



Welcome to

2026

2025 - 2026 Newsletter | 01/04/2026

- Website | www.nseaswimteam.com
- Captyn | nseaswim.captyn.com
- Newsletter Archive | <https://www.nseaswimteam.com/newsletters>

***** Full Newsletter Attached *****

Mid Season Breakdown

LSC Championship Qualifiers

As Of 01/01/2026 | [LSC Championship Time Standards](#)

Eliza	Violet	Ryker
Bryson	Will H	Hance
Lila P	Behr	CG
Evan	Sophie	Gentry

By the Numbers

Swimmers in Meet	86
Average Number of Meets	2.5
Total Individual Events Swum	1022
Total Relays Swum	139
Total Events Swum	1161

National Motivational Time Standards - Since 09/01/2025

Number of Swimmers Achieving at least 'B'	49		
By Age			
9 Year Olds	1	14 Year Olds	9
10 Year Olds	8	15 Year Olds	2
11 Year Olds	4	16 Year Olds	5
12 Year Olds	3	17 Year Olds	3
13 Year Olds	9	18 Year Olds	5

AAA	7
AA	39
A	46
BB	94
B	83
Total	269

Distance		Stroke	
50's	87	Freestyle	99
100's	96	Backstroke	49
200's	67	Breaststroke	44
400's	5	Butterfly	41
500's	12	IM	36
1000's	2		

By Event

		Total	AAAA	AAA	AA	A	BB	B
50	Free	39	0	3	4	7	12	13
100	Free	27	0	1	7	3	10	6
200	Free	19	0	1	3	5	6	4
500	Free	12	0	0	0	5	5	2
1000	Free	2	0	0	0	1	0	1
50	Back	18	0	0	1	2	4	11
100	Back	19	0	0	4	1	6	8
200	Back	12	0	0	2	0	7	3
50	Breast	12	0	0	0	1	6	5
100	Breast	23	0	1	2	4	10	6
200	Breast	9	0	0	2	2	4	1
50	Fly	18	0	1	2	1	6	8
100	Fly	20	0	0	5	4	6	5
200	Fly	3	0	0	1	2	0	0
100	IM	7	0	0	1	0	2	4
200	IM	24	0	0	2	7	10	5
400	IM	5	0	0	3	1	0	1

Mark Your Calendars

- *Week of March 23rd* | NSEA Swim A-Thon [this is a change from the events calendar, details to follow]
- *Monday March 30* | Spring Banquet & Senior Recognition [all are invited to celebrate our Short Course Season and recognize our High School Seniors]

Upcoming Team Events & Important Dates

- **January 24 - 25** | Tri-Meet @ UNCW [**Deadline | Wednesday 01/07/2026**]
- See the [Meet Calendar](#) for the Updated January - March Meet Schedule
- **February 28th** | Wilmington Marathon-NSEA Aid Station is #5 on McRae Street near DC Virgo. Volunteer and join us for a super fun race! Sign-up here:
<https://runsignup.com/Race/Volunteer/NC/Wilmington/WilmingtonMarathon>

Schools in Pools

In water helpers and on deck data recorders are needed for this year's Schools in Pools, which will be on the following schedule:

- Feb 02 - 06 | Freeman Elementary
- March 23 - 27 | Wrightsboro Elementary
- May 18 - 22 | Castle Hayne Elementary

All groups are Monday - Friday, 8:30 - 11:30am at the Earl Jackson Pool

If you would like more information or are interested in volunteering please contact Mia at Mia@nseaswim.com.

Weekly Practice Schedule

	Monday 01/05	Tuesday 01/06	Wednesday 01/07	Thursday 01/08	Friday 01/09	Saturday 01/10	Sunday 01/11
Event							
Deadline			WOW				
Meet							
Splash							
PM	4:30 - 5:15	4:30 - 5:15	4:30 - 5:15	4:30 - 5:15	Off	Off	Off
Tidepool							
PM	4:30 - 5:30	4:30 - 5:15	4:30 - 5:30	4:30 - 5:15	4:30 - 5:30	Off	Off
DL		5:15 - 5:45		5:15 - 5:45			
Riptide							
PM	5:15 - 6:45	5:15 - 6:15	5:15 - 6:15	5:15 - 6:15	5:15 - 6:45	Off	Off
DL		6:15 - 6:45		6:15 - 6:45			
Breakers							
AM					8:30 - 10:00	Off	
PM	4:30 - 5:30	5:15 - 6:15	6:15 - 8:15	5:15 - 6:15	4:30 - 5:30	Off	Off
DL		6:15 - 6:45		6:15 - 6:45			
Surge							
AM	Off	Off	Off	Off	5:30 - 7:00	6:30 - 8:30	Off
PM	6:45 - 8:15	6:15 - 8:15	6:15 - 8:15	5:15 - 6:15	Off	Off	Off
SR Surge							
AM	Off	Off	Off	5:30 - 7:00	5:30 - 7:00	6:30 - 8:30	Off
PM	6:45 - 8:15	6:15 - 8:15	6:15 - 8:15	Off	Off	Off	Off

Social Links

[Facebook](#) | [Instagram](#) | [Foundation Instagram](#) | [Foundation Facebook](#)

Sponsors & Friends

[FINIS](#) | [SwimmersBest](#) | [PoolSide Live](#) | [TritonWear](#) | [LMNT](#) | [SwimIntel](#) | [Time-Drops](#) | [MySwimIO](#)