



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
Wilmington Marathon Volunteer Flyer

Highlights

- Good luck to all those competing in the High School State Championships this upcoming week!
- 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](#)
- We will be keeping an eye on the weather. Should adjustments be needed updates will be pushed via Captyn and published to nseaswimteam.com
- Tri- County Classic : (4) New Team Records, (4) New LSC Championship Standards, (1) New Championship Swimmer and (36) New National Motivational Standards Achieved
- IMX Progress Updated and available [here](#)

Thought of the Month



Coach Riley 
@6am_Practice

The Law of Diminishing Returns in Sports

Beginners: 1 unit of work = 10 units of improvement

Average players: 1 unit of work = 1 unit of improvement

Good players: 10 units of work = 1 unit of improvement

Elite players: 100 units of work = 1 unit of improvement

Your progress slowing down doesn't mean you're doing it wrong...*it means your work is finally working.*

These labels have very little to do with age, a beginner can be 6 or 60.

These labels have little to do with “years” spent in the sport. 16 hours a week, 48 weeks a year for 10 years, is very different from 4 hours a week, 4 months a year for 10 years.

These labels have less to do with “hours” of practice, 2 hours of deliberate practice are very different from 4 hours of going through the motions.

These labels have a lot to do with the effort you put in and how close you are to reaching your peak potential.

Look for an expanded take on this in an upcoming coaches corner at nseaswimteam.com

February Birthdays

Mikayla	Ada	Linc
Grayson	Lilah T	Gentry
Mila	Court	

WOW Tri County Classic - Recap

New Team Records

Eliza / 11-12 Girls - 200 BK	Abbi / 13 - 14 Girls - 100 BR	Gentry / 13 - 14 Girls - 100 FL - 200 IM
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New LSC Championship Standards

Eliza / 11 - 12 Girls - 50 BK - 100 IM	Abbi / 13 - 14 Girls & SR - 100 BR	Gentry - 200 IM
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New National Motivational Standards

Eliza / 11 - 12 G - 50 BK (AA) - 200 BK (A)	Abbi / 13 - 14 G - 100 BK (BB) - 100 FR (A) - 100 BR (AA)	Luke / 10 & Under B - 100 FL (B) - 50 FR (B)
Teo / 10 & Under B - 50 FL (B)	Elliot / 10 & Under G - 100 BK (BB) - 100 IM (BB)	Sebastian C / 13 - 14 B - 100 FR (BB) - 100 BR (B)
Piper / 13 - 14 G - 100 BR (A)	Charlotte / 10 & Under - 50 FL (BB) - 50 FR (B)	Elliana / 13 - 14 G - 100 FR (BB)
Auggie / 10 & Under B - 50 BR (B)	Eli / 15 - 16 B - 50 FR (B) - 100 BR (B)	Linc / 13 - 14 B - 100 BK (B) - 200 BK (B) - 50 FR (B)
Hance / 15 - 16 B - 100 FL (AAA)	Cayden / 15 - 16 B - 50 FR (BB)	Gina / 13 - 14 G - 100 FR (B) - 200 BR (B) - 100 BR (B)
Lila P / 13 - 14 Girls - 200 BR (BB)	Bher / 15 - 16 B - 200 BR (AA)	Mary Ella / 11 - 12 G - 50 BK (BB)
Evan / 17 - 18 B - 100 BR (BB)	Corbin / 11 - 12 B - 50 BK (B)	Sophie / 17 - 18 G - 200 IM (A)
Gentry / 13 - 14 G - 100 FL (AAA)	Emilyne / 13 - 14 G - 100 BK (B)	Court / 13 - 14 B - 100 FL (B)

By the Numbers

Swimmers	75
Best Times	191
Event Winners	7
Top 8 Finishes	57
Team Records	4
New LSC Championship Standards	4
National MTV Standards Swum	
AAAA	0
AAA	3
AA	18
A	21
BB	49
B	70

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 | Closed**] [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 02/02	Tuesday 02/03	Wednesday 02/04	Thursday 02/05	Friday 02/06	Saturday 02/07	Sunday 02/08
Event				HS States	HS States	HS States	
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	TBD	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	TBD	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	TBD	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	TBD	6:15 - 8:15	6:15 - 8:15	6:15 - 8:15	Off	Off	Off
SR Surge							
AM	Off	TBD	Off	Off	5:30 - 7:00	6:30 - 8:30	Off
PM	TBD	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](#)