



Junior Royals 4 + 3

Week of March 9yj

THIS WEEK

One down and two to go!

Divisionals	0
Senior State	4
Age Group State	11

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

DIVISIONAL RECAP

We are so proud of each and every one of the swimmers for showing up, swimming fast, and showing what it means to be sportsmanlike! When swimmers competed by themselves, even those not on our team, we were there cheering them along the way, and it did not go unnoticed! We had coaches from other clubs telling us how our swimmers were cheering for everyone, which was really inspiring.

We had lots of dropped time across the board, achieved new age group cuts, and even snuck in some new zone cuts! Each swimmer should be proud of their accomplishments; WE ARE!

And a HUGE THANK YOU to all of the parents for showing up and staying those long hours to cheer for your swimmers and SSC! It is incredible to look into the stands and see a sea of ROYAL!

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
Friday	5:50 AM	6:00 AM	7:30 AM	Maegen/Blake/Abby
Saturday	7:50 AM	8:00 AM	11:00 AM	Blake/Abby
Sunday				

Upcoming Schedule

Date	Meet	Location
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
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