



## 2025 - 2026 Newsletter | 02/22/2026

- Website | [www.nseaswimteam.com](http://www.nseaswimteam.com)
- Captyn | [nseaswim.captyn.com](http://nseaswim.captyn.com)
- Newsletter Archive | <https://www.nseaswimteam.com/newsletters>

**\*\* Attached Documents\*\***  
**Full Newsletter**

*\*\*\* Swimmers and Parents errors do make there way into the newsletter, especially the practice schedule after a meet where there were a number of changes. When there is a time in the schedule that is different from the normal schedule please check **Captyn** to confirm. If you are still unsure please reach out to your group coach to confirm\*\*\**

### Highlights

- Good luck to our **Age Group Championship Team** competing this week in Cary!
- **TARHeel States** entries close Sunday 03/01 at 11:00pm | [Link](#)
- **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 – Minimum Met**
  - Thank you to everyone that signed up to help, we've met the **minimum**, but there are still spots open for anyone that would like to help
  - [Sign Up Here](#)
  - Aid Station #5 - NSEA Swim | Password = water

# Cupid Classic In Number

## New NC Age Group Championship Standards Achieved

- Everett - Boys 10 & Under 100 Breaststroke

## New National Motivational Standards Achieved

Abbi B <ul style="list-style-type: none"><li>• 50 BT (A)</li></ul>	Luke B <ul style="list-style-type: none"><li>• 100 FR (B)</li></ul>	Emilia <ul style="list-style-type: none"><li>• 100 BR (B)</li><li>• 100 BK (B)</li></ul>
Sebastian C <ul style="list-style-type: none"><li>• 500 FR (B)</li></ul>	Wolfe <ul style="list-style-type: none"><li>• 100 FR (B)</li></ul>	Auggie <ul style="list-style-type: none"><li>• 50 BK (A)</li></ul>
Beckett <ul style="list-style-type: none"><li>• 50 FL (BB)</li></ul>	Banks S <ul style="list-style-type: none"><li>• 50 FR (B)</li></ul>	Alexis <ul style="list-style-type: none"><li>• 100 FR (BB)</li></ul>
Everett <ul style="list-style-type: none"><li>• 50 FR (BB)</li><li>• 100 BR (BB)</li><li>• 200 IM (BB)</li></ul>	Elliot <ul style="list-style-type: none"><li>• 500 FR (BB)</li></ul>	Elliana <ul style="list-style-type: none"><li>• 400 IM (B)</li></ul>

## Breakdown

Swimmers	52
Swims	145
New Events Swum	40
Age Group Championships Achieved	1
New NTL Motivational	15
Best Times	43
A	2
BB	16
B	21

## 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

- **02/26 - 03/01** | NCS Age Group Championship @ TAC [ **Deadline | Closed** ]
- **03/20 - 03/22** | [STAR Tarheel States](#) @ GAC [ **Deadline | Sunday 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](mailto:Mia@nseaswim.com))

# This Week's Practice Schedule

	Monday 02/23	Tuesday 02/24	Wednesday 02/25	Thursday 02/26	Friday 02/27	Saturday 02/28	Sunday 03/01
<b>Event</b>							
<b>Deadline</b>							Spring Opt Out STAR
<b>Meet</b>				AG Champs	AG Champs	AG Champs	AG Champs
<b>Splash</b>							
PM	Off	4:30 - 5:15	4:30 - 5:15	4:30 - 5:15	4:30 - 5:15	Off	Off
<b>Tidepool</b>							
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			
<b>Riptide</b>							
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			
<b>Breakers</b>							
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			
<b>Surge</b>							
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
<b>SR Surge</b>							
AM	Off	<b>Off</b>	Off	<b>6:00 - 7:00</b>	5:30 - 7:00	6:30 - 8:30	Off
PM	<b>Off</b>	6:15 - 8:15	4:15 - 6:15	6:30 - 8:30	Off	Off	Off

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## Social Links

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

## Sponsors & Friends

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