



Junior Royals 4 + 3

Week of February 2nd

THIS WEEK

We are counting down the days until our championship meets!!!

Divisionals	32
Senior State	39
Age Group State	46

With that, ensure we stay healthy, eat right, and get lots of rest!

TECH SUITS

If your swimmer needs a tech suit, they are not readily available at Elsmore and are on a 2-3 week backorder! Please head to Elsmore to get fitted for a new suit if needed.

FISCAL RESPONSIBILITY! These suits are not cheap, and I try to take advantage of any deal I find.

[Swimoutlet](#) has tech suits on sale for up to 80%, last years models, I highly recommend checking them out.

Facebook has a group called [Elite Swimming Tech Suits](#) that offers gently used suits for buy and trade; it's worth the look. Several swimmers on the club purchase suits from here and have had great success.

Also, if you have an older swimmer friend who is outgrowing suits, I would ask them. In the opposite, if your swimmer is outgrowing their tech suits, please offer them up to other swimmers via our [Parents Facebook Group](#). This sport isn't cheap, so anything we can do to help each other out is always appreciated!!

Champions in the pool.



Champions in life.

WAFFLE BAR

This Saturday after practice, we will have our Waffle Bar; please hop on the [Sign-Up Genius](#) and select an item to bring so swimmers can feast together for some post-practice delight!!

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	Maegen/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	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/Abby
Saturday	7:50 AM	8:00 AM	11:00 AM	Maegen/Blake
Sunday				

GRIT ~ GROWTH ~ GRATITUDE ~ OWNERSHIP ~ MINDFULNESS

Champions in the pool.



Champions in life.

Upcoming Schedule

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

Date	Meet	Location
2/15-2/16	Northside Invite	Carmel High School
2/28 TNT	Championship Party	Location TBD
3/2 (DATE CHANGE)	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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