



2025 - 2026 Newsletter | 01/25/2026

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

**** Attached Documents ****

Full Newsletter

NSEA Swim Wilmington Marathon Volunteer Information

Highlights

- Good Luck to all of our High School Swimmers competing this week in their Regional 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](#)
- Cupid Classic entries close **this** Sunday 01/25/2026 at 11:00pm
- We will be keeping an eye on the weather. Should adjustments be needed updates will be pushed via Captyn and published to nseaswimteam.com
- Excellent meet this weekend! A lot of good times, improvement shown, and fast times! A fuller breakdown will follow in the next newsletter!
- A special shout to Abby B on not only her **first** NCS Age Group Championship time standard, but also her first NCS Senior Championship Time Standard!

Mark Your Calendars

- **Sunday March 1st** | Spring Opt Out Deadline | [Information / Instructions](#)
- **Tuesday March 24th** | NSEA Swim A-Thon | RallyUp Link (coming soon)
- **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 --] signup will be available in February via Captyn
- **Friday May 1st** | Summer Opt Out Deadline | [Information / Instructions](#)

Upcoming Team Events

- **February 13** | NSEA Cupid Classic @ EJP [**Deadline** | **Sunday 01/25**] [Volunteer Sign Up](#)
- **02/19 - 02/22** | NCS Senior LSC Championship @ TAC [Deadline | Sunday 02/01]
- **02/26 - 03/01** | NCS Age Group Championship @ TAC [Deadline | Sunday 02/01]
- 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

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, are interested in volunteering, or would like to register for a Red Cross Class please contact Mia (Mia@nseaswim.com)

Weekly Practice Schedule

	Monday 01/26	Tuesday 01/27	Wednesday 01/28	Thursday 01/29	Friday 01/30	Saturday 01/31	Sunday 02/01
Event					HS Reg	HS Reg	
Deadline							LSC CH
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	5:30 - 7:00	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](#)