



2025 - 2026 Newsletter | 04/19/2026

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

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

Thank You Volunteers!

Without your help these events aren't possible.

Thank you to the following NSEA Swim Family members that volunteered at the 2026 NSEA Swim Spring Showers WOW Dual Meet

Kristen F	Alexis H	Christine P	Sebastian C
Janet C	Lilah	Eliza	Andrea
Sebastian V	Elizabeth K	Jason K	Joshua M
Victoria T	Matt D (Meet Ref)		

Swim-A-Thon Updates [as of 10:00am on 04/19]

- **30** of 94 | *Less than 30% Team Members* have created a RallyUp Account
- 36 Supporters have contributed \$2,625 towards our TEAM goal of \$12,000 (~21%)
- Top 5 Members
 - 1) Piper
 - 2) Ryker
 - 3) Ellison
 - 4) Eliza
 - 5) Banks S
- To register **your** RallyUp account please visit: <https://go.rallyup.com/signup-nsea-swim-2025>
- To view **our** Campaign Progress visit: <https://go.rallyup.com/nseaswim2025>

Equipment Bags

The equipment bag storage area has been realigned a bit and each group will store their bags on a specific side of the breezeway:

Vending Machine / Men's Locker Room Side

- Senior
- Breakers
- Tidepool
- Splash

Front Desk / Women's Locker Room Side

- Surge
- Riptide

All bags are to be hung on a hook!

Bags that were not taken home over Spring Break are in storage, if you can't find your bag see coach jp.

Mark Your Calendars

- **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](#)
- **September 25 - 27** | Fitter Faster Swim Clinic returns to Earl Jackson | registration and clinic info coming soon

Upcoming Meets & Deadlines

- [WAVE Sprint into LCM](#) | 04/25 - 04/26 @ TAC [-- Closed --]
- [SwimMAC Charlotte Open](#) LCM | 05/14 - 05/17 @ MCAC [-- Closed --]
- [TAC Spring Fling](#) LCM | 05/15 - 05/17 @ TAC [-- Deadline | Wednesday 04/29 --]
- [NSEA Swim May Flowers WOW Dual Meet](#) | 05/29 @ EJP [-- Deadline | Tuesday 05/12 --]
- NSEA Summer Sizzler BAC Dual Meet | 06/26 @ EJP

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

WSI Certification

- June | Monday 06/08 - Friday 06/12 (4 spots)

Lifeguard Certification

- April | Friday 04/24 - Sunday 04/26 (2 spots)
- May | Friday 05/08 - Sunday 05/10 (1 spot)
- May | Saturday 05/02 - Sunday 05/03 (2 spots)

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 04/20	Tuesday 04/21	Wednesday 04/22	Thursday 04/23	Friday 04/24	Saturday 04/25	Sunday 04/26
Event							
Deadline							
Meet						WAVE	WAVE
Splash							
PM	Off	4:30 - 5:15	4:30 - 5:15	4:30 - 5:15	4:30 - 5:15	Meet	Meet
Tidepool							
PM	4:30 - 5:30	4:30 - 5:15	4:30 - 5:30	4:30 - 5:15	4:30 - 5:30	Meet	Meet
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	Meet	Meet
DL		6:15 - 6:45		6:15 - 6:45			
Breakers							
AM						Meet	Meet
PM	4:30 - 5:30	5:15 - 6:15	6:15 - 8:15	5:15 - 6:15	4:30 - 5:30		
DL		6:15 - 6:45		6:15 - 6:45			
Surge							
AM		Off	Off	Off	5:30 - 7:00	Meet	Meet
PM	6:45 - 8:15	6:15 - 8:15	6:15 - 8:15	6:15 - 8:15	Off		
SR Surge							
AM	Off	5:30 - 7:00	Off	5:30 - 7:00	5:30 - 7:00	Meet	Meet
PM	6:45 - 8:15	6:15 - 8:15	4:15 - 6:15	6:15 - 8:15	Off		

Sponsors & Friends

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