



2025 - 2026 Newsletter | 01/18/2026

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

**** Attached Documents ****

Full Newsletter

Session Opt - Out Information

NSEA Swim Wilmington Marathon Volunteer Information

Notes

- There are a few changes to the end of the week schedule due to both the WOW meet and the High School Conference Championship Meet
- Good Luck to all of our High School Swimmers competing this week in their Conference Championship Meets!
- A few more volunteers are needed for the NSEA Swim aid station at the 2026 Wilmington Marathon, please consider volunteering a few hours to help support this great local event, the runners in the event, and help NSEA Swim raise funds to continue our work in the Wilmington community! (see attached flyer) [Sign Up Here](#)
- See the attached instructions for opting out of the Spring and/or Summer sessions and how to declare your intent for the 2026 - 27 Season
- Speaking of 2026 - 27, to help you plan your year we've started to outline the next season [here](#). Keep in mind that these dates are subject to change.
- Finally, the Summer Practice schedule has been updated and is available [here](#). This also subject to minor changes, but the overall schedule is set.

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

- **January 24 - 25** | Tri-Meet @ UNCW [**Deadline** | **Closed**]
- **February 13** | NSEA Cupid Classic @ EJP [**Deadline** | **Sunday 01/25**]
- 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 Volunteers needed 8:45-10 We are combining these classes to one group. Please join us. We are in need of about 6 more volunteers.
You do not have to commit to the whole week.
- 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 01/19	Tuesday 01/20	Wednesday 01/21	Thursday 01/22	Friday 01/23	Saturday 01/24	Sunday 01/25
Event	MLK						
Deadline							NSEA CC
Meet						WOW	WOW
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						Off	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	5:30 - 7:00	Off	Off	Off
PM	6:45 - 8:15	6:15 - 8:15	6:15 - 8:15	Off	Off	Off	Off
SR Surge							
AM	Off	5:30 - 7:00	Off	5:30 - 7:00	Off	Off	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](#) | [MySwimIQ](#)