



2025 - 2026 Newsletter | 06/20/2026

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

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

Something to Think About

“Every event has two handles—one by which it can be carried, and one by which it can’t. If your brother does you wrong, don’t grab it by his wronging, because this is the handle incapable of lifting it. Instead, use the other—that he is your brother, that you were raised together, and then you will have hold of the handle that carries.” —EPICTETUS, ENCHIRIDION, 43

Swim-A-Thon Update [as of 10:30am on 06/21]

- **No Changes from Last Week**
- **35** of 94 | *Team Members* have created a RallyUp Account
- **52** Supporters have contributed **\$4,040** towards our TEAM goal of **\$12,000** (~33%)
- 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

- **Wednesday July 1** | Last Day to contribute to the [Swim-A-Thon](#)
- **Monday July 13** | 2026 - 27 Season Opt Out Deadline | [Information / Instructions](#)
- **September 25 - 27** | Fitter Faster Swim Clinic returns to Earl Jackson

Upcoming Meets & Deadlines

- [NC Senior Championships](#) LCM | [-- Deadline | **Closed** --]
- [NC Age Group Championships](#) LCM | [-- Deadline | **Closed** --]
- [WOW Short Course Spectacular](#) SCY | [-- Deadline | **Closed** --]

This Week's Practice Schedule

	Monday 06/22	Tuesday 06/23	Wednesday 06/24	Thursday 06/25	Friday 06/26	Saturday 06/27	Sunday 06/28
Event							
Deadline							
Meet							
Splash							
PM							
Tidepool							
PM							
Riptide							
AM	8:30 - 10:00	8:30 - 10:00	8:30 - 10:00	8:30 - 10:00	Off	Off	Off
Breakers							
PM	8:30 - 10:00	8:30 - 10:00	8:30 - 10:00	8:30 - 10:00	8:30 - 10:00	Off	Off
Surge							
AM	6:30 - 8:30	6:30 - 8:30	6:30 - 8:30	6:30 - 8:30	6:30 - 8:30	6:30 - 8:30	Off
SR Surge							
AM	6:30 - 8:30	6:30 - 8:30	6:30 - 8:30	6:30 - 8:30	6:30 - 8:30	6:30 - 8:30	Off
PM	Off	4:00 - 5:30	4:00 - 5:30	Off	Off		

Sponsors & Friends

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

From the NSEA Swim Foundation

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*