



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

Highlights

- Good luck to all those competing in the **High School State Championships** this upcoming week — AGAIN!
- **Wilmington Marathon Volunteer Sign Up**
 - [Sign Up Here](#)
 - Aid Station #5 - NSEA Swim | Password = water
 - See yesterday's email for details
- **Cupid Classic** details posted to Captyn Event Page

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 [here](#)
- **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 | Closed**]
- **02/26 - 03/01** | NCS Age Group Championship @ TAC [**Deadline | Closed**]
- **03/20 - 03/22** | [STAR Tarheel States](#) @ GAC [**Deadline | Tuesday 03/01 @ 11:00pm**]

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 *Recertification*
 - 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 02/09	Tuesday 02/10	Wednesday 02/11	Thursday 02/12	Friday 02/13	Saturday 02/14	Sunday 02/15
Event				HS States	HS States	HS States	
Deadline							
Meet					Cupid Classic		
Splash							
PM	Off	4:30 - 5:15	4:30 - 5:15	4:30 - 5:15	Meet	Off	Off
Tidepool							
PM	4:30 - 5:30	4:30 - 5:15	4:30 - 5:30	4:30 - 5:15	Meet	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	Meet	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	Meet	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	Meet	Off	Off
SR Surge							
AM	Off	Off	Off	Off	5:30 - 7:00	6:30 - 8:30	Off
PM	6:45 - 8:15	6:15 - 8:15	4:15 - 6:15	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](#)