



2025 - 2026 Newsletter | 01/11/2026

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

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

Notes

- BAC is no longer able to host a February meet at BCC, we are working on a local February alternative for the swimmers, more details will follow once there is a plan in place.
- Please review the “Parking at the Earl Jackson Pool” email from earlier this week and share that information with anyone
 - Driving to Practice
 - Observing / Visiting Practice
 - Bringing children to practice
 - Picking children up from practice
- When in doubt **do not** park there!

Mark Your Calendars

- *Tuesday March 23rd* | NSEA Swim A-Thon
- *Monday March 30* | Spring Banquet & Senior Recognition [-- **all swimmers** and their **families** 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](#) | [Closed](#)]
- 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>

Red Cross Classes

- Lifeguard Certification
 - Friday February 27 - Sunday March 1
 - April | Friday 04/24 - Sunday 04/26
 - May | Friday 05/08 - Sunday 05/10
- Lifeguard Recert
 - May | Saturday 05/02 - Sunday 05/03
- Water Safety Instructor Certification
 - March | Friday 03/27 - Sunday 03/29

Email Mia to register | mia@nseaswim.com

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 01/12	Tuesday 01/13	Wednesday 01/14	Thursday 01/15	Friday 01/16	Saturday 01/17	Sunday 01/18
Event							
Deadline							
Meet							
Splash							
PM	Off	4:30 - 5:15	4:30 - 5:15	4:30 - 5:15	4:30 - 5:15	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	6:15 - 8:15	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	6:15 - 8:15	Off	Off	Off

Social Links

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

Sponsors & Friends

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