



Junior Royals 4 + 3

Week of October 6th

This Week

Meet number 1 of the season is completed, and we had a lot of great racing and fast times!

Now, we are back to our regular schedule and getting ready to drop our intervals for the month of October. Last month, we had a 1:30 and a 2:00 base; this week, we start 1:25 and 1:45 bases 😊

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

FALL BREAK

Our group has around six different schools, so we will continue our regular schedule through fall break. Please let the coaches know if you will not be here so we can plan practices accordingly based on the number of swimmers and the lane space of other groups.

Just because you are on fall break does not mean that you cannot exercise still to stay in shape.

For those who do not have access to a pool, we will write a dryland routine so that you can stay in shape while out of the pool. For those of you who do have access to a pool, we will write you a practice to help you stay in shape in the pool! These will be coming out on Thursday.

What we don't want is you coming back and then not being able to move, cramps, exhaustion, etc. So please be sure to continue to work out, exercise your lungs, work on your stretches, and KEEP MOVING!





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

Champions in the pool.



Champions in life.

2/21 - 2/23	Northside Invite	Carmel High School
2/28 TNT	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

Junior Royal 4 + 3's **DO NOT** participate in Splashes unless they cannot make a swim meet that month. If your swimmer would like to swim in a particular splash, please have them contact me to discuss this further.

WE DO SHOW UP FOR SPLASHES to support our younger swimmers!

!! 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

NEW Parent Group Me: https://groupme.com/join_group/102957763/7Jn0Vqwk

GRIT ~ GROWTH ~ GRATITUDE ~ OWNERSHIP ~ MINDFULNESS