



Junior Royals 4 + 3

Week of October 20th

This Week

Welcome back from Fall Break, I hope each of you had a great break and are ready to get back in the pool. This week we will be ramping it up a bit more, honing in on the small details that we have learned the last two months and learning new skills.

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

BARN DANCE

Our group will work on their barn dance for the first 20 minutes of each practice this week. Please make sure that you register for the event on the website so we can make sure that we have enough food for everyone and that we can make sure that your swimmer is included in the barn dance if they are in attendance or to make sure they are not in the dance if they are not coming, they can be a director 😊

WORKING HARD, WHAT DOES IT MEAN?

We always talk about working hard, but do we know what that means?

Hard work is defined as being constantly, regularly, or habitually engaged in earnest and energetic work. It generally involves physical, mental, or emotional effort, as well as high levels of focus and purpose. Hard work can be difficult and painful, but it is often worth doing because it will usually lead to something greater in the end.



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/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	7:50 AM	8:00 AM	11:00 AM	Maegen
Sunday				



Upcoming Schedule

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

Date	Meet	Location
10/26	Barn Dance	Sleepy Bear Campground
11/1 - 11/3	Ice Breaker	Noblesville, Indiana
11/15 - 11/17	City of Mason Invitational	Mason Municipal Aquatic Center in Mason, Ohio (2.5 Hour Drive) Warm Ups at 3pm on Friday (400 IM, 200 IM, 500 FR, 200 FR)
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	Location TBD
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