



2025 - 2026 Newsletter | 07/05/2026

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

*** Attached Documents***
Full Newsletter

SR Championship Meet Week

Good luck to our 2026 North Carolina Swimming Senior LSC Championship Team

Abbi	Violet	Ryker
Bryson	Lila P	Behr
Camren Grace	Evan	Sophie
Gentry	Cole - Alumni	Brendan - Friend of the Team

2026 - 27 Season Opt-Out Reminder

Please see last week's email or

<https://www.nseaswimteam.com/opt-out---intent-information> for Opt-Out Information regarding the 2026 - 27 Season.

Swim-A-Thon Update [as of 07/01 - Closed]

- 68 Supporters have contributed \$4,415 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 / Alexis

Mark Your Calendars

- 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 07/06	Tuesday 07/07	Wednesday 07/08	Thursday 07/09	Friday 07/10	Saturday 07/11	Sunday 07/12
Event							
Deadline			WOW				
Meet				SR Champs	SR Champs	SR Champs	SR Champs
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	Off	Off	Off	Off
SR Surge							
AM	6:30 - 8:30	6:30 - 8:30	6:30 - 8:30	Off	Off	Off	Off
PM	4:00 - 5:30	4:00 - 5:30	Off	Off	Off		

Sponsors & Friends

[FINIS](#) | [SwimmersBest](#) | [TritonWear](#) | [LMNT](#) | [SwimIntel](#) | [Time-Drops](#) | [MySwimLO](#) | [MaKoSwim](#)

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*