



Junior Royals 4 + 3

Week of November 24th

This Week

Happy Turkey Week!!! Practice is on schedule as normal with the exception of Turkey Day, they get the day to stuff their faces with all of their favorite foods and enjoy family and friends. Over this week, we will focus on endurance, which means higher yardage and more intense intervals in all strokes, not just freestyle.

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.

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

DRESSING WARM FOR THE WEATHER

It is that time when the weather is starting to dip into the freezing zone. Please encourage your swimmer to cover up after practice to avoid cold/flu, ear infections, and fatigue. It is to the point where wearing shorts and flip-flops to practice is over 😬 We have a 50* rule: once it dips below, I want to see pants, a winter-type jacket or parka, something to cover their head, and warm shoes with socks! Since working with the group with this rule, our sicknesses have been cut by more than half from last year, and now is the time NOT to GET SICK!





HIGH SCHOOL SEASON

It is ramping up, and each week, keep an eye on the schedule as the high school team has home swim meets in which we will still have practice, but it will be dryland-focused in the evenings, followed by cheering on the HSE Swimming and Diving team as they compete against other schools. For those going into high school who are considering swimming, this is a great way to watch the energy, understand the layout of the meet, and to cheer on your fellow SSC swimmers from the stands 😊

[Events - Hamilton Southeastern High School](#)

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	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
Thursday	TURKEY DAY - NO PRACTICE			
Friday	3:45 PM	4:00 PM	6:00 PM	Maegen
Saturday	7:45 AM	8:00 AM	11:00 AM	Maegen
Sunday				



Champions in the pool.



Champions in life.

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

GRIT ~ GROWTH ~ GRATITUDE ~ OWNERSHIP ~ MINDFULNESS