



# Junior Royals 4 + 3

## Week of September 28th

### This Week

HUGE THANK YOU to all of the JR3's and JR4's for taking the time out of their day on Saturday to help time and support your younger teammates at the Super Splash. Without you, this meet would not have been possible. Be proud of yourselves!

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

### SWIMFEST!!!

This weekend is SwimFest! If your swimmer is not swimming the 1000 Free or the 1650, your swimmer will be at practice on Friday morning.

| Sessions                                    | ITD      | Activation | Warm Up | Meet Start |
|---------------------------------------------|----------|------------|---------|------------|
| Friday - Timed Finals                       | 4:25 PM  | 4:30 PM    | 5:00 PM | 6:00 PM    |
| Saturday/Sunday Timed Finals (11-12 & 15&O) | 5:45 AM  | 5:50 AM    | 6:15 AM | 7:30 AM    |
| Saturday/Sunday Timed Finals (10&U & 13-14) | 12:55 PM | 1:00 PM    | 1:30 PM | 2:45 PM    |

**Nutrition:** Please have your swimmer pack their food accordingly based on when they are swimming.

**NO SODAS, NO CANDY, NO ENERGY DRINKS;** this is not nutritional support for an athlete.

### 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.

*Champions in the pool.*



*Champions in life.*

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.

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## Group Calendar

| WEEKLY PRACTICE TIMES |           |         |         |                    |
|-----------------------|-----------|---------|---------|--------------------|
|                       | STRETCH   | BEGIN   | END     | COACH              |
| <b>Monday</b>         | 4:45 PM   | 5:00 PM | 7:30 PM | Maegen/Blake       |
| <b>Tuesday AM</b>     | 5:50 AM   | 6:00 AM | 7:30 AM | Maegen/Blake/Abby  |
| <b>Tuesday PM</b>     | 4:45 PM   | 5:00 PM | 7:30 PM | Maegen/Blake       |
| <b>Wednesday</b>      | 4:45 PM   | 5:00 PM | 7:30 PM | Maegen/Blake/Emily |
| <b>Thursday</b>       | 4:45 PM   | 5:00 PM | 7:30 PM | Maegen/Blake       |
| <b>Friday</b>         | 5:50 AM   | 6:00 AM | 7:30 AM | Maegen/Blake/Abby  |
| <b>Saturday</b>       | SWIM FEST |         |         |                    |
| <b>Sunday</b>         | SWIM FEST |         |         |                    |

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## Upcoming Schedule

We welcome all JR3's and JR4's to participate in this meet as it is a prelim and final meet! Please make your commitment ASAP so that we can pick events with your swimmers.

| Date          | Meet                       | Location                                                              |
|---------------|----------------------------|-----------------------------------------------------------------------|
| 10/4 - 10/6   | SSC Swim Fest              | HSE Natatorium                                                        |
| 10/26         | Barn Dance                 | Sleepy Bear Campground                                                |
| 11/1 - 11/3   | Ice Breaker                | Noblesville, Indiana                                                  |
| 11/15 - 11/17 | City of Mason Invitational | Mason Municipal Aquatic Center in Mason, Ohio <b>(2.5 Hour Drive)</b> |

**GRIT ~ GROWTH ~ GRATITUDE ~ OWNERSHIP ~ MINDFULNESS**

*Champions in the pool.*



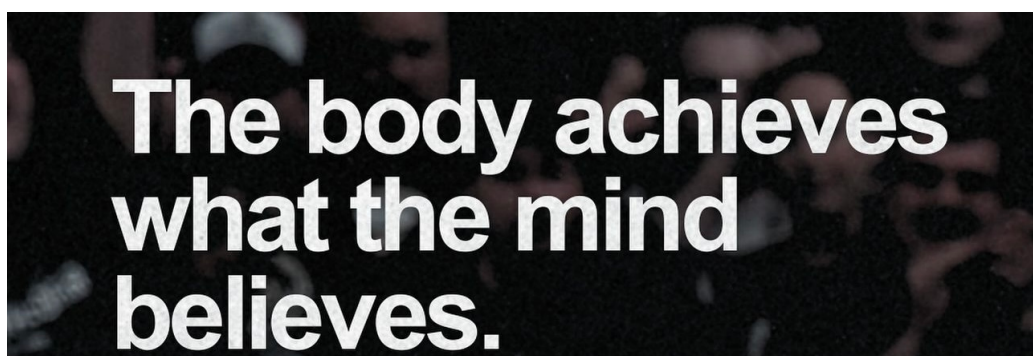
*Champions in life.*

|                  |                     |                                                                 |
|------------------|---------------------|-----------------------------------------------------------------|
|                  |                     | 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                                                |

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 !!**



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***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](mailto:coachmaegen@southeasternswim.org)

Coach Blake - 317-292-5211 or [coachblake@southeasternswim.org](mailto:coachblake@southeasternswim.org)

**NEW Parent Group Me:** [https://groupme.com/join\\_group/102957763/7Jn0Vqwk](https://groupme.com/join_group/102957763/7Jn0Vqwk)