



Junior Royals 4 + 3

Week of December 9th

This Week

We are pushing hard, working hard, learning what sore muscles are, and learning that stomach acid is a key indicator that you are doing the right things. We are pushing to button up technical details on swims on Monday, Tuesday, and Wednesday so that when they get to the meet, we are not repeating past mistakes. Tighter streamlines, faster turns, more powerful kicks off of walls, and FAST FINISHES!

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>

JINGLE JAMBOREE

We are ready to go and so are your swimmers. This is not a tech suite meet so everyone please wear your team suite. If you need a carpool to get to the meet on Friday, please reach out to a fellow teammate. Here is some additional news from Arlene McDonald to help you get familiar with the facilities this weekend.

We here at the IU Natatorium are excited to welcome you and your athletes to the Nat next week for a weekend of fast swimming and pre-holiday fun at the 2024 IU Natatorium Jingle Jamboree. To assist with your planning, we would like to share the following important information with you:

- **Parking:** Spectator parking will be in the Natatorium Sports Garage. Please enter the second entrance labeled Event Parking or Permit Parking. The cost is \$7 per day payable upon entry by debit or credit card only. Please do NOT pull into the Visitor Section (1st entrance) as you will be charged by the hour, and it will cost you quite a bit more and take you longer to exit.
- **Tickets:** All of our tickets are electronic and sold online. You are advised to purchase your tickets prior to arriving at the Nat at: <https://am.ticketmaster.com/iuindy/buy/24-jingle-jamboree> While there will be a ticketing help desk on the main concourse at the Natatorium, there will be no onsite sale of tickets. Upon arrival, you will need to show your ticket to get a wristband at the ticketing help desk for in-and-out privileges for the spectator seating galleries. If you



purchase an all-session ticket, you will be given a tag that allows entry into all meet sessions.

- **Volunteer Timers:** A **very economical** and up-close, fun way to attend the Jingle Jamboree is to volunteer to be a timer. **All volunteers receive complimentary parking, meals, and a prime seat during their shifts plus the opportunity to meet other amazing volunteers.** Parking for volunteers is on the 5th and 6th floors of the Riverwalk Garage which is attached to the Natatorium Sports Garage. You will pull a ticket upon entry into the Riverwalk Garage, and you will receive a validation to use as payment when you exit. (Keep the ticket you pulled on entry; you will need it to exit.) All timers must be at least junior high age. The longest meet session is less than 3 hours, so please consider joining us as a timer by signing up here today:
<https://www.signupgenius.com/go/10C084EA9AC2CA1FF2-50315187-2024>
- **Change in 1650 Freestyle Warm-Up & Start Times:** Based on the projected timelines and with the consent of participating coaches, warm-ups for Saturday afternoon's 1650 Freestyle session have been moved up to 3:00 PM with the 1650 competition starting at 3:30 PM.
- **Meet Information Hub:** We have a comprehensive landing page with all the meet information that would be helpful to all participants. We will also be posting heat sheets and results there throughout the meet. (Heat sheets will also be free of charge on Meet Mobile). You are encouraged to visit our online information hub frequently at:
<https://natatorium.indianapolis.iu.edu/24-jingle-jamboree/index.html>
- **Theme Days:** Please join us as we celebrate the holiday season by participating in our holiday theme days. Friday is Red & Green Day; Saturday is Ugly Holiday Sweater Day, and Sunday is Holiday Head Gear Day. We hope you and your family will join in the cheer.
- **Meet Philanthropy:** We have adopted the Marine Corps Reserve Toys for Tots as our philanthropy for the 2024 Jingle Jamboree. There will be collection boxes at both spectator entrances as well as the bottom of the stairs at the deck entrance. Please consider sharing the holiday spirit with less fortunate children in our community by donating a new, unwrapped toy.
- **Restroom Construction:** The restrooms on the main concourse near the garage are currently under construction. Signs will lead you to restrooms on the same level located on the south side of the Natatorium near the spectator seats. You access those restrooms by walking behind the spectator seating galleries on either side and through the doors on the south end of the facility- signs will lead you there. Athletes are asked to use restrooms in the locker rooms on the deck level to alleviate any congestion upstairs. There are also portable restrooms available on the first floor of the Natatorium Sports Garage next to the entry into the Nat.
- **Vendors:** Plan your holiday shopping by visiting our vendors. Elsmore will be our swim shop vendor, and Fine Designs will be selling branded event merchandise.

Champions in the pool.



Champions in life.

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	7:30 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	JINGLE JAMBOREE			
Sunday	JINGLE JAMBOREE			

PLEASE NOTE THAT IF YOU ARE NOT SWIMMING FRIDAY NIGHT, YOU DO HAVE PRACTICE FRIDAY MORNING.

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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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