



2025 - 2026 Newsletter | 08/23/2026

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

*** Attached Documents***

Full Newsletter

Thought of the Month

Begin today to live without limitations. Know that there is a way to get beyond anything that might seem to be holding you back.

Take those feelings of regret for what you haven't done and turn them into passion for what you are now able to do. This moment is yours and you can make so very much of it.

Stop repeating to yourself the reasons why you can't. Begin reminding yourself, again and again, of all the powerful, meaningful reasons why you must.

Life is full of uncertainty, injustice and unfairness. Yet in each and every turn of events, there is opportunity for achievement, for fulfillment, and for genuine greatness.

Begin today to accept every rich detail of life as it comes, and to transform those details into outstanding success. Pay close attention to the gentle, genuine voice inside of you that knows how beautiful life can be.

Do the work, make the effort, persist through every circumstance, and delight in the rich rewards that your passion creates. Begin today, for you know you can.

-- Ralph Marston [<http://www.greatday.com>]

Welcome New Team Members

Harper	Sawyer	Corbin B	Edward
Lily	Jane	Keagan	Jude
Vivian P	Zachary P	Ophelia	Annaliese T
Jocelyn W			

Upcoming Events & Deadlines

- Wednesday 08/26 | New Family Orientation @ EJP [6:00pm]
- Monday August 31 | Welcome Back Picnic @ EJP (All Families)
- Friday September 18 | NSEA Fall Frenzy BAC Dual Meet [*Deadline 09/08 @ 11pm*]
- Friday October 9 | Team Intersquad [Deadline TBD]

High School Prep Program

- Registration is now open for the 2026 High School Prep Group.
- Information can be found [here](#)
- Registration is available [here](#)

Mark Your Calendars

- **Monday August 24** | 1st Senior Practice
- **Tuesday September 1** | Regular Practice Schedule Begins
- **September 25 - 27** | Fitter Faster Swim Clinic returns to Earl Jackson
- [2026 - 2027 Calendar](#) of Meets, Team Events, and Break Schedules

Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Deadline							
Event			New Family Orientation				
Meet							
Splash							
PM	Off	Off	Off	Off	Off	Off	Off
Tidepool							
PM	Off	Off	Off	Off	Off	Off	Off
Riptide							
PM	Off	Off	Off	Off	Off	Off	Off
Breakers							
AM	Off	Off	Off	Off	Off	Off	Off
PM	Off	Off	Off	Off	Off	Off	Off
Surge							
AM	Off	Off	Off	Off	Off	Off	Off
PM	Off	Off	Off	Off	Off	Off	Off
Senior							
AM	Off	Off	Off	Off	Off	Off	Off
PM	4:30 - 6:00	4:30 - 6:00	4:30 - 6:00	4:30 - 6:00	Off	Off	Off

Sponsors & Friends

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