

Champions in the pool.



Champions in life.

Junior Royals 4 + 3

Week of December 1st

This Week

Welcome to December. With each new month, it is our honor and pleasure to take our training to the next level with faster intervals, longer distances, and hammering down on our technique. This month, we are hitting our starts, turns, and finishes pretty hard because when it comes down to the championship meets, this is where races are won and lost.

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.

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

SECRET SANTA

Don't forget Secret Santa is this Thursday, so make sure that you bring your gifts to practice with the gift exchange starting at 7:15 pm.

FAKE IT UNTIL YOU MAKE IT

We have been working hard with mental toughness; I keep telling them to fake it until you make it.

If you aren't feeling fast, FAKE IT.

If you aren't feeling the best, FAKE IT.

If you are feeling grumpy, FAKE IT.

FAKE IT means if you aren't feeling fast, focus on your technique and all the little things we have given you feedback on.

FAKE IT means if you aren't feeling your best, to focus on what you can do and be proud of yourself for showing up.

FAKE IT means if you are grumpy, focus on the positive, cheer on a teammate, and put a smile on your face.

GRIT ~ GROWTH ~ GRATITUDE ~ OWNERSHIP ~ MINDFULNESS



HIGH SCHOOL SEASON

It is ramping up, and each week, keep an eye on the schedule as the high school team has home swim meets in which we will still have practice, but it will be dryland-focused in the evenings, followed by cheering on the HSE Swimming and Diving team as they compete against other schools. For those going into high school who are considering swimming, this is a great way to watch the energy, understand the layout of the meet, and to cheer on your fellow SSC swimmers from the stands 😊

[Events - Hamilton Southeastern High School](#)

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	Blake/Abby
Tuesday PM	4:45 PM	5:00 PM	6:00 PM	Maegen/Blake
Wednesday	4:45 PM	5:00 PM	7:30 PM	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
Saturday	7:45 AM	8:00 AM	11:00 AM	Blake
Sunday				

PLEASE NOTE THAT TUESDAY EVENING PRACTICE ENDS AT 6 PM.

After practice, they can stay and cheer on the Royals as they compete in their first home meet of the year.

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Upcoming Schedule

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

Date	Meet	Location
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	IUPUI Natatorium
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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