

NSEA Swim — Sea Devils

2026 – 2027 Season · Week of 09/14/2026

[Website ↗](#)[Captyn ↗](#)[Newsletter Archive ↗](#)

ATTACHED DOCUMENTS

[Full Newsletter](#)

THOUGHT OF THE MONTH

The Difference Between Practice and Preparation

Most athletes believe they are preparing. In reality, they are practicing. The distinction seems trivial until it isn't — because practice reinforces what already exists. Preparation alters what becomes available.

This is the first and most dangerous misunderstanding in high performance: the belief that training performance predicts competitive survival. It does not. Training predicts what the system can do when allowed. Pressure reveals what the system does when cornered.

Under pressure, the nervous system must do three things simultaneously:

- Recognize the environment as survivable
- Maintain temporal order (when things happen)
- Release force without protective interruption

UPCOMING EVENTS & DEADLINES

FRI, SEP 18

2026 NSEA Swim Fall Frenzy — BAC Dual Meet

Earl Jackson Pool · All Groups / All Swimmers

[Volunteer Sign Up](#) [+ Add to Calendar](#)

Deadline Closed

FRI, OCT 9

2026 NSEA Swim Team Intersquad

Earl Jackson Pool · All Groups / All Swimmers

[Meet Sign Up](#) [Volunteer Sign Up](#) [+ Add to Calendar](#)

Sign up by 10/1, 11pm

OCT 30–NOV 1

BAC Halloween Bash

Dinah E Gore Fitness & Aquatics Center · All Groups / All Swimmers

[+ Add to Calendar](#)

Deadline TBD

NOV 13–15

GAME Turkey Invitational

Carolina Natatorium @ USC · Breakers / Surge / Senior

[Meet Sign Up](#) [+ Add to Calendar](#)

Sign up by 10/27, 11pm

Volunteer sign-up links for BAC Halloween Bash and GAME Turkey Invitational will be added once posted in Captyn.

MARK YOUR CALENDARS

SEP 26–27

Fitter Faster Swim Clinic returns to Earl Jackson

[+ Add to Calendar](#)

TEAM CALENDARS & HOLIDAY PRACTICE SCHEDULE

2026–2027

[Calendar of Meets & Team Events](#)

Holidays

[Holiday Break Practice Schedules](#)

WEEKLY SCHEDULE — SEP 14 – SEP 20

GROUP		MON 09/14	TUE 09/15	WED 09/16	THU 09/17	FRI 09/18	SAT 09/19	SUN 09/20
SPLASH	PM	4:30-5:15	4:30-5:15	4:30-5:15	4:30-5:15	Meet	Off	Off
TIDEPOL	PM	4:30-5:30	4:30-6:00	4:30-5:30	4:30-6:00	Meet	Off	Off
RIPTIDE	PM	5:15-6:45	5:15-6:45	5:15-6:15	5:15-6:45	Meet	Off	Off
BREAKERS	AM	Off	Off	Off	Off	Off	8:30-10:00	Off
	PM	5:15-6:45	5:15-6:45	6:15-8:15	5:15-6:45	Meet	Off	Off
SURGE	AM	Off	Off	Off	Off	5:30-7:00	6:30-8:30	Off
	PM	6:45-8:15	6:15-8:15	6:15-8:15	6:15-8:15	Meet	Off	Off
SENIOR	AM	Off	5:30-7:00	Off	Off	5:30-7:00	6:30-8:30	Off
	PM	6:45-8:15	6:15-8:15	4:15-6:15	6:15-8:15	Meet	Off	Off

This schedule is unofficial — Captyn is the source of truth for practice times. If the Newsletter and Captyn conflict, go with Captyn, or ask your child's group coach.

All groups race Friday, 9/18, at the Fall Frenzy BAC Dual Meet at Earl Jackson Pool — no evening practice that day.

TEAM INFO & REMINDERS

PARKING

Team activities are underway at Earl Jackson Pool — please take a moment to review the [Parking Guidelines](#).

TEAM ASSISTANCE NEEDED

Parents are needed to help with Spring Banquet & Senior Celebration, team celebrations, events, and outings. Email brittany@nseaswim.com or devin@nseaswim.com to volunteer.

RED CROSS LIFEGUARD TRAINING

- Fri, October 2 · 4:30–8:00pm
- Sat, October 3 · 8:30am–6:00pm
- Sun, October 4 · 8:30am–6:00pm
- Cost: \$250 · Must be 15 or older
- Leads to a work opportunity at Earl Jackson Pool
- Email mia@nseaswim.com to register

VOLUNTEER OPPORTUNITIES

Saturday swim lessons start 10/10 — [sign up to volunteer](#).

Schools in Pools week is 10/5–10/9 — [sign up to volunteer](#).

NEW & UPDATED RESOURCES

- [FAQ](#) — Updated
- Resource Tab is being updated
- Coming Soon — Caffeine and Youth Athletes
- [Foundation Newsletter](#)

SPONSORS & FRIENDS OF NSEA SWIM

FINIS · **SwimmersBest** · **TritonWear** · **LMNT** · **SwimIntel** · **Time-Drops** · **MySwimIO** · **MaKoSwim**

NSEA Swim · Sea Devils — Northside Elite Aquatics — jp@nseaswim.com