



## 2025 - 2026 Newsletter | 03/08/2026

- 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**

### Highlights

- **Swim Spring Banquet and Senior Recognition** the deadline to sign up is Sunday, March 15. Please sign up now live in Captyn ([here](#)) all families are welcome to attend and celebrate our Short Course Season on Monday, March 30, 2026 5:30-7:30
- **Age Group Championships**
  - 23rd Place Overall
  - 4 Relay Team Records
  - 6 Individual Team Records
  - 4 *new* time standard achievements

# Age Group Championship Recap

\*\*\* 23rd Place Overall \*\*

Team Records	New Time Standards
<ul style="list-style-type: none"> <li>● <i>Gentry</i> <ul style="list-style-type: none"> <li>○ 100 FR, 200 FR</li> <li>○ 50 BK, 100 BK</li> <li>○ 100 FL</li> <li>○ 200 IM</li> </ul> </li> <li>● <i>Relays</i> <ul style="list-style-type: none"> <li>○ 200 FR   Abbi, Lila, Piper, Gentry</li> <li>○ 400 FR   Abbi, Lila, Piper, Gentry</li> <li>○ 200 MR   Gentry, Abbi, Lila, Piper</li> <li>○ 400 MR   Lila, Abbi, Gentry, Piper</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Eliza   50 FR (AAA)</li> <li>● Abbi   100 FR (AA)</li> <li>● Everett           <ul style="list-style-type: none"> <li>○ 100 BR (A)</li> <li>○ 50 BR (A / AGC)</li> </ul> </li> </ul>

Swimmers	6
Individual Entries	16
Relays Entries	4
Best Times	14
Individual Top 16 Finishes	2
Relay Top 16 Finishes	4
Individual Team Records	6
Relay Team Records	4

# Happy Birthday

Blue	Emilia	AJ
Crosby	Auggie	Jaxon
Lila P	Banks S	Claire
Corbin	Alexis	

## 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 Sunday March 15** ]
- **Friday May 1** | *Summer Opt Out Deadline* | [Information / Instructions](#)

## Upcoming Team Events

- **03/20 - 03/22** | [STAR Tarheel States](#) @ GAC [ **Deadline** | **Closed** ]

## 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))

# 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

# This Week's Practice Schedule

	Monday 03/09	Tuesday 03/10	Wednesday 03/11	Thursday 03/12	Friday 03/13	Saturday 03/14	Sunday 03/15
<b>Event</b>							
<b>Deadline</b>							
<b>Meet</b>							
<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	6:00 - 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	5:30 - 7:00	Off	Off	6:00 - 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

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## Social Links

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

## Sponsors & Friends

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