



Junior Royals 4 + 3

Week of January 26th

This Week

We are getting ready for our final month of training before we enter our championship month. We have had lots of discussions on sleep and eating with your athletes. We have emphasized the importance of putting our phones away when we go to bed, getting a good solid 8+ hours of sleep, and properly feeding our bodies with good quality food and not junk food. So, over this next month, we are trying to hone in on all of the little things.

We will pick our events for Northside this week, even for those who cannot swim at Northside due to prior engagements. We will take those and see what they could be swimming at the Championship Splash.

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				

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
3/1	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