



2025 - 2026 Newsletter | 04/26/2026

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

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

Thought of the Month

"Stress rarely creates behavior, it exposes what conditioning has already installed by your choices and actions. Train for and learn with resistance, never comfort. What shows up under stress is what was practiced by you because it was easier"

Swim-A-Thon Updates [as of 2:00pm on 04/23]

- **32** of 94 | *Less than 30% Team Members* have created a RallyUp Account
- 43 Supporters have contributed \$3,425 towards our TEAM goal of \$12,000 (~28%)
- Top 5 Members
 - 1) Piper / Sebastian C / Elliott C
 - 2) Ryker
 - 3) Ellison
 - 4) Eliza / Banks S
 - 5) Kai / Abigail F / Emilia / Everett / Lilian B
- 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>

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

- [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 04/27	Tuesday 04/28	Wednesday 04/29	Thursday 04/30	Friday 05/01	Saturday 05/02	Sunday 05/03
Event							
Deadline			TAC				
Meet							
Splash							
PM	Off	4:30 - 5:15	4:30 - 5:15	4:30 - 5:15	4:30 - 5:15	Off	Off
Tidepool							
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			
Riptide							
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			
Breakers							
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		
DL		6:15 - 6:45		6:15 - 6:45			
Surge							
AM		Off	Off	Off	5:30 - 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		
SR Surge							
AM	Off	5:30 - 7:00	Off	5:30 - 7:00	5:30 - 7:00	6:30 - 8:30	Off
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](#)