



Junior Royals 4 + 3

Week of March 16th

THIS WEEK

One down and two to go!

Divisionals	0
Senior State	0
Age Group State	4

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

AGE GROUP STATE

It is time for our last and final championship of the Age Group Season! Please keep an eye out for the in-the-door times that will be communicated here early this week.

This Thursday at 7:00 pm the Age Group State qualifiers will receive their goodies bags.

NON-AGE GROUP STATE SWIMMERS

There will be no practice this Thursday, Friday, Saturday. We will pick back up on Monday to finish out the month of March.

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	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 AGS ONLY
Friday	AGE GROUP STATE			
Saturday	AGE GROUP STATE			
Sunday	AGE GROUP STATE			

OPTIONAL PRACTICE MARCH 24TH THROUGH 29TH
NO SWIMMING MARCH 31ST THROUGH APRIL 13TH

Upcoming Schedule

Date	Meet	Location
3/21 - 3/23	Age Group State	IUPUI Natatorium
3/26 - 3/30	Speedo Sectionals	IUPUI Natatorium
4/24	Championship Party	TBD

!! 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

GRIT ~ GROWTH ~ GRATITUDE ~ OWNERSHIP ~ MINDFULNESS