



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

- Congratulations to Everett Cassidy on achieving his first NC LSC Age Group Championship time standard in the 100 Breaststroke at the 2026 NSEA Swim Cupid Classic!
- Congratulations to Behr Petroff on achieving his first USA Swimming Futures Championship time standard in the 50 Freestyle at the 2026 NCHSAA 8A State Championships
- 2026 NSEA Swim Spring Banquet and Senior Recognition sign up is now live in Captyn ([here](#)) all families are welcome to attend and celebrate our Short Course Season on Monday March 30, 2026.
- **Wilmington Marathon Volunteer Sign Up – Still in need of at least (7) more volunteers**
 - [Sign Up Here](#)
 - Aid Station #5 - NSEA Swim | Password = water
 - See yesterday's email for details

Mark Your Calendars

- **Sunday March 1** | *Spring Opt Out Deadline* | [Information / Instructions](#)
- **Tuesday March 24** | *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](#) [Deadline Monday March 16]
- **Friday May 1** | *Summer Opt Out Deadline* | [Information / Instructions](#)

Upcoming Team Events

- **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

Junior Lifeguard

- Introduces youth to the fundamentals of lifeguarding and water safety in a fun and challenging environment. Participants build strong swimming skills, learn basic rescue techniques, and develop leadership and teamwork abilities. Students will be introduced to:
 - Water safety and surveillance skills
 - Basic rescue techniques
 - First aid, CPR, and AED awareness
 - Injury prevention and emergency response concepts
- This program is ideal for strong swimmers who are interested in becoming lifeguards in the future.
- Prerequisites:
 - Age 12 -14 years
 - 50 yards front crawl (with rotary breathing) continuously
 - 50 yards breaststroke continuously
 - Tread water for 1 minute using only the legs
 - Complete a water competency sequence.
- Participants who successfully complete the Jr. Lifeguarding course receive an American Red Cross certificate for Jr. Lifeguarding.
- Date | June 8 - 13
- Times
 - M-F 10:00 AM - 3:00 PM
 - SAT 10:00 AM - 4:00 PM
- Cost | \$125.00

Lifeguard Certification

- Friday February 27 - Sunday March 1
- April | Friday 04/24 - Sunday 04/26
- May | Friday 05/08 - Sunday 05/10
- May | Saturday 05/02 - Sunday 05/03

Water Safety Instructor

- 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:

- March 23 - 27 | Wrightsboro Elementary
- April 27 - May 1 | Freeman 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)

This Week's Practice Schedule

	Monday 02/16	Tuesday 02/17	Wednesday 02/18	Thursday 02/19	Friday 02/20	Saturday 02/21	Sunday 02/22
Event							
Deadline							
Meet				SR Champs	SR Champs	SR Champs	SR Champs
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	4:30 - 5:30	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	OFF	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	Off	Off	Off	Off
PM	6:45 - 8:15	6:15 - 8:15	4:15 - 6:15	Off	Off	Off	Off

Social Links

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

Sponsors & Friends

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