



2025 - 2026 Newsletter | 03/01/2026

- Website | www.nseaswimteam.com
- Captyn | 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

- **TARHeel States** entries close Sunday 03/01 at 11:00pm | [Link](#)
- **Sunday March 1** | *Spring Opt Out Deadline* | [Information / Instructions](#)
- **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.

Senior Championship Recap

*** 3rd Place Small Team ***

*** 16th Place Overall **

Team Records	Time Standards
<ul style="list-style-type: none"> • Sophie 17 - 18 Girls 50 Free • Hance 15 - 16 Boys 50 BK • Hance 15 - 16 Boys 100 FL • Ryker 17 - 18 Boys 200 BT • Ryker Open Boys 200 BT 	<p><i>Futures</i></p> <ul style="list-style-type: none"> • Ryker 200 BT / 200 IM <p><i>AAA</i></p> <ul style="list-style-type: none"> • Ryker 200 BT / 200 IM • Hance 50 BK • Behr 200 BT / 100 FR • Sophie 50 FR <p><i>AA</i></p> <ul style="list-style-type: none"> • Violet 100 FL

Swimmers	10
Individual Entries	46
Relays Entries	7
Best Times	24
Top 8 Finishes	2
Top 16 Finishes	3
Team Records	5
Futures Cuts	2
AAA	8
AA	4

Mark Your Calendars

- **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

- **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

- 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 03/02	Tuesday 03/03	Wednesday 03/04	Thursday 03/05	Friday 03/06	Saturday 03/07	Sunday 03/08
Event							
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	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	4:15 - 6:15	6:30 - 8:30	Off	Off	Off

Social Links

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

Sponsors & Friends

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