



2025 - 2026 Newsletter | 03/22/2026

- Website | www.nseaswimteam.com
- Captyn | nseaswim.captyn.com
- Newsletter Archive | <https://www.nseaswimteam.com/newsletters>

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

2026 NSEA Swim A-Thon

Full details will follow in a special email later today, Sunday 03/22, but the gist is as follows:

Each swimmer will complete as many lengths as they can in 2 hours, up to 200. A swimmer doesn't need to complete 200 nor swim for 2 hours, it's a "do the best can" kind of event. Each swimmer can complete those lengths, in the pool, however they like. Swimmers can count for themselves or have a counter on the deck for them. We will operate in over-lapping 2 hour blocks and no you don't necessarily need to show up right on time.

Mark Your Calendars

- **Monday March 30** | Spring Session Begins
- **Friday May 1** | *Summer Opt Out Deadline* | [Information / Instructions](#)
- **Monday June 1** | Summer Session Begins
- **Monday June 1** | 2026 - 27 Intent to Return Due | [Information / Instructions](#)
- **Monday June 8** | Summer Practice Schedule Begins | [Link](#)

Upcoming Team Events

- **Tuesday March 24** | 2026 NSEA Swim A-Thon (details to follow)
- **Spring Banquet & Senior Recognition** | Monday March 30 [**Deadline** | **Closed**]
- **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](#) / [Info](#)

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)

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. 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 03/23 | Tuesday 03/24 | Wednesday 03/25 | Thursday 03/26 | Friday 03/27 | Saturday 03/28 | Sunday 03/29 |
|-----------------|-----------------|------------------|--------------------|-------------------|-----------------|-------------------|-----------------|
| Event | | Swim-A Thon | | | | | |
| Deadline | | | | | | | |
| Meet | | | | | | | |
| Splash | | | | | | | |
| PM | Off | 4:15 - 6:15 | 4:30 - 5:15 | 4:30 - 5:15 | 4:30 - 5:15 | Off | Off |
| Tidepool | | | | | | | |
| PM | 4:30 - 5:30 | 4:15 - 6:15 | 4:30 - 5:30 | 4:30 - 5:15 | 4:30 - 5:30 | Off | Off |
| DL | | N / A | | 5:15 - 5:45 | | | |
| Riptide | | | | | | | |
| PM | 5:15 - 6:45 | 5:15 - 7:15 | 5:15 - 6:15 | 5:15 - 6:15 | 5:15 - 6:45 | Off | Off |
| DL | | N / A | | 6:15 - 6:45 | | | |
| Breakers | | | | | | | |
| AM | | | | | | 8:30 - 10:00 | Off |
| PM | 4:30 - 5:30 | 5:15 - 7:15 | 6:15 - 8:15 | 5:15 - 6:15 | 4:30 - 5:30 | Off | Off |
| DL | | N / A | | 6:15 - 6:45 | | | |
| Surge | | | | | | | |
| AM | Off | Off | Off | Off | Off | 6:30 - 8:30 | Off |
| PM | Off | 6:15 - 8:15 | 6:15 - 8:15 | 6:15 - 8:15 | Off | Off | Off |
| SR Surge | | | | | | | |
| AM | Off | Off | Off | Off | Off | 6:30 - 8:30 | Off |
| PM | Off | 6:15 - 8:15 | 4:15 - 6:15 | 6:15 - 8:15 | Off | Off | Off |

Social Links

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

Sponsors & Friends

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