



Junior Royals 4 + 3

Week of November 17th

This Week

We had a fantastic weekend of racing with lots of new Divisional Cuts, Age Group State Cuts, Mid-State Qualifying times. With all of the lessons learned, we are headed into this next week to fix the little things where we could have done better, rotating into our finishes versus taking an extra stroke, really kicking through our walls, heads down, breathing, and quicker turns. Overall, the start looks tremendously better, including our relay exchanges. So kudos to all the swimmers and their efforts going into this past weekend and the energy level!



As we near the end of the year, please update your USA Swimming registration via the link below if you still need to do so thus far.

USA SWIMMING REGISTRATION: <https://omr.usaswimming.org/omr/welcome/FD9142AA887737>

Champions in the pool.



Champions in life.

SATURDAY FRIENDSGIVING WAFFLE BAR & TURKEY SPLASH

This Saturday, we will have practice at our regularly scheduled time, followed by our Friendsgiving Waffle Bar, and then we will have the **timing for the Turkey Splash!!**

We still need Parent volunteers and a few more items for the waffle bar, so if you can, please see the sign-up genius link below.

Thank you so much to those who have already signed up to volunteer or bring items! Please arrive at the Lane Line Cafe at 10:15 for set up.

<https://www.signupgenius.com/go/20F094AABAD2FA20-51425168-friendsgiving>



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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/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/Emily
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	7:45 AM	8:00 AM	11:00 AM	Maegen/Blake
Sunday				

GRIT ~ GROWTH ~ GRATITUDE ~ OWNERSHIP ~ MINDFULNESS

Champions in the pool.



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Upcoming Schedule

Please commit ASAP so we can pick events with your swimmers.

Date	Meet	Location
12/13 - 12/15	Jingle Jamobree	IUPUI Natatorium
12/28	Distance Splash	HSE Natatorium - In place of practice, everyone swims the mile!
12/28 <i>TNT</i>	HOLIDAY PARTY	Following the Distance Splash
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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