



## 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**

### Swim Spring Banquet and Senior Recognition

- Sign Up Deadline *tomorrow* **Monday March 16th / 11:00pm.**
- Sign up in Captyn ([here](#))
- all families are welcome and encouraged to attend to celebrate our Short Course Season
- Monday, March 30, 2026 5:30-7:30
- email [jamie@nseaswim](mailto:jamie@nseaswim) if you have any questions

## 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 03/16 @ 11:00pm** ]
- **Friday May 1** | *Summer Opt Out Deadline* | [Information / Instructions](#)

## Upcoming Team Events

- **Spring Banquet & Senior Recognition** | Monday March 30 [ **Deadline | Monday 03/16** ]
- **Spring Break** | Friday 04/03 - Sunday 03/12 [-- Final practice Thursday 04/2/2026 --]

## Team Notes

- **Spring Break Clean Out**
  - *All equipment bags* are to be taken **home** over *Spring Break*. Evaluate and clean your equipment. Broken or non-functional equipment needs to be replaced so that swimmers are able to have the **full** benefit of practice.
- **Equipment Purchase** | Equipment Orders will be taken until **Monday April 6** | [Link](#)
- **Cap Purchases** | Cap Orders will be taken until **Monday March 30** | [Link](#)
- **Tech Suit Purchases** | Tech Suit orders will be taken until **Monday April 6** | [Link](#)

# Spring & Summer Meet Schedule

	Start Date	End Date	Swimmers / Groups	Location
Carolina Crown (LCM)	4/12/2026	4/12/2026	NCS Selection & Application	Charleston, SC
<b>WOW Dual Meet #1 (SCY)</b>	<b>4/17/2026</b>	<b>4/17/2026</b>	<b>Splash / Tidepool / Riptide</b>	<b>EJP</b>
NC Sping Meetings & Select Camp	4/18/2026	4/19/2026	AGC Top 5 Finishers	TAC - Cary, NC
Open Water Zones	4/24/2026	4/26/2026	NCS Selection & Application	Huston, TX
WAVE Sprint into LCM	4/25/2026	4/26/2026	All Groups / All Swimmers	TAC - Cary, NC
Charlotte Open (LCM)	5/14/2026	5/17/2026	Qualified Swimmers (Max Sectionals / ESSZ Bonus)	MCAC - Charlotte, NC
TAC Spring Fling (LCM)	5/15/2026	5/17/2026	All Swimmers NOT qualified for Charlotte Open	TAC - Cary, NC
<b>WOW Dual Meet #2 (SCY)</b>	<b>5/29/2026</b>	<b>5/29/2026</b>	<b>Splash / Tidepool / Riptide</b>	<b>EJP</b>
Gamecock Aquatics Summer Invitational (LCM)	6/12/2026	6/14/2026	Breakers / Surge / Senior	USC - Columbia, SC
MOR Liberty Open (LCM)	6/12/2026	6/14/2026	Splash / Tidepool / Riptide	Pullen Aquatic Center Raliegh, NC
<b>BAC Dual Meet (SCY)</b>	<b>6/26/2026</b>	<b>6/26/2026</b>	<b>Splash / Tidepool / Riptide</b>	<b>EJP</b>
NCS Senior Championships (LCM)	7/9/2026	7/12/2026	Qualified Swimmers	TAC - Cary, NC
NCS Age Group Championships (LCM)	7/16/2026	7/19/2026	Qualified Swimmers	GAC - Greensboro
<b>WOW Summer (SCY)</b>	<b>7/25/2026</b>	<b>7/26/2026</b>	<b>All Groups / All Swimmers (Not attending Futures / Nationals)</b>	<b>UNCW - Wilmington</b>
Toyota National Championships (LCM)	7/28/2026	8/1/2026	Qualified Swimmers	Irvine, CA
TYR Futures (LCM)	7/29/2026	8/1/2026	Qualified Swimmers	UT - Knoxville, TN
Speedo Junior National Championships (LCM)	8/3/2026	8/7/2026	Qualified Swimmers	Irvine, CA

# 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
- Mia is looking to hire some Junior Guards for the summer to assist with duties at the pool and to shadow our guards. You must successfully complete the course to be considered.

## 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

## Summer Employment

- If you are interested in working at The Earl Jackson Pool this summer please email [Mia@nseaswim.com](mailto:Mia@nseaswim.com). You must complete Red Cross Certification and apply and interview for the desired position.
- Positions available: Lifeguard                  Junior Lifeguard          Water Safety Instructor

# This Week's Practice Schedule

	Monday 03/16	Tuesday 03/17	Wednesday 03/18	Thursday 03/19	Friday 03/20	Saturday 03/21	Sunday 03/22
<b>Event</b>							
<b>Deadline</b>	Banquet						
<b>Meet</b>					STAR	STAR	STAR
<b>Splash</b>							
PM	Off	4:30 - 5:15	4:30 - 5:15	4:30 - 5:15	Off	Off	Off
<b>Tidepool</b>							
PM	4:30 - 5:30	4:30 - 5:15	4:30 - 5:30	4:30 - 5:15	Off	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	Off	Off	Off
DL		6:15 - 6:45		6:15 - 6:45			
<b>Breakers</b>							
AM						Off	Off
PM	4:30 - 5:30	5:15 - 6:15	6:15 - 8:15	5:15 - 6:15	Off	Off	Off
DL		6:15 - 6:45		6:15 - 6:45			
<b>Surge</b>							
AM	Off	Off	Off	Off	Off	Off	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	Off	Off	Off	Off	Off	Off
PM	6:45 - 8:15	6:15 - 8:15	4:15 - 6:15	6:15 - 7:30	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](#)