



2025 - 2026 Newsletter | 03/29/2026

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

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

Spring Reminders

- **Spring Session** begins tomorrow, Monday 03/30/2026 with the Spring Banquet. Spring practice begins Tuesday 03/31/2026.
- **Spring Break** begins Friday 04/03/2026, the last practice will be Thursday 04/02 with normal practice resuming Monday 04/13
- **Spring Cleanup** all equipment bags are to be taken home over **Spring Break** so that breeze way can be cleaned and prepared for the Spring & Summer
- **Team Stores Open** Equipment, Caps, and Tech Suit stores are all open, see links below.

Swim-A-Thon Reminders

- If you haven't filled out the Swim-A-Thon Summary Form yet, please do so by 11:00pm tonight, Sunday 03/29. [Link](#)
- RallyUp is now live, a separate email will be sent with instructions on how to sign up participants and collect donations

Mark Your Calendars

- **Monday March 30** | Spring Banquet & Senior Recognition
- **Tuesday March 31** | Spring Session Practice Begins
- **Spring Break** | Friday 04/03 - Sunday 03/12 [-- Final practice Thursday 04/2/2026 --]
- **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 Deadlines

- **NSEA Swim Spring Showers** | Friday 04/17 @ EJP [-- Deadline | Friday 04/03 --]
- **SwimMAC Charlotte Open** | 04/14 - 04/17 @ MCAC [-- Deadline | Friday 04/03 --]
- **WAVE Sprint into LCM** | 04/25 - 04/26 @ TAC [-- Deadline | Tuesday 04/07 --]

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](#)

STAR Tarheel States Recap

Swimmers	33	SR Champs	3
Team Records	5	AG Champs	5
Personal Bests	81	AAAA	0
		AAA	8
Event Winners	9	AA	32
Top 8 Finishes	57	A	17
		BB	50
		B	41

Team Records

- Gentry
 - 13 / 14 100 BK
 - 13 / 14 200 BK
- Camren Grace
 - 17/18 & Open 1000 FR
- Behr
 - 15 / 16 100 FR

New Championship Standards

- Elliot
 - 10 & Under 100 FL
- Auggie
 - 10 & Under 50 BK
 - 10 & Under 100 BK
- Behr
 - Senior 200 FR
- Camren Grace
 - Senior 1000 FR
- Sophie
 - Senior 100 FL
- Gentry
 - 13 - 14 100 BR
 - 13 - 14 200 BK

National Motivational

Abbi B

- 50 FR (AA)
- 200 BK (BB)

Bryan B

- 100 BK (BB)

Elliot

- 100 FL (A)

Piper C

- 50 FR (AA)
- 100 FL (B)

Ryker

- 400 IM (AAA)

Kai

- 50 BK (B)

Dubs

- 500 FR (BB)
- 100 FL (BB)

Auggie

- 100 IM (BB)
- 200 IM (BB)
- 200 FR (B)
- 500 FR (B)

Crosby

- 500 FR (B)

Beckett

- 100 FR (B)

Eli

- 100 FR (B)

Behr

- 200 FR (AA)

CG

- 1000 FR (AA)
- 200 FL (AA)

Lilah T

- 500 FR (BB)

Sophie

- 100 FL (A)

Alexis

- 100 BR (BB)
- 50 BR (BB)

Gentry

- 100 BR (AA)
- 200 FL (AAA)

Kemper

- 100 BR (BB)
- 200 FL (BB)

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:

- April 27 - May 1| Freeman Elementary 9:00-10:30 am
- May 18 - 22 | Castle Hayne Elementary. **9:00 - 11:30am**

If you would like more information, or are interested in volunteering, or would like to register for a Red Cross Class (see below) please contact Mia (Mia@nseaswim.com)

Red Cross Classes

Lifeguard Certification

- April | Friday 04/24 - Sunday 04/26
- May | Friday 05/08 - Sunday 05/10
- May | Saturday 05/02 - Sunday 05/03

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 Water Safety Instructor

This Week's Practice Schedule

	Monday 03/30	Tuesday 03/31	Wednesday 04/01	Thursday 04/02	Friday 04/03	Saturday 04/04	Sunday 04/05
Event	Banquet				Spring Break	SB	SB
Deadline					Charlotte Open Spring Showers		
Meet							
Splash							
PM	Banquet	4:30 - 5:15	4:30 - 5:15	4:30 - 5:15	SB	SB	SB
Tidepool							
PM	Banquet	4:30 - 5:15	4:30 - 5:30	4:30 - 5:15	SB	SB	SB
DL		5:15 - 5:45		5:15 - 5:45			
Riptide							
PM	Banquet	5:15 - 6:15	5:15 - 6:15	5:15 - 6:15	SB	SB	SB
DL		6:15 - 6:45		6:15 - 6:45			
Breakers							
AM						SB	SB
PM	Banquet	5:15 - 6:15	6:15 - 8:15	5:15 - 6:15	SB		
DL		6:15 - 6:45		6:15 - 6:45			
Surge							
AM		Off	Off	Off	SB	SB	SB
PM	Banquet	6:15 - 8:15	6:15 - 8:15	6:15 - 8:15	SB	SB	SB
SR Surge							
AM		Off	Off	Off	SB	SB	SB
PM	Banquet	6:15 - 8:15	4:15 - 6:15	6:15 - 8:15	SB	SB	SB

Sponsors & Friends

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