

Champions in the pool.



Champions in life.

Junior Royals 4 + 3

Week of January 5th

This Week

I hope you have all enjoyed the snow and am looking forward to seeing some cool snowmen out there!

MLK INVITATIONAL

We will verify the final events for the MLK this week as we prepare to hone in and focus on faster swimming.

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

GAME SHOW BATTLE

The Game Show Battle is this Saturday at 1:30 pm for those who signed up.

The address is 5753 E 86th Street, Indianapolis, IN 46250

Please eat before you come.

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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	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
Saturday	5:45 AM	6:00 AM	7:30 AM	Maegen/Blake
Sunday				

GRIT ~ GROWTH ~ GRATITUDE ~ OWNERSHIP ~ MINDFULNESS

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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

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