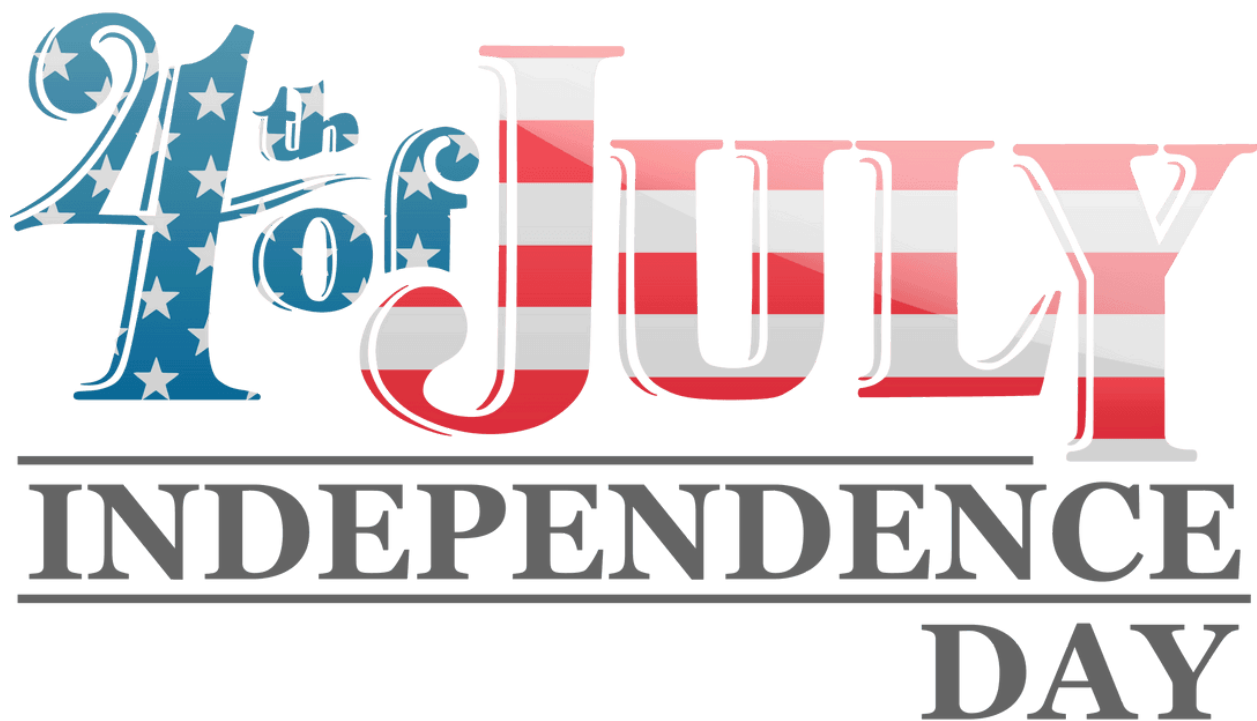




2025 - 2026 Newsletter | 06/28/2026

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

*** Attached Documents***
Full Newsletter

A large graphic for the 4th of July. The text '4th of July' is in a stylized font with stars and stripes. Below it, 'INDEPENDENCE DAY' is written in a bold, serif font, underlined.

4th of July INDEPENDENCE DAY

2026 - 27 Season Opt-Out Reminder

Please see yesterday's email or
<https://www.nseaswimteam.com/opt-out---intent-information> for Opt-Out
Information regarding the 2026 - 27 Season.

Happy July Birthdays

Jones	Luke	Teo
Banks H	Emmy	Behr

Swim-A-Thon Update [as of 10:30am on 06/27]

- 35 of 94 | *Team Members* have created a RallyUp Account
- 53 Supporters have contributed \$4,090 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 | 07/08 @ 11:00pm --]

This Week's Practice Schedule

	Monday 06/29	Tuesday 06/30	Wednesday 07/01	Thursday 07/02	Friday 07/03	Saturday 07/04	Sunday 07/05
Event						Happy	
Deadline						250th	
Meet						USA	
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	Off	4:00 - 5:30	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*