



Junior Royals 4 + 3

Week of December 29th

This Week

We had a great week of swimming last week and lots of new times at the distance splash!

CRITICAL: Please update your USA Swimming registration via the link below if needed. Some of you have not, and after tomorrow, your swimmer cannot return to practice until they have been registered. If you are unsure if you have registered, please go to USA Swimming, log in, and check your membership card.

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

MID STATES 2025

This weekend, we have two competing in Mid-States, representing Team Indiana.

A huge shout out to Presley Barker and AJ Chesterfield for making the team.

We also want to give a **BIG CONGRATULATIONS** all those who achieved qualifying times: Sarah Ding, MacKenzi Fleck, Delaney Miller, Sawyer Green-Whitehead, and Milley Sealls.

MLK INVITATIONAL

This week, we will be working with your swimmers to select their events for the MLK Invitational; please be sure to declare your swimmer ASAP. We have reached out to a few who have not declared, but this is your reminder to do so if you still have not.

As we get to the end of the season, for those turning 13 before Divisionals and Age Group State, we are taking every advantage of swimming in OPEN EVENTS to achieve qualifying times for championship meets. We are always looking ahead to ensure that each swimmer is put into a successful position as we work through the season.

This will be a tech suit meet focused on qualifying events for Divisionals and Age Group State that we have yet to achieve.



NUTRITION

We cannot emphasize enough the importance of water bottles at every practice and actually drinking the water within them. Due to a lack of hydration and nutrition, we have had an incredible number of headaches and dizziness.

Not eating before coming to practice is unacceptable for an athlete to perform at their best. This responsibility falls directly on the athletes themselves, and we talk through each headache and dizzy spell to walk them through why they are feeling the way they are feeling. They understand where they can improve and the importance of fueling their bodies before each practice.

So, as a parent, I highly encourage you to ask your swimmer if they have eaten and have their water bottle before bringing them to practice to help keep them accountable for their own success.

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	9:45 AM	10:00 AM	12:00 AM	Maegen/Blake
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	5:45 AM	6:00 AM	7:30 AM	Maegen/Blake
Sunday				

Champions in the pool.



Champions in life.

Upcoming Schedule

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

Date	Meet	Location
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

GRIT ~ GROWTH ~ GRATITUDE ~ OWNERSHIP ~ MINDFULNESS