



2025 - 2026 Newsletter | 05/24/2026

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

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

In the Harbor Decoration Day (Memorial Day)

SLEEP, comrades, sleep and rest
On this Field of the Grounded Arms,
Where foes no more molest,
Nor sentry's shot alarms!
Ye have slept on the ground before,
And started to your feet
At the cannon's sudden roar,
Or the drum's redoubling beat.
But in this camp of Death
No sound your slumber breaks;
Here is no fevered breath,
No wound that bleeds and aches.

All is repose and peace,
Untrampled lies the sod;
The shouts of battle cease,
It is the truce of God!
Rest, comrades, rest and sleep!
The thoughts of men shall be
As sentinels to keep
Your rest from danger free.
Your silent tents of green
We deck with fragrant flowers;
Yours has the suffering been,
The memory shall be ours.

- *Henry Wadsworth Longfellow (1807–1882). Complete Poetical Works. 1893*

Notes

- If you are not participating in the Summer Session, **please take your mesh equipment bags home** by this Saturday May 30, 2026
- All parking and waiting for swimmers must be done along Pool, Park, or Police Station property. Do *not* park or wait, at any time, in front of the homes, or their property, along 7th or Howard St. Please share this information with anyone that may be bringing your swimmer to practice or may be visiting the pool during practice.

LCM Team Records Set

| | |
|---|---|
| <ul style="list-style-type: none"> • 10 & Under Boys 100 FL Kai • 13 - 14 Girls 50 Back Gentry • 13 - 14 Girls 50 Breast Piper • 13 - 14 Girls 100 Breast Abbi B • 15 - 16 Boys 50 Free Behr • 15 - 16 Boys 100 Free Behr | <ul style="list-style-type: none"> • 15 - 16 Boys 50 Breast Behr • 15 - 16 Boys 100 Breast Behr • 15 - 16 Boys 200 Breast Behr • 17 - 18 Girls 50 Free Sophie • 17 - 18 Boys 50 Breast Ryker |
|---|---|

WAVE Sprint into LCM

| | |
|---|---|
| Best Times 60 New Events 44 event winners 5 Top 8 30 | New National Motivational Standards AA 2 A 2 BB 4 B 5 |
| New NCS Championship Standards Senior Champs 1 | New Team Records 4 |

Martha McKee

| | |
|--|---|
| Best Times 11 Semi Final Swims 3 Finals Swims 3 Top 16 Finishes 2 | New National Motivational Standards AA 1 New National Time Standards Futures 2 |
| New NCS Championship Standards SR 1 | Team Records 4 |

TAC Spring Fling

| | |
|-------------------------------|---|
| Best Time 27 New Events 29 | New National Motivational Standards A 2 BB 3 B 4 |
| Top 8 Finishes 3 | Team Records 1 |

Happy June Birthdays!

| | | |
|-----------|---------|-------|
| Elliot C | Piper C | Kai |
| Dubs | Mason | Jilly |
| Mary Ella | Eleanor | |

Swim-A-Thon Update [as of 10:30am on 05/24]

- **34** of 94 | *Team Members* have created a RallyUp Account
- 51 Supporters have contributed \$3,890 towards our TEAM goal of \$12,000 (~32%)
- 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](#)
- **Wednesday July 1** | Last Day to contribute to the Swim-A-Thon
- **Monday July 13** | 2026 - 27 Season Opt Out | [Information / Instructions](#)
- **September 25 - 27** | Fitter Faster Swim Clinic returns to Earl Jackson

Upcoming Meets & Deadlines

- [May Flowers WOW Dual Meet](#) SCY | 05/29 @ EJP [-- Deadline | **Closed** --]
- [GAME Summer Invitational](#) LCM | 06/12 - 06/14 @ USC [-- Deadline | **Closed** --]
- [MOR Liberty Meet](#) LCM | 06/13 - 06/14 @ Pullen AC [-- Deadline | **Closed** --]

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. 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 05/25 | Tuesday 05/26 | Wednesday 05/27 | Thursday 05/28 | Friday 05/29 | Saturday 05/30 | Sunday 05/31 |
|-----------------|---------------------|------------------|--------------------|-------------------|-----------------|-------------------|-----------------|
| Event | Memorial Day | | | | | | |
| Deadline | | | | | | | |
| Meet | | | | | WOW Dual | | |
| Splash | | | | | | | |
| PM | Off | 4:30 - 5:15 | 4:30 - 5:15 | 4:30 - 5:15 | Meet | Off | Off |
| Tidepool | | | | | | | |
| PM | Off | 4:30 - 5:15 | 4:30 - 5:30 | 4:30 - 5:15 | Meet | Off | Off |
| DL | | 5:15 - 5:45 | | 5:15 - 5:45 | | | |
| Riptide | | | | | | | |
| PM | Off | 5:15 - 6:15 | 5:15 - 6:15 | 5:15 - 6:15 | Meet | Off | Off |
| DL | | 6:15 - 6:45 | | 6:15 - 6:45 | | | |
| Breakers | | | | | | | |
| AM | | | | | | 8:30 - 10:00 | Off |
| PM | Off | 5:15 - 6:15 | 6:15 - 8:15 | 5:15 - 6:15 | Off | | |
| DL | | 6:15 - 6:45 | | 6:15 - 6:45 | | | |
| Surge | | | | | | | |
| AM | 6:30 - 8:30 | Off | Off | Off | 5:30 - 7:00 | 6:30 - 8:30 | Off |
| PM | Off | 6:15 - 8:15 | 6:15 - 8:15 | 6:15 - 8:15 | Off | | |
| SR Surge | | | | | | | |
| AM | 6:30 - 8:30 | 5:30 - 7:00 | Off | 5:30 - 7:00 | 5:30 - 7:00 | 6:30 - 8:30 | Off |
| PM | Off | 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](#)