



Junior Royals 4 + 3

Week of September 22nd

This Week

It takes 21 days to form a habit! Well, we made it 21 days, and let me tell you, the difference in the swimmer's attitude and excitement level has skyrocketed! This week will be similar to last week, but we will push harder within dryland, focusing on the little muscles around the shoulders and knees to help prevent injuries and endurance within dryland training.

On Monday, we will make goal posters that each swimmer can proudly hang at home where they can see it daily. When I was younger, my poster was behind my bedroom door so that I could see it when I was lying down, and then I also made a duplicate and posted it on my bathroom mirror. This is a great visual reminder of what their goal is daily and why they do what they do. So, have them bring their favorite markers tomorrow to have fun laying it out.

We would also love for all JR4 and JR3 to stay after practice on Saturday to help time and cheer on your teammates swimming in the splash. The younger swimmers love it when you are there to support and show them that you care. This is what team culture is all about!

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

Junior Royal 3 Schedule vs. Junior Royal 4

With Junior Royal 3 and Junior Royal 4 practicing simultaneously and paying different fee amounts, we must revisit each Junior Royal 3's schedule. We have two options:

- 1 - If your swimmer wishes to practice seven times a week, we will change the billing to the JR4 price. I believe it is around \$20 more monthly....but don't quote me.
- 2 - If your swimmer wishes to practice only six times a week, we will keep it at the JR3 price but omit Tuesday evenings.

If each Junior Royal 3 family can contact me to let me know their decision, we will take care of that on our side.



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/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 Apparel

Please go to the Elsmore 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

PLEASE NOTE: DO NOT BOOK A HOTEL FOR THE MASON MEET until the coaches have talked with each swimmer to decide the best meet for them. We were recently invited to the Ice Breaker Invitational at Noblesville High School; we are waiting for the meet letters for both Mason and Noblesville to decide the best meet per swimmer. So please hold off on booking hotels. We hope to have the information this next week.

Date	Meet	Location
10/4 - 10/6	SSC Swim Fest	HSE Natatorium
10/26	Barn Dance	Sleepy Bear Campground

Champions in the pool.



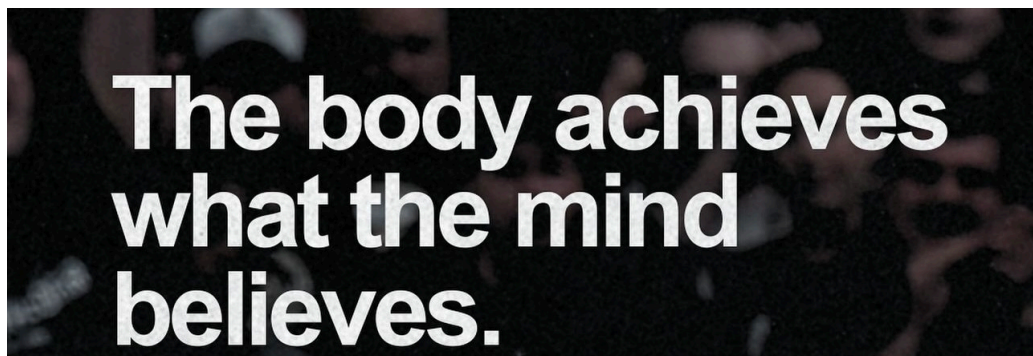
Champions in life.

11/1 - 11/3	Ice Breaker	Noblesville, Indiana
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
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 !!



GRIT ~ GROWTH ~ GRATITUDE ~ OWNERSHIP ~ MINDFULNESS

Champions in the pool.



Champions in life.

Contact Us

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

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

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

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