized that we are two weeks into the three weeks of mental toughness, getting our bodies back from break, and getting back into our routine. The end of the three weeks is that magical time when it all starts to click, and our bodies remember how to swim and what it feels like to be an athlete.

We have been focusing on body position, head position, and sneaky breaths. This week, we will start hammering down on hand position and constantly building up our strokes.

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

Group Calendar

Please click the GROUP CALENDAR link for the latest JR4 + JR3 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/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/Abby
Saturday	7:50 AM	8:00 AM	11:00 AM	Maegen/Blake
Sunday				



Team Parents

I am super excited to announce our team parents as Amy Calanog, Rayie Macabulos, and Kristin Marini. They will send out e-mail communications for group events so that we can all get together outside of the pool for some fun activities and help coordinate snacks for the swimmers after practice!

THANK YOU for all you are doing for our swimmers!

Team Apparel

Please go to the Elmore site and order your TEAM SUITS!! We also added team warm-ups, which are great for team spirit and will help keep your swimmers warm on deck!

Upcoming Schedule

I love advanced warnings! So here is our tentative schedule for the season; please keep in mind that everything is always subject to change based on the meet host 🤖

Date	Meet	Location
10/4 - 10/6	SSC Swim Fest	HSE Natatorium
10/26	Barn Dance	Sleepy Bear Campground
11/15 - 11/17	City of Mason Invitational	Mason, Ohio
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

Champions in the pool.

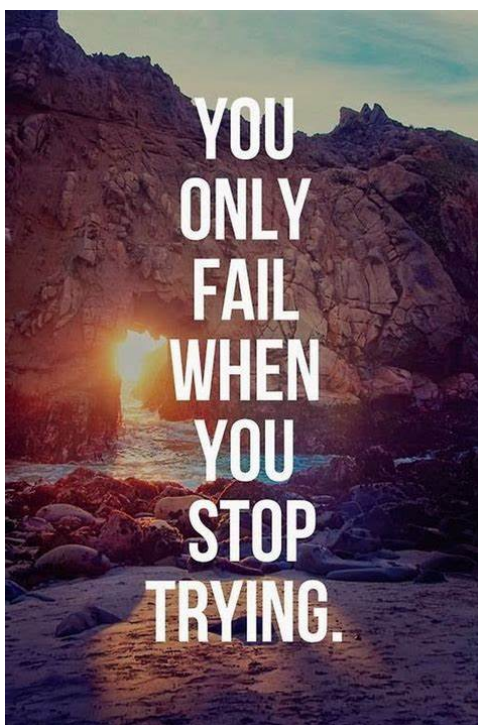


Champions in life.

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

Junior Royal 4 + 3's **DO NOT** participate in Splashes unless they cannot make a swim meet that month. If your swimmer would like to swim in a particular splash, please have them contact me to discuss this further.
WE DO SHOW UP FOR SPLASHES to support our younger swimmers!

!! 2024-2028 MOTIVATIONAL TIME STANDARDS !!



Contact Me

If you ever have any questions, I am here for you!

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

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

GRIT ~ GROWTH ~ GRATITUDE ~ OWNERSHIP ~ MINDFULNESS