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## 2025 - 2026 Newsletter | 05/10/2026

- 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**

### Thought of the Month

“We do not fear the unknown, we fear losing the comfort of the known.”

- Anthony De Mello

### Notes

- Entry Deadline Update | GAME Summer Invitation | **Monday May 18 @ 11:00pm**
- The weekly *Practice Schedule* published in the Newsletter is a **reminder** for the week and is subject to both changes and errors (though we try to minimize both). Captyn is the *official* practice calendar and, except in an extreme case, current and has changes to the schedule due to meets and other scheduled events weeks in advance. **If/when** the Newsletter schedule and Captyn are in conflict, Captyn is the default. When in doubt please reach out!

# Swim-A-Thon Update [as of 9:00am on 05/10]

- **34** of 94 | *Team Members* have created a RallyUp Account
- 46 Supporters have contributed \$3,690 towards our TEAM goal of \$12,000 (~30%)
- Top 5 Members
  - 1) Sebastian C / Elliott C
  - 2) Piper
  - 3) Ryker
  - 4) Ellison
  - 5) Eliza / 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>

## Mark Your Calendars

- **Monday June 1** | Summer Session Begins (Normal Practice Schedule)
- **Monday June 1** | 2026 - 27 Intent to Return Due | [Information / Instructions](#)
- **Monday June 8** | Summer Practice Schedule Begins | [Link](#)
- **Monday July 13** | 2026 - 27 Season Opt Out | [Information / Instructions](#)
- **September 25 - 27** | Fitter Faster Swim Clinic returns to Earl Jackson

## Upcoming Meets & Deadlines

- [SwimMAC Charlotte Open](#) LCM | 05/14 - 05/17 @ MCAC [-- Closed --]
- [TAC Spring Fling](#) LCM | 05/15 - 05/17 @ TAC [-- Deadline | Closed --]
- [May Flowers WOW Dual Meet](#) SCY | 05/29 @ EJP [-- Deadline | Tuesday 05/12 --]
- [GAME Summer Invitational](#) LCM | 06/12 - 06/14 @ USC [-- Deadline | **Monday 05/18** --]
- [MOR Liberty Meet](#) LCM | 06/13 - 06/14 @ Pullen AC [-- Deadline | Wednesday 05/20 --]

## 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:

- 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](mailto:Mia@nseaswim.com))

# Red Cross Classes

## WSI Certification

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

## Summer Lessons Volunteers Needed

<https://www.signupgenius.com/go/4090A4AACAA29ABF94-63604794-summer#/>

## 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* | *Water Safety Instructor*

# This Week's Practice Schedule

	Monday 05/11	Tuesday 05/12	Wednesday 05/13	Thursday 05/14	Friday 05/15	Saturday 05/16	Sunday 05/17
<b>Event</b>							
<b>Deadline</b>		NSEA					
<b>Meet</b>				SwimMAC	SwimMAC TAC	SwimMAC TAC	SwimMAC TAC
<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		
DL		6:15 - 6:45		6:15 - 6:45			
<b>Surge</b>							
AM		Off	Off	Off	Off	Off	Off
PM	6:45 - 8:15	6:15 - 8:15	6:15 - 8:15	6:15 - 8:15	Off		
<b>SR Surge</b>							
AM	Off	5:30 - 7:00	Off	Off	Off	Off	Off
PM	6:45 - 8:15	6:15 - 8:15	4:15 - 6:15	6:15 - 8:15	Off		

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## Sponsors & Friends

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