

Champions in the pool.



Champions in life.

Junior Royals 4 + 3

Week of December 22nd

This Week



Welcome to winter break, where everyone gets a break from school!

In the upcoming few weeks, we will focus on yardage, refining our technique, and continuing to build our endurance.

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>

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DISTANCE SPLASH

We have spoken with each of your swimmers and selected their distance splash events based on their goals for the season. This splash is intended to be in place of practice, so if you are here I highly encourage each swimmer to compete in a race!

AFTER THE DISTANCE SPLASH THERE IS A HOLIDAY PARTY PITCH IN, STAY TUNED FOR MORE DETAILS.

MLK

We have many swimmers who have not yet declared their intent to swim in the MLK. Please do so ASAP so that we can work on their events with them.

Group Calendar

WEEKLY PRACTICE TIMES				
	STRETCH	BEGIN	END	COACH
Monday	4:45 PM	5:00 PM	7:30 PM	Maegen/Blake
Tuesday AM	8:50 AM	9:00 AM	11:30 AM	Maegen/Blake
Tuesday PM	NO PRACTICE			
Wednesday	NO PRACTICE			
Thursday	4:45 PM	5:00 PM	7:30 PM	Maegen/Blake
Friday	5:50 AM	6:00 AM	7:30 AM	Maegen/Blake
	DISTANCE SPLASH ITD - 7:30 AM W.U - 8:00 AM MEET - 9 AM			
Saturday				
Sunday				

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Upcoming Schedule

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

Date	Meet	Location
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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