



Junior Royals 4 + 3

Week of January 12th

This Week

We are getting ramped up for MLK this weekend and look forward to putting our best foot forward! Practice is essential to attend this week, as we will discuss how to mentally prepare when under stress, get motivated and excited, and be in the zone!

MLK INVITATIONAL

This is a tech suit meet, so let's get suited up and have some fun!

Relays: We were able to enter two relays for each of the age groups per event. Please note that the 11-12 relays will swim in the morning session, and the 13-14 relays will swim with finals. We will be posting relays this week. If your swimmer doesn't make it back individually but is on a 13-14 relay, we still need them back to warm up with the team.

Scratches: We don't scratch for finals unless there is a medical emergency. If there is a schedule conflict that will not allow your swimmer to be there for finals and you know it, please reach out to us so that we know in advance and can scratch them to allow others to swim.

Finals: **IF YOU ARE AN ALTERNATE, YOU SHOW UP TO SWIM!** As we develop as swimmers and qualify for more competitive meets, even if you are an alternate, you never know if you will have that opportunity for another chance to swim. **TAKE ADVANTAGE OF IT!** Warm up, check in with the deck ref, and be prepared! This is a critical step in athlete development and learning what a high-performing swimmer experiences, so let's embrace it! **TOP 16 MAKE IT BACK!**

Sessions	ITD	Activation	Warm Up	Meet Start
Friday - Timed Finals	4:55 PM	5:00 PM	5:30 PM	6:30 PM
Saturday AM Prelims	6:55 AM	7:00 AM	7:30 AM	9:00 AM
Saturday PM Finals	3:25 PM	3:30 PM	4:00 PM	5:00 PM
Sunday AM Prelims	6:55 AM	7:00 AM	7:30 AM	9:00 AM
Sunday PM Finals	2:25 PM	2:30 PM	3:00 PM	4:00 PM

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	Maegen/Blake
Thursday AM	5:50 AM	6:00 AM	7:30 AM	Maegen/Blake
Friday	5:50 AM	6:00 AM	7:30 AM	Blake/Abby
Saturday	MLK			
Sunday	MLK			

**IF YOU DO NOT SWIM ON FRIDAY FOR TIMED FINALS,
YOU HAVE PRACTICE FRIDAY MORNING!**

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
1/17 - 1/19	MLK Invite	HSE Natatorium
2/15-2/16	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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